

# Power Plate helps Berkley Care Home residents to move with confidence

*Bespoke program to encourage healthy movement sees measurable improvements to independence, activities of daily living and fall prevention.*

**Hilary Woodford**  
79, Shinfield View

## Aim

The aim of the program was for Hilary to be able to walk from her bedroom to the common room.

In the last year, Hilary's mobility had decreased dramatically, and she had become extremely tired when walking with her frame and sometimes needed to use a wheelchair.

## Action

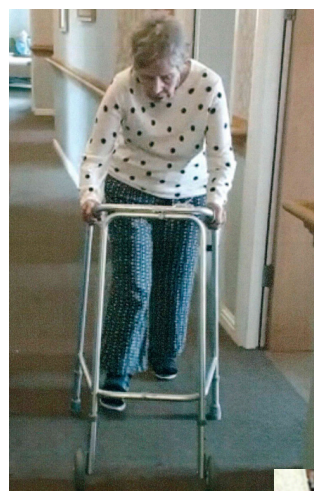
Hilary and her family were keen to take part in the program. Hilary used the Power Plate to work on both her upper and lower body strength, and took part in various movements including leg lifts and arm curls.

Across the 12 weeks Hilary was also tested on her improvements when performing steps on the machine and walking.

## Achievements

Hilary made amazing progress across all of the exercises she took part in during the program. In week one, Hilary was only able to do 46 steps on the Power Plate within 6 minutes. By week 12 she was able to do the full 6 minutes of steps on the machine with ease.

During her walk test on week one, Hilary could manage just a few steps from her chair. Guided slowly in the beginning, by the end of the program Hilary was able to walk 11 metres along the corridor with confidence.



# Power Plate helps Berkley Care Home residents to move with confidence

*Bespoke program to encourage healthy movement sees measurable improvements to independence, activities of daily living and fall prevention.*

**Peter Haddon**  
99, Leicester House

## Aim

Due to a previous knee replacement, Peter often suffered a lot of stiffness and pain and this meant he was unable to walk.

The trial was to give Peter a safe and supportive way to gently get him moving again, helping with the pain and stiffness in his knees, and to at least start to walk short distances.

## Action

Due to Peter's pain and stiffness in his back and knees, he was encouraged in the beginning to do some light exercise, gently stretching his legs and arms on the Power Plate machine utilising the straps.

Each week he grew in confidence to do more invigorating exercises, such as heel flexes, arm curls and neck stretches. Alongside these movements using Power Plate, he was also given a 6 minute weekly walking test.

## Achievements

During the trial Peter continued to suffer with his pre-existing pain and stiffness, but with support of his assessor over just a few sessions, he started to gain more confidence. As Peter progressed, his stiffness reduced and his enthusiasm for doing the exercises increased.

By the end of the program, Peter was able to walk 5 metres unassisted.

<https://berkleycaregroup.co.uk>



# Power Plate helps Berkley Care Home residents to move with confidence

*Bespoke program to encourage healthy movement sees measurable improvements to independence, activities of daily living and fall prevention.*

**Winifred (Win) Cluer**  
92, Ryefield Court

## Aim

Win was able to stand and walk with the help of her zimmer frame, however she lacked confidence to stand without aid. The Power Plate trial was focussed on supporting Win to be able to stand with greater confidence unaided, even for just a short period of time. Win was looking forward to taking part in the trial and improving her fitness. She was keen to get more involved in the day to day activities she loves at the care home.

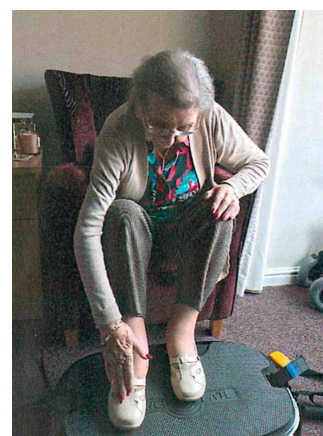
## Action

Each week Win was focused on the chair standing test, working towards being able to stand without support or using her frame. In the beginning, Win was very reluctant to stand on the Power Plate machine. Each session she was guided by her assessor to build up muscle strength by performing leg lifts and arm curls, and other core exercises.

## Achievements

On week one, Win was not confident to stand on the machine at all, but by week 4 she was able to do so for 30 seconds. With encouragement from staff and her aptitude in doing the weekly exercises on the machine, by the end of the trial Win was able to stand on her own for 120 seconds. Win now feels much more agile and confident, and is delighted with her accomplishment.

<https://berkleycaregroup.co.uk>





# Power Plate helps Berkley Care Home residents to move with confidence

*Bespoke program to encourage healthy movement sees measurable improvements to independence, activities of daily living and fall prevention.*

**Alan Howland**  
87, Leycester House

## Aim

For some time Alan had been struggling to walk due to a number of health conditions, and he was experiencing pain and stiffness due to sitting in his chair for so long.

Unable to walk and finding it difficult to get up from his chair, Alan had become very tired and depressed. He was keen to do the Power Plate trial in a safe and supportive environment to get him back to being more mobile and feeling himself again.

## Action

Alan's program started by getting familiar with the machine, using varying rates of time and amplitude to work his feet and leg muscles and improve circulation.

To help with Alan's shoulder, spine and overall stiffness complaints; he was measured weekly on his progress through arm curls, neck mobility stretches and leg lift exercises.

## Achievements

Alan showed amazing strength throughout the trial, and even when he was feeling exhausted, he still took part in some of the exercises on the Power Plate. By the end of the trial, Alan felt much happier with more energy from doing the weekly exercises on Power Plate. He also saw a 45% improvement in his arm curls which was a real success. Not only had the stiffness gone, but Alan was also starting to feel more positive and back to feeling himself again.

