

# 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.*

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**Hilary Woodford**  
79, Shinfield View

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## **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.

