

# 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>

