

Client: PowerPlate
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Size: 293cm2
Value: 972.76



CARINGNEWS

Personal Power Plate® brings relief to residents

PENHILL Residential Home in Bristol is putting the Personal Power Plate®, manufactured and distributed by Performance Health Systems to excellent use, with residents and staff delighted in the new opportunities it has brought.

When manager of Care Management Systems Ltd, Trina Birtwistle, saw the Personal Power Plate while she was Manager of Penhill, she immediately recognised its potential.

"We are always looking for new ways to enrich the lives of our residents and I liked the fact that Power Plate® has proven physical benefits for elderly people, while also being an enjoyable activity," said Trina.

The Personal Power Plate is a compact, portable version of the industry-leading Power Plate. It harnesses Power Plate's original, state of the art whole body vibration technology to provide fast, effective results.

Its shape and size make it easy to move from resident to resident, and store when not in use. Trina keeps their plate tucked under a two-seater sofa in their conservatory.

"It's so easy to pull out when needed and tuck back when done," she added. "We run regular sessions



and always have a member of staff helping our residents. Most use it sitting down to help boost their circulation, reduce oedema and strengthen their legs, while a couple use it standing, by holding on to the back of a chair for support."

Performance Health Systems trained the entire care home team, so that all feel confident supervising use of the plate.

"Our residents love the Personal Power Plate," said Trina, who cites one man in particular whose life has been transformed through its use.

"He had been reliant his zimmer frame with a carer to support him walking around and going to the

toilet," explains Trina. "After using Power Plate for just five minutes a day for three weeks, he was strong enough to stand from his chair and walk with his zimmer on his own, thanks to the notable strengthening in his weakened legs and reduction in his oedema. It has given him back his independence when toileting which is so valuable to him.

"I'm really pleased with how well Power Plate has been received. The cost is competitive, the service and support excellent and the benefits are obvious. I would highly recommend it."

For more information, contact chris.brown@phsglobal.com.