



Heather Grange Care Home

Silk Healthcare

Residents of Heather Grange, a care home located on Queens Road, Burnley have received a welcome boost to their health and wellbeing after the installation of a new power assisted exercise chair – the Shapemaster 'Enabler' – the first in use by a care home in the North of England.

One resident in particular 90-year old Alice Davies has found the chair to have totally changed her life bringing back some mobility to her legs and the confidence to walk. Alice has been a resident of Heather Grange, a purpose built care home set close to the General Hospital in Burnley, since December 2011. She was assessed to need full time care after a bad fall at home in November 2011 which meant she was unable to walk. Alice lived on her own after the death of her husband in 1988.

“Before the introduction of the Enabler I couldn't get up the steps to the home's mini bus which is used to take us out for daily trips to the shops, local market and marina. I enjoy going to the local antique market but I had to take a separate car leaving my friends on the mini bus.”

Alice Davies,
Resident at Heather Grange



Tony Grundy, Activity Manager at Heather Grange explained:

"Alice has been using the Enabler four/five times a week to strengthen the muscles in her legs because she really struggled with her mobility. The chair works by automatically moving her arms and legs to encourage movement and strength back into the muscles. In the five weeks that Alice has been using the chair she has seen a marked difference and is now able to use the mini bus.

We have installed the Enabler in our activity room and it is accessible to all of our residents and is proving to be very popular, creating a real buzz in the home with residents all keen to have a go.

"It has not only provided great excitement but has extremely valuable health benefits. By strengthening muscles in the legs, arms and knees it can help with mobility as seen with Alice, and also strengthen pelvic muscles thereby reducing the loss of bladder and bowel control and encourage ongoing good health. All of this can add to maintaining the dignity and independence of our residents and their overall quality of life."

Tony Grundy, Activity Manager Heather Grange

The new exercise chair provides many benefits to the care home's residents and is the first in use by a care home in the North of England. By using an electronic power system, the Enabler is a power assisted exercise machine that provides smooth, gentle exercise designed to stretch and strengthen all the major muscle groups. This form of exercise has been specially designed to help those with even the poorest mobility and because it can be used passively or actively, it is regarded as one of the most inclusive exercise solutions available. Shapemaster equipment is recommended across the world by physiotherapists and has been proven through research at Human Performance Laboratories to improve health in a number of different areas.

About Heather Grange:

Heather Grange is owned by Silk Healthcare, a family run business established by Angela Swift in 2009. Silk Healthcare continues to provide affordable facilities within luxurious surroundings and specialises in high quality residential and dementia care for the elderly.

About Shapemaster:

Shapemaster are a UK manufacturer of power assisted exercise equipment suitable for people who feel uncomfortable within a traditional gym environment such as the over 50s and seniors, disabled, those living with lack of mobility and elderly residents living in a care home environment. Our equipment is also being used to manage and rehabilitate those living with conditions such as MS, Fibromyalgia and Post-Stroke.

Equipment:

Unlike conventional exercise equipment, Shapemaster's range of exercise equipment does not rely exclusively on muscle power but by an electronic power system enabling users to work passively or actively, depending on their ability. As the user does not have to provide the motive force, they do not have to overcome inertia in order to use the equipment, so it is a perfect choice for anyone coming back to exercise after periods of rest or inactivity, including the elderly or those with mobility issues.

The seated range of equipment has been designed to provide safe exercise to all the major muscle groups and will help to re-train muscle patterns, whilst at the same time stimulating the muscles for improved circulation.

For further information on the 'Enabler' or any other products with the Shapemaster portfolio please contact customer services on:

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