

Impact of Power Assisted Exercise for people living with COPD

Introduction

In an effort to understand the impact of power assisted exercise supplied by Shapemaster for those living with COPD, a survey was conducted amongst 22 users across 8 facilities with a gender split of 9 males & 13 females.

Collecting the Data

To capture the data, a five page survey was presented to each participant which consisted of a series of questions, some enabling multiple choice answers and others opportunity for the participant to expand on their experience of the exercise facility they attend.

Area of exploration included:

- » Exercise behaviours of users
- » End user demographic profiles
- » Health & well-being impact to users

Key Findings



Say they can move better



Indicate that their mobility has improved



Indicate they can walk further



Say they can move parts of their body that they couldn't move before



Can move about the house much more freely



Say they generally feel better



Say their social life has improved

AGREE OR STRONGLY AGREE

I would recommend the facility to my family & friends **96%**

The facility offers good value for money **95%**

Visiting the facility has had a positive impact on my general health & wellbeing **91%**

Since coming to the facility I feel more relaxed and less stressed **91%**

I feel fitter and stronger since coming to the facility **85%**

AGREE OR STRONGLY AGREE

Since coming to the facility at least one of my health concerns has reduced **59%**

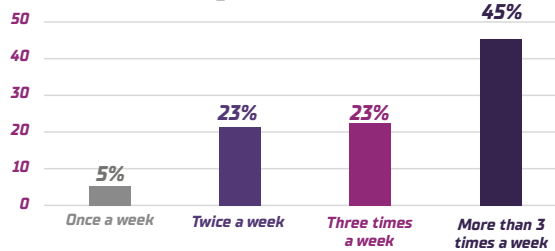
Since coming to the facility I've been able to cope better with daily tasks such as getting the shopping and climbing stairs **68%**

Attending the facility has improved my walking ability **73%**

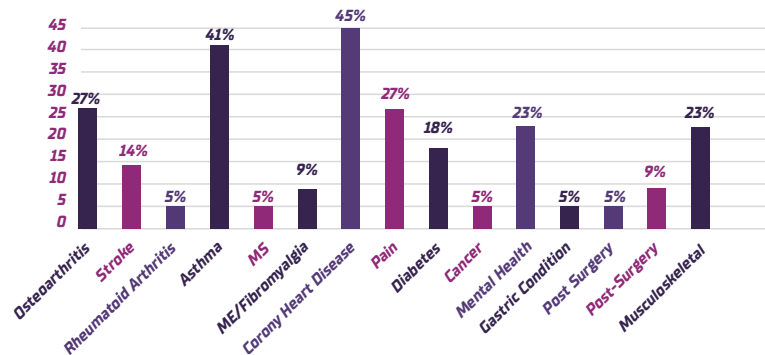
Exercise Participation

Participants were asked to indicate how often they exercised each week. The data tells us that 68% of participants accessed power assisted exercise more than three times a week.

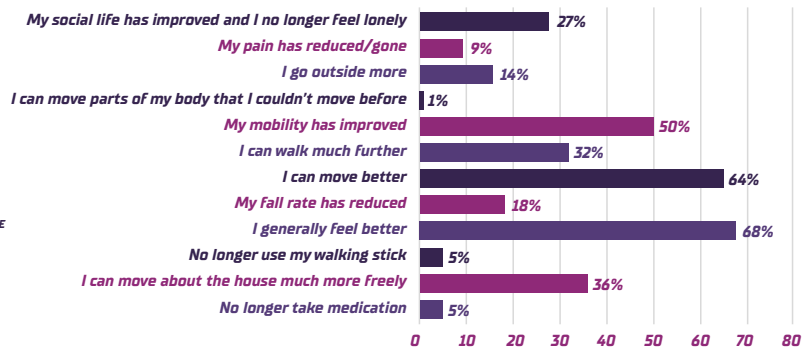
PAE Weekly usage



Prevalence and Comorbidities



Outcomes from Accessing Power Assisted Exercise



Participant Age Profile

