



USING SHAPEMASTER POWER ASSISTED EXERCISE IN THE MANAGEMENT OF THOSE WITH LONG TERM CONDITIONS

Proven to improve
balance & mobility
by 30%



POWER ASSISTED EXERCISE

There is a growing body of evidence to support that regular exercise helps increase physical function, improves self esteem and reduces disease progression for individuals living with long term conditions including diabetes, cardiovascular disease, stroke and arthritis.

Shapemaster power assisted exercise offers a positive and accessible option for a broad range of conditions. Unlike conventional equipment, Shapemaster 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.

WHERE IS POWER ASSISTED EXERCISE USED?

Shapemaster equipment is currently accessed by individuals all over the world in a variety of outlets which include specialist rehabilitation & therapy centres, hospitals, care homes and leisure centres.

WHO USES IT?

Shapemaster equipment can be used by almost anyone regardless of age or disability. A large growing number of individuals are using Shapemaster to manage long term conditions such as: stroke, parkinson's disease, fibromyalgia, multiple sclerosis, cerebral palsy, cardiac conditions, respiratory conditions (asthma & COPD), dementia, balance and co-ordination problems, brain and spinal injury, arthritis and post-operative rehabilitation.

Clinicians and therapists are also using Shapemaster to compliment existing therapies and increase exercise time for patient user groups.

KEY BENEFITS

Shapemaster provides safe exercise to all the major muscle groups and:

- Encourages reciprocal, symmetrical and bilateral movement which can be adapted for individual needs
- Helps re-train muscle patterns, whilst at the same time stimulating the muscles for improved circulation
- Improves mobility, aerobic fitness, increases strength and enhances self- efficacy.

Other benefits include improved cardiovascular fitness, increased flexibility & circulation, reduction in mental health problems such as depression, stress and anxiety, improved balance & co-ordination and social interaction.

SHAPEMASTER HELPS RATIONALISE HEAVY CASE LOADS

Health professionals are finding great value in referring patients to Shapemaster equipment. Following a full physiotherapy assessment, therapists can bespoke gentle exercise programmes unique to each patient, who can then in turn follow the programme independently or with support from therapy assistants (thus enabling physiotherapists to free up time with more complex and demanding cases).

Because Shapemaster users benefit from exercising all major muscle groups in short bursts of time, many patient groups are benefiting from a full body workout in just 30 minutes!

The table below shows the potential capacity for individual usage on a daily basis. With just six machines operating 9am-5pm, the potential usage capacity is 96 patients/ users per day. West Berkshire Therapy Centre have had to increase their opening hours to meet demand in addition to moving premises to allow for greater floor space to accommodate more equipment.

Potential Patient/ User Capacity

No x Shapemaster Equipment	Duration per machine	Opening times	Patient/User Capacity (per day)
6 x (core range)	5 mins	8 x hours	96
9 x	5 mins	8 x hours	144

NB: all equipment programme times can be scaled up and down.

EVIDENCE

Using the Timed up and go test (TUG), a recent feasibility study conducted by the physiotherapy team at Sheffield Hallam University with a participant diagnostic background of MS, CVA and TBI resulted in an overall mean reduction in TUG score of 4.35 seconds (P=0.028).

Furthermore an independent study conducted by Oklahoma State University on the use of Shapemaster equipment by elderly participants (whose average was 75) reported:

- 30% improved balance & mobility
- 50% increase in upper body strength
- 34% improvement to leg strength
- 33% increase in arm strength

Evaluations carried out on diabetic users also resulted in:

- 11% decrease in blood sugar
- 6% decrease in blood pressure
- 2% decrease in pulse rate

“The results have been fantastic, not just the physical benefits for patients but the emotional ones as well. I can’t believe the difference Shapemaster has made to so many People”.

Wendy Edge, CEO Brain & Spinal Injury Centre



“The adaptability of speed and different targetted areas of the body for mobility, strengthening and circulation makes Shapemaster valuable for treating a wide range of problems”. Alison Stain, Physiotherapist Mercia MS Therapy Centre

“Shapemaster offers a viable solution for exercise which is beneficial, therapeutic and is enjoyable and easy to administer”. Penny Townsend, Physiotherapist Kirklees Council

“Shapemaster has enabled me to exercise for the first time in six years and help me regain a more confident post-stroke mobility in addition to healthy weight loss. Anyone waking up from a stroke should have access to Shapemaster’s power assisted exercise equipment.” Dr Sara Payne MBE

Complete studies and evidence can be requested at info@shapemaster.co.uk



THE EQUIPMENT



Swivel foot plates with heel raise and hook & loop fastening

Cross Cycle Plus

Actions: Cycling action with the legs and alternate flexion extension of the arms. The intensity of the workout can be modulated for an interval style workout.

Key Benefits:

- Helps strengthen quadricep muscles for improvement in daily tasks such as standing, walking and climbing stairs.
- Strengthens hamstring muscles for improved stability in walking.
- Upper limb movement helps strengthen the pectoral & tricep muscles for improved reaching activities

KEY FEATURES

- Swivel seat & drop down arms for easy transfer
- Feedback includes effort (both left & right), distance, power and calories
- Swivel foot plates (optional) with heel raise for secure positioning
- 7" touch screen console offering both manual or programme options

Awarded 5 Star Product Rating, Able Magazine, August 2016.



Chest & Legs

Actions: Arms push forwards, extending the elbows and flexing the shoulder joint. The hips and knees flex up and down in a symmetrical rhythmic action.

Key Benefits:

- Strengthens the deltoids, triceps and shoulders for improved reaching activities
- Exercises and strengthens the hip and knee flexors & extensors for improved standing and walking activities
- Helps improve balance by strengthening the hip rotator muscles

Seated Climber

Actions: The arms & legs move upwards and downwards in a reciprocal pattern providing a stretch at the shoulder joints and encouraging muscle activation. The intensity of the activity can be modified to provide a gentle or more vigorous workout experience.

Key Benefits:

- Exercises and strengthens the shoulder blades and joints, deltoid and rotator cuff muscles for improved protection and stabilisation of shoulder
- Helps improve balance walking by exercising and strengthening the hip flexors/ extensors gluteal muscles



For further details of the complete product range, please email info@shapemaster.co.uk requesting product guide

CENTRES GENERATING GOOD PATIENT OUTCOMES WITH SHAPEMASTER

Specialist Stroke Services, Derbyshire
West Berkshire Therapy Centre
BASIC (Brain & Spinal Injury Centre), Salford
MS Therapy Centre, Manchester
MS Research & Relief Fund
Hesketh Centre, Merseyside NHS Trust

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