

MEDICOTECH THERA TRAINERS FEEDBACK REPORT

Name of establishment	Milton Keynes Community Cardiac Group
Number of patients	380 across 6 sessions
Type of disability	Heart Failure, Stroke, physical disabilities often associated with age
Type of establishment	<p>Our group exists to support cardiac patients to taking part in safe appropriate exercises. As such we cater for a wide range of ages and abilities. Although all our members have some form of cardiac condition many have other conditions that need to be managed within the group setting.</p> <p>Our members attend one session each week but are encouraged to exercise through the week in an appropriate manner.</p>
Use of the Thera Equipment	<p>The Thera equipment is mainly used for patients with Heart Failure who have limited aerobic capacity, stroke, and those with some restriction due to arthritic joints both from osteoarthritis and rheumatoid arthritis and general disability. The Thera Vital has been a positive addition to our regular well planned exercise regime for our patients.</p> <p>The range of passive exercises helps to improve the mobility in the hip and knee joints with the patient's stroke. Also the variety of settings available on the menu gives scope for every different condition / ability. The upper torso trainer gave an all round work out.</p> <p>We are very pleased with the addition of the Thera Vital to our range of exercise equipment especially for our more restricted members.</p>
Conclusion: Recommendation / advantage / disadvantage	<p>Many of our patients had great success using the Thera Vital and although some have had a tendency to over exercise causing tiredness. The advice given at the demonstrations have been followed regarding building up the time spent on the machine and this seems to work well.</p> <p>Without doubt the additions of the active/passive exercises are an effective supplement to manual exercises offered in our department and have opened up variety and enjoyment to our more restricted members. A set group of people were identified that we felt would be using this machine but since installing it within our gym many more have been identified to use it with good effect, an unexpected bonus for us and them.</p> <p>One of our members has been so impressed with the machine and the benefit he has achieved through its use asked if he could make a donation towards the cost and later our group received a donation of £2000 which was amazing, very charitable but also shows how much benefit this machine has bought to him plus the benefits it has given him in day to day living.</p> <p>The cost of the machines was reasonable considering the amount of benefit and opportunity it has given to our members and the quality of the product. I would recommend the Thera Trainers to other establishments like our own.</p>