

Postural Stability



Positive impact summary: SCL/Active Lifestyles - Postural Stability/Step Up

2022

The most recent course report showed 85% of clients showing improvement in their functional mobility assessment and 95% of people improving or maintaining their initial results from week 1 to week 24. 82% of people reported feeling more confident in managing their health and 86% of clients reported feeling happier since starting the course.

CASE STUDIES

MB

FEMALE

AGE 59

CORNERSTONE CC (POSTURAL STABILITY)

When MB joined the class, she was very afraid of falling, and felt that she needed to rely on others for help. MB has a musculoskeletal condition which is treated with a morphine patch (every 3 days), she did not feel confident getting up from a chair, walking without support or on uneven pavements.

During the 24-week Postural Stability course her confidence improved significantly, she stopped using her walking stick and in her final assessment completed 11 sit to stands in 30 seconds. Mid way through the course MB was encouraged by her instructor to join Broughton Leisure Centre, for which she received a 3-month gym pass via the Exercise on Referral program. After the induction she started using ladies only gym at Broughton Leisure Centre, which proves boost in self-esteem and ability to go out. She's also started enjoying swimming with her daughter.

VB

FEMALE

AGE 81

WARDLEY COMMUNITY CENTRE (POSTURAL STABILITY)

VB recently completed the 24-week Postural Stability course and is due to move up into the ongoing Step-Up maintenance class. VB was initially quite reliant upon her stick for walking but in her sit to stand at week 1 managed 6 sit to stands. She was very disciplined with her exercises throughout the course and was keen for home exercise hand outs and any progressions. She soon made friends with other members of the class and would look forward to coming. The instructor noticed VB's improvement throughout the course as she began holding herself much better and seemed to have a lot more energy. She started arriving to the class in leggings and trainers and at week 12 did 13 sit to stands. This improvement continued and she started coming to the class without her stick and by week 24 achieved 15 sit to stands in her assessment. She was so pleased and said to the instructor,

“You haven’t noticed that I haven’t brought my stick for the last few weeks”

To which the instructor responded, assuring her they had noticed and that it had been longer than a few weeks when VB said, *“has it!?”*.

After years of seeing such incredible improvement in clients’ ability, it has been agreed that from the next course, with client consent, we will request to take video footage in the first few weeks of attending the class and again at the end to capture their achievements which can then be used to show new clients and also commissioners.

BD
FEMALE
AGE 56
WARDLEY CC (POSTURAL STABILITY)

BD was one of the younger clients in the class but struggled with her mobility and balance quite considerably. When she first started attending the class, she was adamant that she couldn’t get up but to do so would have to sit sideways and use her arms to push up from the chair and the back of the chair. She came across as quite introverted but quickly seemed to enjoy the classes often smiling during the exercises. She attended on a regular basis and worked hard in every session. At week 12 she achieved 3 sit to stands and at week 24 she managed 4.

When the 24-week course came to an end at Worsley she was invited to do a 12 week top up at Wardley Community Centre. She quickly settled in and opened up about herself to the group but equally would regularly have her fellow classmates laughing. One week she said she wanted to tell the instructor something at the end but instead decided to share with the group the news that she had lost 2 stone! She had started walking again regularly between the sessions and she was very motivated with her exercises although still sometimes doubting her ability then demonstrating to herself that she could in fact walk on her toes for example. At the final week of Postural Stability top up (36 weeks) both the instructor and BD were looking forward to her assessments and sure enough in 30 seconds she achieved a phenomenal 14 sit to stands. BD is now attending the Step-Up maintenance class and after losing over 2 stone attended her first gym induction with her Step-Up instructor this week in which she was standing from a swiss ball. She is over the moon with her progress when we reflected how far she has come.

AP
MALE
AGE 75
RAINBOW ROOMS CC (POSTURAL STABILITY)

AP began attending Postural Stability in October 2021 and was then referred onto a top up class as his health had sadly deteriorated as had his mobility. In the previous year he had managed 10 sit to stands in thirty seconds but in assessments at week 24 could only manage 1. When he first started attending the top up class with a new instructor, he seemed to have very little motivation and seemed quite serious. It would take him around 5 minutes to walk from the taxi, parked outside, and into the room.

As the weeks went on and with constant gentle, light-hearted encouragement AP started getting more involved and turned out to be quite a comic. It started taking him much less time to walk in/out of the class and by the end of the course he was actually doing a few extra exercise repetitions without any encouragement. In his week 24 assessment his leg strength and stamina had returned significantly, and he completed 11 sit to stands with which the whole class were over the moon.

WR
MALE
AGE: 71
ORDSALL LC (POSTURAL STABILITY) > CORNERSTONE CC (STEP UP)

WR started the Postural Stability class in March after sadly losing his daughter and wife last year. He recently shared that since joining the class he feels that he has dealt with his bereavement much better and looks forward to the class. His ankle and shoulder mobility have drastically improved, as has his walking and balance, and he feels mentally stronger and much more able to cope with situations.

JD
FEMALE
AGE 80
WARDLEY CC (POSTURAL STABILITY)

JD joined Postural Stability class in May 2022 after having a hip replacement and struggling with walking. In her 30 second sit to stand assessment at week one she had to pull up on the chair in front to stand up.

As a result of the course, she said that she felt that she had managed to reteach her body to use the correct technique when going up into standing.

"I feel stronger, it's so much easier when I'm pushing from my heels..."

JD has been highly motivated throughout the duration of the course and by the end of the 24-week Postural Stability course completed 14 full sit to stand repetitions in 30 seconds.

CLIENTS QUOTES

The feedback from clients is wonderful and demonstrates the added social value achieved from attending the strength and balance classes which is particularly impactful considering that for many of the clientele the classes are the only time they go out. Below is just a fraction of some of the quotes we have captured from clients.

"I was trying to open the gate in my garden, one of tiles moved and I fell forward hurt my knee and elbow, but I didn't panic... I just turned myself over, pushed on all fours and stood up like you told us!"

"Great service, enjoy it and find it motivating"

"Very happy, has got me going to get out"

"It's been great!"

"I've enjoyed it and found it useful"

"Nice people, enjoy it, a good work out"

"I enjoy both the exercise and the people and it's helping me"

"I'm feeling the benefits from coming"

"Very good, nice people"

"Improved confidence, not as reliant on stick, and improved fitness"

"It gets you out, I'm benefitting from exercising, it gives me motivation, and my fitness has improved"

"Has given me motivation, maintaining mobility pre op, and improved leg strength"

"I'm picking my feet up better and standing better"

"I can keep doing more for longer"

"I can stand up better"

"Find getting up and down and moving around a little easier, stronger legs"

"Sit to stand becoming easier, legs stronger and arm improved"

"Can get up, more aware of balance"

"I enjoy it, I feel a little more confident and think it's doing me good"

"Enjoy the exercise and the company and it does me good"

"Determination to improve. Meet people, see old friends"

"I love coming"

"I find it good fun and helpful too"

"I've stopped using a walking stick"

"My mobility has improved and I'm more confident doing things"

"I'm more active"

"I feel like I can better manage my anxiety around standing/moving around"

"Not been exercising before, I can do it now!"

"Day to day exercise easier, bending, the little things"

"I enjoy coming and can see the improvement"

"I'm benefitting therefore I'm determined, and it's also good meeting people- we're in it together"

"I notice the benefits from coming and seeing new friends"

