

CASESTUDY

Heritage Pointe Recognizes Improved Strength in Residents Using the Biodex Sit2Stand™ Squat-Assist Trainer



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Biodex Medical Systems, Inc.

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Heritage Pointe Retirement Center

Heritage Pointe is a community that honors Jewish tradition and fosters an exceptional environment based on Jewish values where community members – seniors, their families and volunteers – can learn, grow, live well and flourish.



Kathryn Nguyen, MS, BS
Wellness Instructor
Heritage Pointe Retirement Center,
Mission Viejo, CA

Most seniors expect a few bumps in the road along the health front, especially as they advance well past retirement age. “That,” says Kathryn Nguyen, a wellness instructor at the Heritage Pointe Retirement Center for seniors in Mission Viejo, CA, “is one reason many of them are intent on exercising regularly and working hard to maintain and sustain their quality of life.”

“Seniors generally understand that advancing age presents challenges,” explains Nguyen, who holds a MS in gerontology, a BS in kinesiology, and runs the fitness center at Heritage Pointe, “But it’s also important for them to recognize that strengthening their bodies helps maintain and sustain their quality of life. That’s why we encourage everyone here to use our fitness center as often as they can.”

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At Heritage Pointe, roughly one third of the facility’s 200 residents visit the fitness center to work out two or three times each week. Some even come daily.

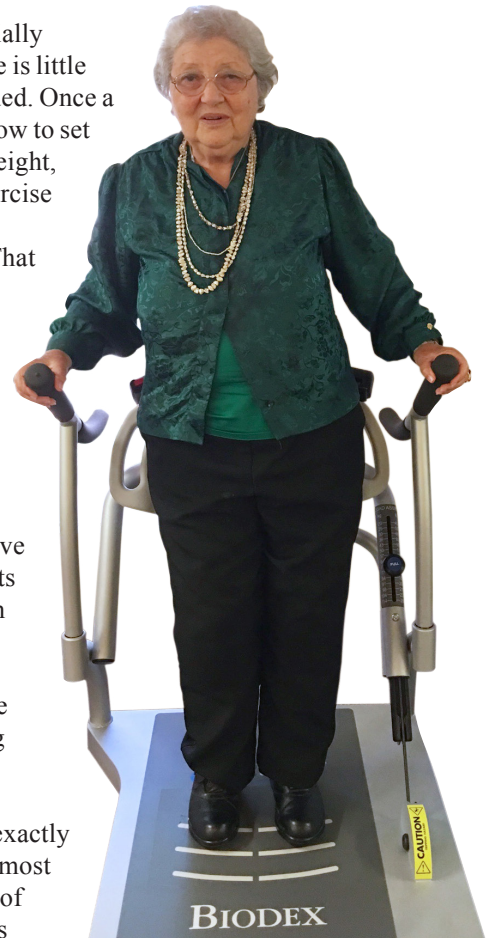
“The average age of our seniors is 88,” states Nguyen, “so it really is important to keep them engaged in staying as fit as possible. When new residents arrive, I like to introduce them to the fitness area by starting out with the Biodex Sit2Stand™ Squat-Assist Trainer. This piece of equipment is easy to understand, extremely simple to use, and really helps build both lower- and upper-body muscular strength. It also improves flexibility and endurance – all while guiding them through the proper motions from a seated to standing position. The repetition of these motions leads towards gaining strength and maintaining or even increasing independence, since the ability to stand from a seated position is performed so many times each day.”

As this is a retirement facility and not a physical therapy environment, no one is compelled to visit the gym, notes Nguyen, so it is vital to get new recruits off to a quick, fun and productive start.

“When we first got the Sit2Stand,” relates Nguyen, “it took a little convincing before everyone was willing to give it a try. Once our residents starting using it, however, it quickly became one of our most popular devices. Basically, I show residents how easy it is to adjust the height and weight settings, and then tell them to give it a try. We usually start with the weight set at 50 pounds. From there we can adjust the setting to be lighter or heavier based on how easily the user overcomes the resistance. Because it is easy to understand and simple to use – and because they can usually perform the motion successfully – most residents love this system from the very first time they give it a try.”

Nguyen is especially pleased that there is little supervision needed. Once a resident learns how to set the height and weight, he or she can exercise on the Sit2Stand independently. That leaves the fitness instructor free to tend to other residents as necessary.

“So far,” says the happy fitness manager, “we have had no complaints about this system – not one! As long as residents can overcome the resistance setting they are free to exercise on their own.” Which is exactly what happens in most instances. Many of Heritage Pointe’s seniors come into the fitness center, work on their cardio exercises, and then exercise on the Sit2Stand Trainer with the intent of strengthening their legs while improving the ability to stand at the same time. By varying seat height and foot placement, they also gain a better understanding of the role their body position and joint angle play in the sit-to-stand motion.



“Our residents tell me they love the Sit2Stand because they can feel how much it strengthens their leg muscles,” notes Nguyen. “They also like the up and down motion because it is not a full squat as is done with a bar, so it helps them with posture in performing a proper squat. I like that the seat is comfortable and articulates naturally with pelvic tilt during the sit-to-stand motion, and that the system is wheelchair accessible.”

As for successes, Nguyen points out that the Biodex Sit2Stand™ Squat-Assist Trainer works best for Heritage Pointe residents when incorporated into an integrated routine. The fitness center has a wide range of other exercise and rehabilitation equipment including treadmills and a recumbent bike. “Our residents use a variety of exercise devices to strengthen themselves, maintain their strength and improve their balance,” she notes.

“I’d surely recommend the Biodex Sit2Stand Trainer to other facilities,” states Nguyen. “It really makes a difference. “We have one 79-year-old resident here who underwent knee replacement surgery six weeks ago and this system has really helped her out. I’ve watched her progress on a steady basis and it seems to be helping to strengthen both her legs and knees while improving her ability to move from a seated to standing position. She comes back to work on this machine every single day without prompting from the staff. That kind of involvement is always gratifying to see.”



She Loves the Biodex Sit2Stand™ Squat-Assist Trainer

“I think the [Biodex Sit2Stand Trainer] helps me when I’m sitting anywhere... on a chair or a sofa. It has helped me to be able to get myself back up. I used to do this exercise at home on a regular dining room chair but this is much better. I love it,” says Adele Sherman, Resident.

Biodex is always advancing our technology to serve you better.

Sit2Stand™ Squat-Assist Trainer

www.biodex.com/sit2stand

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