

PERSONAL POWER PLATE - PROGRAMME CARD

For lower body muscle stimulation, improved circulation, pain relief & swelling reduction

These programmes have been carefully designed to offer progression, allowing each user to improve slowly based on their individual goals, needs and ability. The initial programme is done from a seated position where the feet are in contact with the Power Plate, taking advantage of the comfortable vibration to stimulate muscles in the lower body, increase circulation and significantly reduce pain and swelling in the lower limbs.

The programme progresses still with the user in the seated position, introducing graduated lower limb movement, beginning with simple heel and toe raises and then adding alternating patterns that closely relate to walking gait being 'driven' by the hips. The next phase uses additional resistance from the straps and other simple accessories while in a seated position to introduce movement into the upper body through the core and limbs. The final programme progresses to supported standing, improving lower body strength, balance, proprioception and confidence.

Success starts with small steps and we recommend starting slowly to acclimatise to the vibration. Do not feel that you need to progress too quickly. All programmes should be comfortable with the user feeling the stretch or movement in the relevant part or parts of their body. The aim is not necessarily to progress through all of the programmes but to find the one that best suits and enjoy it.

Seated Muscle Stimulation & Circulation



120 sec



low



Seated Feet Flat

Push down through feet to create tension in legs. Care giver to apply additional hands on pressure as required at knee and foot.

Seated Muscle Stimulation, Circulation, Movement



60 sec



low



Knees in - Out

Slowly roll legs inwards to self selected range bringing knees towards each other. Then Push Knees outwards and maintain full foot contact throughout the movement. Repeat continuously.



Heel and Toe Raise

Alternate between raising both heels and planting the toes, to then raising both toes and planting the heels. Repeat movement continuously for duration.



Toes Up Knees In - Out

Extend legs, place both heels onto the plate with toes pointing up. Slowly roll toes outwards to a wide position then back inwards. Repeat continuously.



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Seated Movement & Activation 1



Alternating Heel Raises

Alternate between raising each heel in turn, remembering to plant the toes. Heel Taps. Repeat for duration.



March in Place - Neutral

With feet hip width apart, lift one foot of the platform to a comfortable height. Lower to start position and lift other foot. Continue this 'marching' motion throughout.



March in Place - Narrow

With feet in a narrow stance, lift one foot off the platform to a comfortable height. Lower to start position and lift other foot. Continue this 'marching' motion throughout.



Alternating Toe Raises

Alternate between raising the toes in turn, remembering to plant the heels. Toe Taps. Repeat for duration.



March in Place - Wide

With feet in a wide stance, lift one foot off the platform to a comfortable height. Lower to start position and lift other foot. Continue this 'marching' motion throughout.

Seated Movement & Activation 2



March in Place - Neutral

With feet hip width apart, lift one foot off the platform to a comfortable height. Lower to start position and lift other foot. Continue this 'marching' motion throughout.



Lean Side to Side (Straps)

With feet hip width apart, hold the straps under tension in an underhand grip. Slowly pull up to an upright seated position, then lean from side to side touching each arm rest with your elbows alternately.



Overhand Fly (Straps)

With feet hip width apart, hold the straps in an overhand grip under tension. Slowly pull up to an upright position, then extend the arms out at shoulder width apart then spread both hands out wide keeping arms as straight as possible. Bring hands back to the starting point and repeating for the duration.



Lean Forward to Back (Straps)

With feet hip width apart, hold the straps under tension in an underhand grip. Slowly pull up into an upright seated position, then return slowly to the start position. Repeat for the duration.



Underhand Punches (Straps)

With feet hip width apart, hold the straps under tension in an underhand grip. Slowly pull up to an upright seated position, then alternate punches into full arm extension.

Seated Movement & Activation 3



60 sec



low



Ball Squeeze

With feet flat on the plate, hold a ball inbetween your knees. Coming to an upright seated position, slowly squeeze, holding briefly then releasing gently (Without dropping the ball) and repeating for the duration. Maintian full foot contact with the platform throughout the movement.



Ball Squeeze with Trunk Twist

With feet flat on the plate, hold a ball inbetween your knees. Coming to an upright seated position, slowly squeeze, while twisting to the left, returning the middle and then twisting to the right. Keep your hands crossed over your chest. Maintian full foot contact with the platform throughout the movement.



Band Stretch

With feet flat on the plate, hip width apart, tie an exercise resistance band around the knees until taut. Coming to an upright seated position, slowly push knees apart, holding briefly before slowly returning to the start position. Repeat for the duration maintianing full foot contact with the platform throughout the movement.

Standing Movement & Activation



60 sec



low



Supported Lunge with Lean (Right)

In standing lunge, place right foot forward onto platform keeping the back leg straight. Push the right knee forward until level with your toes, then return to the starting position. Continue for the duration, using appropriate hand-held support.



Supported Lunge with Lean (Left)

In standing lunge, place left foot forward onto platform keeping the back leg straight. Push the left knee forward until level with your toes, then return to the starting position. Continue for the duration, using appropriate hand-held support.



Supported Squat

Stand on the plate with feet hip width apart and knees slightly bent. Lower slowly into a comfortable squat position, then return to the start position. Continue for the duration, using appropriate hand-held support.

Staff 5 Minute Refresh



60 sec

low



Right



Left

Lunge with Overhead Reach

In standing lunge, place right foot forward onto platform keeping the back leg slightly bent. Reaching arms overhead, push your knee to level with your toes while driving the arms up & backwards. Return to the start position and repeat. Repeat exercise on opposite leg.



Right



Left

Hamstring Stretch with Reach

In a standing position place one foot on the plate, pointing the toes up, keeping the leg straight. Bend the back leg, and reach down towards the toes with both hands pushing your bottom backwards. Then return to upright and repeat. Repeat on both legs.



Start



Middle



Finish

Squat with Trunk Rotation

With feet hip width apart, sitting to a comfortable squat position and hold. Then rotate and reach to alternate sides. Repeat for the duration.

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