

rugged interactive

SPOTLIGHT ON:

The Children's Trust



The Children's Trust has been using the CardioWall for three years as part of their **rehabilitation programmes**. We caught up with Kelsey and Beth, Multi-Disciplinary Therapy Technician and Physiotherapist, respectively, to find out how the CardioWall is helping deliver **effective rehabilitation**.

A snapshot of The Children's Trust:

The Children's Trust is a residential unit providing rehabilitation, education, and support for children with acquired **brain injuries**. Working closely with the children and their families, the charity provides a holistic approach focusing on **physical rehabilitation, mental health wellbeing**, speech therapy, psychological training, **confidence building**, communication and **developing independence**.

How they use the CardioWall:

The CardioWall is used in conjunction with a number of **high-tech rehabilitation tools**, such as VR games, robotics, anti-gravity treadmill, hydrotherapy and gymnastics; with the aim of improving **movement, coordination and strength**. The children use the CardioWall every day as part of structured and non-structured sessions to focus on both **cardiovascular fitness and physical rehabilitation**.

The staff at The Children's Trust love to **get creative** by introducing rules and parameters, such as 'left hand only', to **challenge the children** more.



Feedback on the CardioWall:

The staff thoroughly enjoy using the CardioWall with the children as it's not only an **effective rehabilitation tool**, but also **simple to operate**. This means the children can also use the CardioWall **unsupervised** outside of structured session times.

Many of the children find essential rehabilitation exercises, such as squatting, repetitive. However, the children find the CardioWall **enjoyable, motivating and rewarding**, which is crucial to ensure they progress within their rehabilitation programmes. The CardioWall is such a loved piece of equipment, the staff have integrated it into their **reward system**, allowing children to use it upon completion of other activities.

What they had to say:

"It's a fun and motivating piece of equipment that all the kids love to use! It's a great multifunctional rehabilitation tool"

Beth, Physiotherapist at The Children's Trust