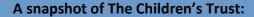
SPOTLIGHT ON:

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**.



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