Physical Activity on Referral Case Study

**Case Study Title:**

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|  Falls Prevention - Physical Activity on Referral |

**Background -** What is the background to the Case Study?

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| The service user was originally referred in January 2017 by their Physiotherapist to further their recovery following a fall whereby they fractured their femur and ankle. As a result of the fall, they had a titanium plate fitted in their hip but had pain with stepping movements, had very stiff ankles and was fearful of uneven ground outside. The service user had a very weak upper body, suffered from swollen ankles and knees and was very ’wobbly’ on their feet. Furthermore, they suffered from Osteoporosis, glaucoma and high blood pressure. The service user was 80 years old and had never been to a gym before. |

 **Activity -** What was involved? Who? Where?

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| The Physical Activity Consultant met with the service user and their partner for the initial consultation. This consisted of discussing their medical history, progression and goals with their physiotherapist and conducting a movement assessment. In the second appointment, the Physical Activity Consultant went through all of the gym exercises, progressive movements with their physio exercises and lent them some equipment to continue at home. As the service user had not previously used a gym, lacked confidence and was fearful of falling, the Physical Activity Consultant accompanied them for the first few sessions and gradually phased out the 1 to 1 support. |

 **Outcomes -** What were the outcomes or learning points?

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| The service user did exceptionally well on the scheme and was a very rewarding client to work with, especially as they were a more unusual and challenging case. This was because they didn’t require a weight loss intervention but rather, a thorough rehab plan as well alongside re-building their self-confidence. **Their improvements were as follows:*** From having to be lifted out of bed at the beginning of their rehab, they now train at the gym every other day with more advanced exercises at home in between.
* They walk to the gym and back on their own, compared to holding onto their partner for support.
* They feel much stronger and no longer have swollen knees and ankles.
* They experience less pain from their falls injuries and their back which was taking additional pressure from an abnormal walking gait.
* They improved in every aspect of the exercises – increased strength, stamina and range of motion.
* They regularly attend Tai Chi classes for added exercise
* Their mental wellbeing improved – most notably in the mental wellbeing questionnaire where they initially stated ‘none of the time’ for feeling optimistic about the future. At week 12 this had improved to ‘All of the time’.
* Going to the gym is a mental ‘holiday’ for them and it helps detract away from negative thoughts to the exercise itself.

The service user absolutely loves the gym and intends to carry on indefinitely. The Physical Activity Consultant regularly sees them at the gym and updates them about their progress. They have reduced their medication and their health professionals are very pleased with their progress so far. |

 **Quote/Testimonial** - Feedback given from the individual/organisation

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| *“Following my referral to the gym, the support I have received has been first class. The 1-1 consultations covered all aspects of my injury and general health. The Physical Activity Consultant made me feel valued as a person and together with his kind, but firm guidance over the weeks I began to feel the benefit and then enjoyment of the gym sessions. My leg is now much stronger and able to support fully my weight, which it couldn't at the beginning. Within the 1st week the Physical Activity Consultant had put together a schedule for me to follow and then carefully guided me through it until I was able to do it alone in the gym.**I have thoroughly enjoyed all the time I have spent in the gym and have developed a new interest in life. My confidence has grown again over the weeks. My Physical Activity Consultant is a first class health and fitness instructor who is both kind, considerate and very professional in all aspects.**All this help has enabled me to stop taking medication for high blood pressure following a recent GP check-up. This also means the service 'Pharmacy to your door' will not be required to deliver medication to my address. I am delighted with my progress and mobility and I will continue with my several weekly visits to the gym. My grateful thanks for all your support.”* |