

West Berkshire Therapy Centre

Power-assisted exercise to relieve improve mobility and well-being under professional assessment and supervision.

The Centre provides exercise therapy using specialist equipment for those too disabled to exercise safely in conventional ways or who no longer qualify for physiotherapy or exercise therapy from the NHS. Exercise using power-assisted equipment helps individuals with disabilities to maintain or improve mobility and general well-being.

Each service user is assessed prior to exercise by a qualified, registered physiotherapist. Exercise programmes are tailored to individual needs, to achieve realistic, short term and long-term goals. The Centre is equipped with specialist power-assisted chairs and bikes designed to provide full body exercises and conditioning. Equipment includes nine power assisted chairs, three hand / feet cycling machines, a highly versatile treadmill, a vibration plate a balance plate machine and other physiotherapy equipment.

Service users are able to benefit from:

- Decreased hospital admissions
- Increased joint flexibility
- Maintenance of or increased strength
- Weight loss and management
- Improved circulation
- Improved cardio-vascular endurance
- Enhanced well-being and self esteem
- Increased social interaction
- Greater independence
- Better control over tasks of daily living
- Enhanced co-ordination and balance

Those using the Centre include neurological impairment (stroke, multiple sclerosis, Parkinson's disease, etc) through to blindness, amputees, those with rheumatism or arthritis, also those recovering from joint surgery and other disabling situations. The service is not intended for those who can take exercise using normal means, but is for those who need a spacious, quiet, supportive environment with continual physiotherapeutic input.



The Centre has free parking, a relaxed environment and welcomes those with walking aids, wheelchairs and guide dogs. Carers are encouraged to accompany their loved ones. The centre is a not-for-profit charitable company with full charity status. Voluntary contributions are accepted, as there are no fixed tariffs or contracts.

Location: Frank Hutchings Hall, Harts Hill Road, Thatcham RG18 4QH

Tel: 01635 864561 info@westberkshiretherapycentre.org.uk

www.westberkshiretherapycentre.org.uk

August 2016

West Berkshire Therapy Centre

A Company Limited by Guarantee. Registered in England under No. 06988472

Registered Charity Number 1164954

Registered office: Buckle Cottage Bucklebury Alley Cold Ash Thatcham Berkshire RG18 9NN