

**MOVE MORE**

**FEEL BETTER**



**i&an**<sup>®</sup>

Therapy Centre

Innovation in Social Wellbeing

A specialist power assisted exercise facility and therapy service,  
enabling people to move more and feel better

## About Power Assisted Exercise

The 'I Can Therapy Centre' is an innovative and unique facility which boasts a suite of specially adapted power assisted exercise equipment suitable for people living with limited mobility, older adults and for those managing long term conditions including; multiple sclerosis, stroke, Parkinson's, arthritis fibromyalgia, diabetes, asthma and lung disease, heart disease, mental health, COPD, musculoskeletal, cancer, dementia and pre-surgery/ post-surgery.

Unlike conventional exercise equipment, power assisted exercise does not rely exclusively on muscle power but by an electronic power system enabling users to work passively or actively, depending on their ability.

The equipment at the I Can Therapy Centre provides safe exercise to all the major muscle groups and helps to re-train muscle patterns, whilst at the same time stimulating the muscles for improved strength and circulation.

### Benefits Include:

- Improved cardiovascular fitness
- Increased muscle strength
- Increased flexibility
- Increased circulation
- Reduction in mental health problems such as depression, stress & anxiety
- Weight loss
- Improved balance & co-ordination
- Stimulate metabolic process
- Improved bladder & bowel function
- Increased function
- Feeling of well being
- Social interaction
- Improved independence



*“Power assisted exercise equipment has enabled me to exercise for the first time in six years and help me regain a more confident post-stroke mobility in addition to healthy weight loss. Anyone waking up from a stroke should have access to power assisted exercise equipment.”* Dr Sara Payne MBE

## What to expect at the 'I Can Therapy Centre':

- A warm and friendly welcome
- Support and encouragement from our team of staff and volunteers
- A cuppa and lots of friendly chat
- Professional and personalised assessment
- Bespoke induction
- Enjoyable exercise experience



### Here's What Our Users Say:

*'I find it amazing'*

*'I'm so happy'*

*'I'm unrecognisable as I'm walking so well'*

*'I'm living again'*

*'I feel stronger'*

*'I walked here without my stick today'*

*'I can get in and out of the car better'*

### Clinically Led Physiotherapy Service:

In collaboration with 'Sheffield Neuro Physiotherapy', the 'I Can therapy Centre' is proud to offer specialist onsite client centered neurological physiotherapy treatment and advice to patients and carers.

Physiotherapy treatments will include soft tissue mobilisation, balance rehabilitation and mobility interventions to optimise physical wellbeing and performance.

Sheffield Neuro Physiotherapy support people in the attainment of inspirational goals to optimise function and quality of life. A client centered, individualised approach to condition management and recovery is central to the ethos of this bespoke physiotherapy service.

Users of the I Can facility will be supported by the Sheffield Neuro Physiotherapy team through assessment, programme progression and optional, individual treatment sessions.



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