

Theraposture's Rotoflex bed delivers 'carer free independence' for yet another highly satisfied client.

Name: **Diane Preston**

Client challenges:
Leg lipoedema

Solution: **Rotoflex 235
Low Bed**

Before owning a Rotoflex bed from Theraposture, Diane Preston (79) and her husband Peter (75) from Grove near Wantage, were struggling with daily independence.

As Diane has restricted mobility and leg lipoedema (chronic swollen legs), she was unable to get in and out of bed without assistance from Peter. However, when Peter's back condition required major surgery, the couple were left in an impossible situation – ultimately relying on carers coming into their home which hugely restricted their lifestyles.

When their local Occupational Therapist recommended a Rotoflex, it was the beginning of a journey to freedom for both of them.



CASE STUDY 22



Peter demonstrates how their Rotoflex rotates safely and smoothly

The Preston's have lived in Wantage for 27 years however only recently moved to their current property which is more accessible for Diane. As she is unable to use the stairs, their new home provides all the facilities Diane needs on the ground floor – a spacious sitting room and easy access wetroom. They have also converted the downstairs front room into the main bedroom. Before contacting Theraposture, Diane and Peter purchased two single adjustable beds from a local mobility dealer in an attempt to improve their situation. Nevertheless, the beds did not offer the functionality that Diane needed which left her and Peter in the same predicament.

Now both retired, Diane worked for an Oxfordshire based laboratory affiliated to CERN and Peter was a construction company manager. They were both keen bowls players however Diane's condition has meant the sport is no longer possible, hence Peter tends to focus more on his passion for model railways these days. He also used to visit the gym to

keep active but pandemic lockdowns led to a drastic deterioration in his mobility, eventually resulting in major back problems.

Peter was unable to lift Diane's legs into bed so the couple had to pay for carers to visit twice a day to help in the morning and evening. Getting out of bed at night to use the toilet was now impossible causing 'a horrible, horrible situation to be in' as Diane describes. Commonly Diane was having to be put to bed at 8pm and not able to get up until late-morning when carers arrived – made even worse when Peter was away in hospital and recuperating at home. They needed to find a solution fast – Shaun Masters, Theraposture Occupational Therapist, had the answer.

A home assessment was requested by the Preston's, following their own OT's recommendation to contact Theraposture, which highlighted the need for a rotational bed. Diane picks up the story, "We'd known about the Rotoflex since April 2021 when Shaun first came to see us. He demonstrated the bed and a Leg Lifter however we decided to delay not realising the problems we were going to encounter. As time went on, we were both getting more and more frustrated and fed up. We thought buying two adjustable beds from a local dealer was the answer; it wasn't. They had a rise and fall but had no rotation, that was what I really needed. We also tried various other gadgets from different companies to get legs into bed but we didn't get on with any of them."

"So we asked Shaun to come out again just before Christmas 2021 for a second assessment. You could tell Shaun really knew what he was doing, he understood what we needed and was really on the case – so thorough, a proper OT which made all the difference."



Diane with their beloved cat Jessie

“All-in-all, I'd recommend a Rotoflex to everyone wanting to get their life back”

Diane Preston

Theraposture's Occupational Therapist and Rotoflex bed deliver carer-free independence for Oxfordshire's Diane



Diane continues, "He was brilliant, so precise, he measured everything so we knew a Rotoflex would fit me and I had space to get in with my walking frame. Shaun recommended a Low Access Rotoflex which was perfect for me."

The Rotoflex is a specialist electrically powered adjustable bed with profiling, variable height and a rotational action. It will move a user from a lying to a seated chair position with feet firmly on the floor. The bed can then be lifted, without tipping, so a safe and stable sit-to-stand can be achieved. The extensive Theraposture range is unique in the market as it is patented ie. cannot be copied, and can include a powered rising foot section for total elevated leg support – essential for individuals with circulation and pressure issues.

Theraposture were able to install a reconditioned Rotoflex quickly after Shaun's visit – they have new and used approved beds in stock. Diane and Peter were delighted, it was literally 'a life changer' and meant they were not 'spending a fortune on expensive carers.' The installation was hassle free and the

Theraposture technicians were described as 'very professional, friendly and polite'. There was 'no fuss' and they even moved one of existing adjustable beds upstairs free of charge, and at all times wore appropriate PPE.

As Diane now benefits from her Rotoflex every day, she reflects on how life has drastically improved, "Before having the Rotoflex I was saying to myself 'I can't go on with life like this; it's just too hard'. Our bed has changed our lives, we can do what we want when we want and are not waiting or fitting around carers. I can get out of bed independently if Peter is not around however most of the time, he's there just to reassure me. I can get up and go to the loo in the night if needed without being helped; all a tremendous difference. I really like the position of the armrests on the bed, they extend a long way forward so I can push myself up easily to stand in my walking frame."

"I did know about the rising foot support that you could have on most Rotoflex models (the non-rotating mattress piece) but as I sleep on my side, I decided I didn't need one for now."

"The specialist mattress is really comfortable and gives me all the support I need. Simple details like the stitched-in pillow slip make all the difference as well, so your pillow doesn't slip down when you are sitting up. I tend to sleep flat and not with my head elevated as I'm sitting in my riser chair most of the day

so better for my back to be flat. The up and down height adjustment of the bed is great but I don't tend to need that much at the minute. Nice to know we have it for the future though."

"Our children and grandchildren also have peace of mind that we are not going to injure ourselves. We can live our lives as we want to without asking them for help. I wish we hadn't previously bought the two adjustable beds from a local dealer; but you can't look back, it's done. All that matters now is that I have my Rotoflex, which in the end, was exactly what I needed. I'm pretty convinced our cat Jessie is also more relaxed! Not only does my bed give me all the powered assistance I need to get in and out, I can lie in a cradled position which is ideal for Peter to massage my legs to improve circulation. All-in-all, I'd recommend a Rotoflex to anyone wanting to get their life back."



“Our bed has changed our lives, we can do what we want when we want and are not waiting or fitting around carers.”

Peter Preston

Freephone: +44(0) 1373 823030

info@theraposture.co.uk www.theraposture.co.uk

Theraposture Limited, Kingdom Avenue, Northacre Industrial Park, Westbury, Wiltshire BA13 4WE, UK