

**casestudies**  
*Projects with PCT links*



“ **South Lanarkshire Leisure – Patrick Murphy, Fitness Manager**

We operate over 20 Leisure Centres on behalf of our local council. HUR has helped develop the Trust’s relationship with the PCT who use our gyms with a vast range of their client groups. This has given fitness instructors exposure to people they might not normally work with such as stroke patients, people with MS, learning difficulties and those that have suffered falls and fractures.

A training-exchange, within a service level agreement has been established with Lanarkshire Primary Care NHS Trust. Staff from both sides help train each other in areas where benefit can be gained from sharing expertise – at no cost to either partner. Fitness staff gain greater insight into possible contra-indication for various conditions and PCT staff are encouraged to appreciate the softer skills associated with client interaction and interpretation of needs into functional exercise programmes. ”



**Equipment Ranges**

- Mainline
- Smart Card Option

For less able/mobile and wheelchair users

- IFI Accredited Range
- Easy Access and
- Rehab Line

**Safe and easy to use**

- HUR’s air resistance system reduces stress on vulnerable joints and connective tissues making it safe for all levels of ability – whatever that ability may be.
- It produces a more consistent resistance profile that makes the movement feel smoother and easier to execute. Unilateral movements can be executed on most HUR machines.
- The near zero resistance feature can be adjusted ‘steplessly’ to facilitate passive and assisted mobilisation. A simple + or – push button makes this easy to use.
- Ongoing collaborative scientific research and development with universities and practitioners worldwide ensures HUR’s safe and practical application and because HUR is made to order the latest findings are incorporated into products and software.



**Bespoke options**

Various adjustments, supports and enhanced safety features, such as range limiters, heart rate monitor and isometric testing, are available to suit specific user needs.





## Ability Bow - Victoria Kent, Director

“ Ability attracts a wide range of people from those who work out really vigorously to disabled users and others who have not exercised for a long time, if at all. The Centre is now into its fifth year of operations and is continuing to deliver its original aim of meeting the health needs of the local population. We are commissioned by Tower Hamlets Primary Care Trust to deliver some of the services it requires, for which we receive statutory funding.

Our referral scheme is a measure of our success. It always has a waiting list and the number of referrals is continuing to grow. They come from various sources including GP's, physiotherapists and the stroke departments of hospitals. We have a surprisingly good conversion rate from people who initially come to us via a medical referral and then choose to continue with their exercise programme.

HUR has been good for us. We love it for its simplicity. It is easy for instructors to teach and easy for clients to learn to use. ”

### Non intimidating

HUR machines have no weight stacks so they are smaller than traditional weight stack machines and their visual appearance is less intimidating.

### Space and cost savings

Smaller machines, some incorporate two exercises for space and cost savings.

### Silent operation

The air resistance system works silently, which improves communication by reducing distraction.

### Medical accreditation

All HUR Rehab Line and Easy Access Line equipment meets the provision of the EC directive 93/42/EEC for Class 1 Medical devices.

We will be happy to discuss and/or look at your project.  
Please call us on 01206 798864



### NHS Mid Essex

The conversion of an old chapel into a multi-purpose gym at the site of St Peter's Hospital in Maldon, has proved hugely popular with patients and local residents in recent years. Initially the project was established under the Healthy Living Initiative and the PCT delivered the service directly. Recent changes in funding and policy have led to it being commissioned via a small Community Interest Company.

The gym offers a facility for regular exercisers but importantly it also caters for a variety of patients with specialist/complex needs. These include people with physical and learning disabilities, and cardiac rehabilitation patients.

The HUR equipment has played an important role in the gym's success. For many, the opportunity to exercise has significantly improved their quality of life by enabling access to exercise and the subsequent health improvements it brings.