



Rebalance Physiotherapy at New Care – Cheadle Manor

Since the launch of our physiotherapy service at **Cheadle Manor** in January 2025, we've seen remarkable progress, built meaningful connections, and created a truly enriching experience for residents. A heartfelt thank you to everyone who has supported and contributed to the success of this service — it's been a wonderful journey so far.

1:1 Physiotherapy Sessions

Personalised Support for Every Goal

We offer **1:1 sessions** in 30, 45, and 60-minute appointments, which include:

- An initial assessment to establish a resident's baseline and goals
- A personalised **home exercise programme** to continue progress independently or with support from family or staff

We work closely with each resident to help them regain function, increase confidence, and improve overall well-being.



rebalancephysiotherapy.co.uk



info@rebalancephysiotherapy.co.uk



07982 819068

Exercise Group

Building Strength, Confidence, and Community



Our **weekly seated exercise group** continues to thrive. With nine regular participants and new residents trialling the sessions, the group has become a cornerstone of our physiotherapy offering.

Each session includes a combination of group exercises and short **1:1 physiotherapist-led assessments**, allowing us to:

- Monitor balance and mobility
- Understand individual goals
- Identify those who may benefit from more tailored 1:1 physiotherapy

The progress since January has been incredible. Residents who were previously unable to walk are now mobilising independently. Improvements in **strength, stamina, balance, and co-ordination** have been matched by the development of **friendships, confidence, and laughter**. The group's camaraderie and encouragement of one another is truly heartwarming — every Tuesday is a joy to be part of.



Voices of Support



"Excellent progress made due to encouragement from the physiotherapist."
— 1:1 Physiotherapy Feedback

"Thank you, Caroline, for what you've inspired Mum to manage."
— Family Feedback

"Caroline makes the class enjoyable and fun. Her assistant Kelly is very good and encourages everyone."
— Group Physiotherapy Feedback

"Well-structured sessions with good levels of repetition and new elements."
— Group Physiotherapy Feedback

"Just to say the mum was able to sit in a wheelchair and be taken outside on the grounds on Thursday. She has been bedridden for 2 years, so this was amazing to see. She expressed appreciation and surprise being in sunlight. She sat outside for a while and enjoyed it. Thanks to the care and support from Cheadle Manor, and to the skills of Caroline the physio, this was made possible."
— 1:1 Physiotherapy Feedback

Thank You



A special thank you to Cheadle Manor **Home Manager Helen**, **Wellbeing lead Sammy**, and all the staff, residents, and families who have supported and engaged with the service. Your encouragement and support really does make all the difference. We look forward to continuing to grow this service and helping our residents reach their goals — one step, one dance, one success at a time.



rebalancephysiotherapy.co.uk



info@rebalancephysiotherapy.co.uk



07982 819068

Resident Stories



Celebrating Progress



Donald

Our weekly *"Dance with Donald"* has become a highlight — Donald loves music and dancing, and the whole group cheers him on. His joy and improvement have been infectious!



Namita

After two years in bed, Namita's goal was to sit out and use a wheelchair. Through work on sitting balance and postural control in 1:1 sessions, and with great support from her family, she is now sitting on the edge of the bed unsupported. Namita has achieved her goal of sitting out in a wheelchair and going outside for the first time in 2 years.



Mabel

In January, Mabel required a stand aid and two carers for all transfers. After attending group sessions and receiving 1:1 physiotherapy, she can now walk **with a frame**, stand independently and mobilise outdoors with a 4 wheeled walker. Mabel now transfers with the help of just one carer. We're now aiming for **independent indoor mobility** and **outdoor walking with a 4-wheeled walker**. Amazing progress, Mabel!



George

Having spent a year in bed or in a recliner since arriving at Cheadle Manor, George was determined to progress. After several 1:1 sessions, he began using a **self-propelled wheelchair** — and hasn't looked back.



Jean

Initially unable to stand without a stand aid, Jean's participation in the group led her to start 1:1 physiotherapy. She can now **stand independently with a frame**, and has taken her first step in 3 years. Her **strength and confidence** are growing every week.



Eileen

A complete star! Once reliant on a wheelchair, Eileen now walks the corridors regularly with Caroline, building strength and improving her balance and confidence every session.