

MoveMor® Independent Study Summary

Unless otherwise stated, studies used the Take to MoveMor® exercise program:

10 exercises, 10 repetitions, 10 minutes

InnovAge, PACE, Aurora, CO

March – May 2018

Steve Jones, Clinical Exercise Services Manager

Instructors

Mallory McCasky & Sarah Clarke, Clinical Exercise Specialists;
Cate Reade, MS, RD, MoveMor® Inventor/Master Trainer

Highlights

It was a joy to exercise with low-mobility participants and see range of motion improvements occurring rapidly, particularly at ankles, the primary joint involved in balance. One participant, Phil had a stroke that effected his right side and at 6 weeks, his right leg was moving almost as well as his left! Nine of ten participants improved dynamic balance and agility (one maintained) while standing balance sky rocketed by 368% in just 20 minutes a week for 8 weeks!

Protocol (n=10): 10 minutes, 2X/week, 8 weeks

Assessments	Outcomes
Ankle Flexibility Dorsi & Plantar Flexion	+ 8 and 4 degrees, respectively
8-Foot Timed Up & Go Dynamic balance & agility	+ 15%
30-Second Chair Stand Leg strength	+ 8%
Tandem Stand Static balance	+ 368%

Brookdale Vista Grande Assisted Living, Colorado Springs, CO

March – June 2017

Carla Wilson, Executive Director
Roselle Campbell, PT, Transition Care Manager

Instructor

Cate Reade, MS, RD, MoveMor® Inventor/Master Trainer

Highlights

It was delightful exercising with assisted living residents; the majority used walkers and had varying levels of cognitive impairment. Exercising with MoveMor® for 10 minutes once per week, all 7 participants improved their ankle flexibility, lower body strength (53%) and dynamic balance and agility (27%)! Stronger legs and better balance are indicators of a reduced risk of falling, the top concern for long term care residents and providers.

Protocol (n=7): 10 minutes, 1X/week, 14 weeks

Assessments	Outcomes
Ankle Flexibility Dorsi & Plantar Flexion	+ 6 and 4 degrees, respectively
10-Foot Timed Up & Go Dynamic balance and agility	+ 27%
30-Second Chair Stand Leg strength	+ 53%

Legacy Healthcare Services, Eaton Senior Living, Lakewood, CO

April – June 2017

Emily Welt, MOT, OTR/L, Area Rehab Clinical Specialist
Matthew Shea, PT, Rehab Director

Highlights

Physical therapists and patients shared a long list of benefits with the use of MoveMor®. Therapists liked the portability, simplicity and versatility to perform at least 60 different exercises to improve strength, flexibility, motor control and muscle endurance in a seated position, as well as standing for higher level patients. Patients liked that the therapist didn't need to add or remove weight, it was easy to use, easy on the joints and fun!

Protocol (n=7): 15-30 minutes, 2X/week, 8 weeks: Rehabilitation using MoveMor® as one tool

Assessments	Outcomes	Comment
Berg Balance Test	+ 12 points	100% experienced true change improving balance, gait and a reduced fall risk
Tinetti Balance Test	+ 6 points	

Nicoya Health & Lifestyle Management, Dallas, TX

Feb 2015 – Aug 2016

Dr. Sara Kyle, Director of Resident Wellness
White Paper: www.MoveMor.com

Highlights

After using MoveMor® at the International Council of Active Aging conference, Dr. Sara Kyle performed a research study with older adults living in 2 skilled nursing homes and 3 retirement communities. She

analyzed the results in a white paper showing a significant increase in ankle flexibility (the primary joint involved in balance); improved agility and balance; and a decrease in fall occurrence during the exercise intervention. Most notably, 6 of the 7 cognitively impaired wheelchair bound participants improved their Activities of Daily Living score. The increase in functional independence empowered residents while lightening the workload of caregivers.

Protocol (n=39): 10 minutes, 2X/week, 8 weeks

Assessments	Outcomes	White Paper
Ankle Flexibility: Dorsi & Plantar Flexion	+ 2.4 and 8.7 degrees, respectively	Significant increase in ankle range of motion
8-Foot Timed Up & Go	Paired correlations indicated that the exercise intervention are strongly and positively correlated	
Activities of Daily Living (MDS 3.0) (n=7)	+ 86% improved or maintained (wheelchair & cog. impair)	
Falls History	Reduced falls incidence	

University of Maryland School of Nursing

2015-2020

Renowned Researcher, Dr. Elizabeth Galik
\$1.5 M National Institutes of Health Grant Study

**NIH Study: A Cluster Randomized Controlled Trial Testing the Impact of Function and Behavior
Focused Care for Nursing Home Residents with Dementia**

<https://pubmed.ncbi.nlm.nih.gov/33454311/>

Highlights

Over 40% of nursing home residents have moderate to severe cognitive impairment. They are some of the most functionally disabled groups with significant care needs.

Dr. Galik chose MoveMor® as an intervention to improve function. Investigator reviews show that MoveMor® is a viable tool to boost functional independence:

- Erin Vigne, Nurse Study Coordinator reported “seeing a variety of improvements with residents and they seem to really enjoy using MoveMor®.”
- Dr. Galik: “MoveMor® was used at all treatment sites for the study duration of 5 years along with other modalities to increase physical activity. Residents, nurses and physical therapists all liked using MoveMor®.”

Five Colorado Communities

Jan- Dec 2014

Physical therapists and a doctor performed testing at:

- 2 Skilled Nursing Facilities
- Balfour Senior Living
- Center for Functional Health
- InnovAge Adult Daycare

Highlights

These 5 diverse communities show MoveMor’s versatility and effectiveness to meet the rehabilitation and fitness needs of mature adults throughout a variety of healthcare settings

including skilled nursing, assisted and independent living, a physician's office, as well as adult day care. Participant improvements included improved balance and agility, increased leg strength and more confidence with a reduced fear of falling in 8 weeks or less.

Protocol (n=26): 10-20 minutes, 2-3X/week, 1- 8 weeks

Assessments	Outcomes
Manual Muscle Testing of quadriceps, hip flexors and anterior tibialis	All muscles tested stronger
10-Foot Timed Up & Go	+ 25%
Fear of Falling Questionnaire	Reduced fear score of 3 to 2 & 1 (0-none; 1-some; 2-fair; 3-very)

Metabolic Study

Nov 2011

A doctor from Colorado State University was intrigued by MoveMor® and performed an informal metabolic study (Details at www.MoveMor.com)

Highlights

I will be forever grateful to this academic researcher and his graduate students for performing this study! I remember meeting them for the first time when one student put MoveMor® on the tabletop and began using it as an upper body trainer too. The study results showed calories burned increased by 60%!

Protocol(n=8) Graduate students performed one 12-minute MoveMor® exercise session

Results: 60% increase in metabolism compared to quiet sitting. The university study results validate that metabolic health can be improved from one safely seated position in minutes.

