



Implementing the results of research has changed practice in a special-school.

heROIC
Health benefits of Regular use of the Innowalk in Children

Utilising data from the heROIC study has improved activity levels and outcomes by using the Innowalk Pro regularly.

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BACKGROUND

Children and young people with complex physical disabilities often experience low levels of physical activity, which can negatively impact health, participation, and quality of life.

The heROIC study provided evidence supporting the use of the Innowalk Pro, to increase physical activity and improve the wellbeing and outcomes in this population.

IMPLEMENTATION STRATEGY



Staff training based on heROIC study findings and Innowalk used in the classroom setting



Embedding use of Innowalk with a 'block on/block off' approach into timetables and therapy plans



Multidisciplinary collaboration (teachers, therapists, support staff)



Ongoing monitoring and adaptation

DISCUSSION

- Physio's identify 5 students each half term to use the Innowalk for a block continuing to use it as prescribed in the study (across primary and secondary) with clear goals and have seen improved outcomes in annual reviews
- Ensures equity throughout the school
- Allows for planning around other therapy
- Collaboration across disciplines enhances sustainability

AIM

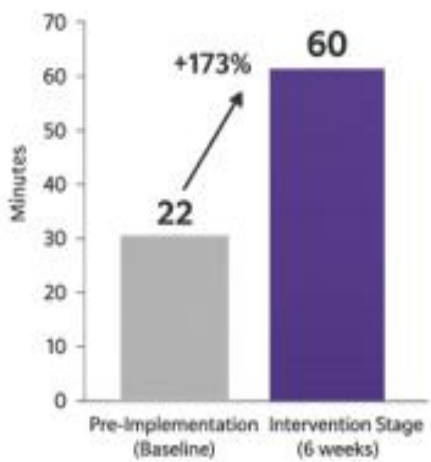
To evaluate the feasibility of implementing the methodology of the heROIC trial into every day practice in a special school setting, and therefore using it 4x week for 30 mins over 6 weeks on a block on block off approach.



RESULTS

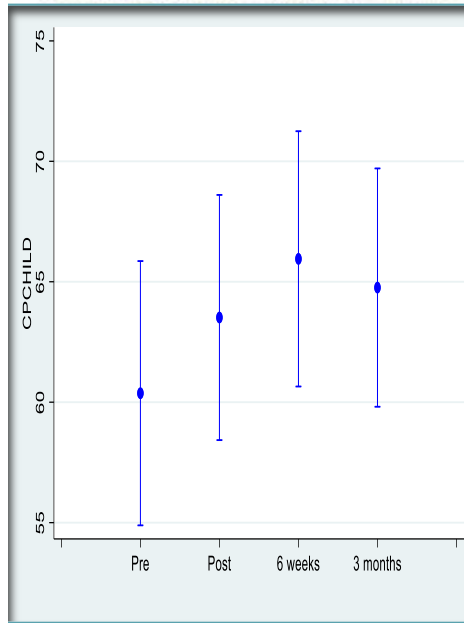
1. VIGOROUS PHYSICAL ACTIVITY INCREASED

Average Minutes of Vigorous Physical Activity per Day



Significant increase in daily vigorous physical activity during regular use of the Innowalk Pro.

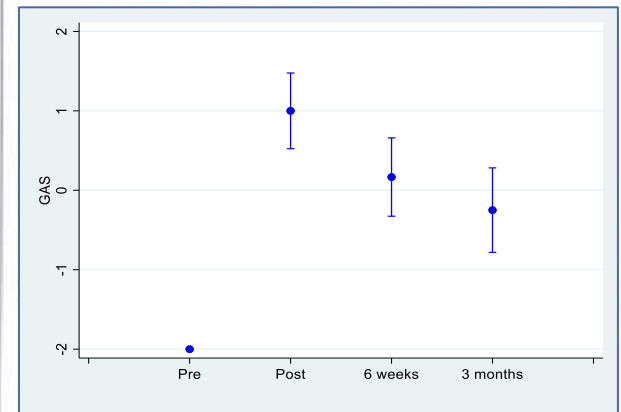
2. QUALITY OF LIFE (n = 25)



Most students showed improvements across key areas of quality of life.

3. GAS GOALS

Percentage of Students Achieving Goal Outcomes



Adding the Innowalk Pro to routine care for children with cerebral palsy GMFCS IV-V four times a week for 30 min over 6 weeks has the potential to improve their quality of life and functional goals. Having a break of 6-12 weeks from using the Innowalk Pro sees a drop in functional goals and therefore has helped the school be prescriptive in use and not have too long a break.

4. STAFF FEEDBACK

% Agree or Strongly Agree



More confident delivering movement-based interventions



Innowalk Pro is well integrated into daily routines



Positive impact on students' engagement and wellbeing

“We've seen positive results in the Innowalk that we haven't seen in any other equipment”

CASE EXAMPLES



Pupils focus and concentration on learning activities was improved when on the Innowalk.



The vestibular and proprioceptive input increased alertness and engagement.



Some pupils can arrive in school very unsettled and we have found that the Innowalk can help them to regulate their body and be ready to start the day or the afternoon.

SCHOOL IMPROVEMENT PLAN



School improvement plan is adopting a 'Move More-Sit less' approach and therefore working on reducing the amount of time spent sitting throughout the day through a variety of activities alongside the Innowalk.

CONCLUSION

Implementing evidence from the heROIC study has:

- ✓ Successfully changed practice within a special school to add the innowalk and share between classes on a termly basis
- ✓ Increased physical activity levels
- ✓ Improved student outcomes and engagement

Regular use of the Innowalk Pro represents a practical and effective approach to embedding movement into daily school life

IMPLICATIONS FOR PRACTICE

- Schools should consider integrating evidence-based movement interventions.
- Training and routine embedding are essential to:



Work cohesively as a therapy team and educational setting.



Have a quick means of communication – we use 'teams' to quickly identify issues.



Keep up with other activities – it improves access to other equipment too!

Given the known benefits of exercise, further suggestions to research how the Innowalk Pro could impact earlier in life on complications secondary to disability such as pain, weight gain and gastro-intestinal function is also advised.

FUTURE WORK



Our aim is to continue to raise awareness about the importance of movement in children with disabilities



Starting to establish links with adult services for our transitioners to ensure young adults can also have access to increased activity

