

Rehabilitation at Kanadenomori orthopedic clinic

Dr Aki Osawa tells us why she chose Power Plate, her recommendation for use after self-isolation, and how she has more patients using Power Plate than pre-Covid-19.



Where did you first come across Power Plate?

7~8 years ago, when I was working at Juntendo University Urayasu hospital, I had a chance to observe the surgery of Professor Nakata of Osaka University, and had a tour of the facility where I saw Power Plate for the first time. My first impression was of surprise that it was so effective, and I was

determined to find out more about its application.

I introduced Power Plate to Juntendo University Urayasu hospital. At the university hospital most of the rehabilitation patients are inpatients, so at first we used Power Plate for patients with total knee arthroplasty prior to their operation, and during their hospitalization period from the first day to 3 weeks post-surgery.

Initially I expected to see improved muscle strength, walking speed, and balance during the recovery period, but I soon observed that it was very effective at preventing post-operative blood clots.

What motivated you to open Kanadenomori orthopaedic clinic?

The university hospital did not support outpatient rehabilitation, so we could not observe long-

term effects. I wanted to introduce Power Plate to more patients as well as see the long-term effects first-hand. This prompted me to open Kanadenomori Clinic.

When I was working at the university hospital I sometimes felt that it would be better if patients could receive longer-term rehabilitation support, so I catered for this in my clinic plans. I decided to include Power Plate as the primary equipment in the rehabilitation studio, and to prescribe Power Plate use for all rehabilitation programs including back pain, knee joint pain, and shoulder joint pain.

Immediately after the clinic opening it was apparent that one unit was not going to be enough, so I purchased additional units and now have 5 Pro units installed, and also offer Personal Power Plate and Power Plate PULSE. Even with that



many machines, many patients still have to wait to access the Power Plate machines at peak times.

[How is Power Plate used in the clinic?](#)

Physical therapists and I have discussed the rehabilitation requirements and designed protocols for back pain, knee arthritis, shoulder, locomotive syndrome, and so on. When prescribing rehabilitation for outpatients, I direct physical therapists to use Power Plate according to the patient's symptoms and condition.

In the first scheduled appointment we explain to each patient how to best use Power Plate, prior to their starting their rehabilitation programmes. For subsequent

visits the patients get one-on-one support from physical therapists and continue with several types of physical therapy such as stretching with Power Plate.

The fee is reasonable and many patients visit frequently - some of them visit our clinic nearly 20 times a month. So far Power Plate has been used by about 1,500 patients in this clinic. We will analyze their data to measure bone density and muscle mass increases. I would like to contribute to maintaining and improving patients' health.

[Do you also use Power Plate to treat your athlete patients?](#)

For our athletic population we need to prescribe specific programmes to help them

return to play after sports related injuries. For this purpose we use Power Plate for stretching and strengthening to accelerate early recovery, as well as maintenance and increase of muscle mass and redevelopment of balance and proprioception.

It is not uncommon to be worried about the decrease in bone density in young female athletes, as described by the female athlete triad syndrome. I am therefore planning to use Power Plate in this population too to prevent stress fractures and reduce future risk of osteoporosis.

[Are there other areas where Power Plate applications are used?](#)

In Japan Power Plate is perceived as being used mainly for maintaining and improving the health of seniors, and for elite athlete performance, but at our clinic it is also used to complement other therapies. For example, the joints of fracture patients tend to become stiff because the injured area is immobilised with a cast. After recovery and cast removal we prescribe

Power Plate therapy to mobilise the stiff joints. This speeds up recovery and return to full function.

How were your patient numbers impacted by COVID-19?

From March or April, the number of patients decreased by about 30% compared to last year due to COVID-19. However, since July and August when school started again the number of patients picked up, and at the moment there are more patients than before the pandemic.

There is concern that after lockdown imposed home-isolation the number of injuries and fractures in elementary, junior high and high school students could increase due to the resumption of sports club activities. In addition, bone density decreases have been confirmed amongst the elderly generation who also limited their daily activity. Once again we realize the importance of continuous exercise on a daily basis, and relevance of Power Plate as a solution.

At the end of Summer, from September onwards, many senior patients returned to the

clinic. If they reported a lack of exercise in previous months, I immediately recommended the use of Power Plate and prescribed them exercise here at the clinic where they could be supervised.

The most common symptoms of our clinic patients are knee pain and lower back pain, and these are often not improved by pharmaceutical treatments. We maintain it is important to build muscle and strength as a preventative measure, so we prescribe Power Plate exercise here, which is possible due to having multiple Power Plate machines. I think in this way Power Plate strongly supports orthopedics.

What are your patients' impression of using Power Plate?

Most patients experience an effect immediately after using Power Plate, such as improved range of motion, and better flexibility. We always hear "it has become easier to walk", "my feet have become lighter", "my blood circulation has improved", and "chilblains, ulcers and lesions on my limbs have healed".

We also see a lot of instances

of Osgood-Schlatter disease, which is common in sports-playing boys and girls when their thighs get very stiff. If they loosen their muscles with Power Plate, their symptoms are somewhat alleviated.

Do you have advice for any clinics thinking of installing Power Plate?

I think it is important for everyone to try it themselves to experience the effects. I wanted to purchase Power Plate for my clinic because I could use it also to improve my range of motion and solve my lack of exercise, and as a result, reduce body fat. When using Power Plate in medical settings and facilities, it is most effective to convey these experiences to patients honestly, and I think that the number of patients who want to use them will increase steadily if they hear authentic reports from their therapists and doctors.

For more information visit:
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