

Stop unwanted charity marketing for you or someone you know. **Use the FPS.**

0300 3033 517 | www.fundraisingpreference.org.uk/learn



GripAble – Beating the rehabilitation grind



GripAble is a smart mobile assessment and training device that helps people with upper limb movement impairment– such as stroke survivors, and people living with brain injury, cerebral palsy, or trauma – who are undergoing hand rehabilitation to improve movement and grip strength.

Studies show that the more repetition and strength training a person performs, the greater their chance of restoring movement, and ultimately their independence. Physical rehabilitation is critical for patients to restore quality of life after stroke and many other neurological, orthopaedic and paediatric conditions.



ableLiving
PRODUCTS AND SERVICES DIRECTORY

Find great offers on the latest disability products and services from top manufacturers and suppliers

MORE INFO

able
YOUR FAVOURITE DISABILITY LIFESTYLE MAGAZINE

SEE OUR GIVEAWAYS



In some senses the challenge is as much mental as physical. Keeping up with a rehabilitation regime, no matter how willing you are, is a grind. It can seem as though all of that sweat and the understandable tears that accompany it, can leave you thinking that it's all for nothing and that the future is bleak.

GripAble can help you to monitor how even the smallest steps are all contributing to your journey of restored ability.

Restoring ability

The highly sensitive device has been tested and developed over the last seven years in partnership with thousands of occupational therapists and physiotherapists and patients across multiple clinical conditions and leading academic institutions including Imperial College London and within Imperial Healthcare NHS Trust.

GripAble is handheld and connects to a mobile app to play clinical-based activities and games on its therapy platform to train core hand movements in a fun and engaging way. The results are measurable and trackable both for home-based users – and as a handy assessment tool for healthcare professionals.

Winning is a habit and so being able to track progress is just about the best motivation you can get to continue working towards further achievement. One user, Peter, needed daily exercise to rehabilitate compressed nerves that were affecting his ability to grip. After several months of exercise, mostly squeezing putty, which he says was tedious and demotivating, he was introduced to GripAble. His OT was able to suggest a daily programme to match his ability and he could work completely independently. Peter logs in daily, does his prescribed grip and pinch activities using a variety of games – and tracks objective data to gauge progress and improvements. He told us that: "GripAble is an amazing, dead neat bit of kit. I love that it tracks my grip strength and I can see the improvement since I last measured it and that it shows my progress"

Game-changing

GripAble was also introduced to 12 year old, would-be drumming legend, Max. His dad explains that: "GripAble is a game-changer!" adding: "He is so motivated by seeing his rehabilitation as a game, not therapy. Over the last 11 years (since Max's stroke) we have tried lots of therapists and different kinds of therapies but the sessions were really stressful and difficult as the work was hard and our son was not motivated. He didn't grasp the importance of therapy since his brain injury also left him with learning difficulties which made it more difficult to encourage him to engage in the sessions."



After just a couple of weeks training on GripAble, Max's dad said he was able to grip the sticks for short periods at a time and continues to make progress, something he fully attributes to his engagement with the system – and proof that GripAble rocks!

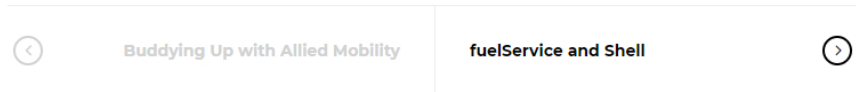
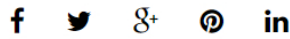
Web: gripable.co





Tags: GripAble

VOTE UP VOTE DOWN



RELATED POSTS



Product Rating: RNIB Talking Microwave

The Rough Guide To Accessible Britain Is Searching For A Rough Guide Reporter

CANNABIS: THE TRUTH IS OUT, WHAT NEXT?

Ground-breaking community programmes supporting people with disabilities to receive £5.58m funding boost

Five Outdoor Accessible Activities to Enjoy During the Pandemic

If you break down – go left!



Naidex 2020 and all co-located events postponed due to coronavirus

Able Magazine talks to STV Scotland Tonight about Britain's Got Talent Winner Lost Voice Guy

Stroke survivor Kate Allatt takes on ambassador role with rehab tech company

Motability awards grant for new pilot at Driving Mobility centres to get more disabled people motoring

Are you ready to vote on 6 May?



Safe Bathrooms

Able Magazine's 'Be The Difference' Employment Initiative launches July 1st 2018

Springtime worry-free motoring options from the Motability Scheme

Toyota Parasport Fund Commits more than £390,000 to Boost Community Disability Sport

European Space Agency's Parastronaut Feasibility Project

Name

Last name

Email

Subscribing I accept the privacy rules of this site

Subscribe

SOCIAL



CATEGORIES

- > HOME
- > SCOTLAND'S ABLE
- > TRAVELABLE
- > DRIVEABLE
- > CAREABLE
- > BUYING GUIDE
- > EMPLOYMENT & EDUCATION
- > GIVEAWAYS
- > SUBSCRIBE

LATEST TWEETS



Able Magazine

@ablemag



- > SPRINGTIME WORRY-FREE MOTORING OPTIONS FROM THE MOTABILITY SCHEME
ABLEMAGAZINE.CO.UK/SPRINGTIME-WOR...
ABOUT 4 DAYS AGO
- > GROUND-BREAKING COMMUNITY PROGRAMMES SUPPORTING PEOPLE WITH DISABILITIES TO RECEIVE £5.58M FUNDING BOOST
ABLEMAGAZINE.CO.UK/GROUND-BREAKIN...
ABOUT 2 WEEKS AGO
- > MOTABILITY AWARDS GRANT FOR NEW PILOT AT DRIVING MOBILITY CENTRES TO GET MORE DISABLED PEOPLE MOTORING
ABLEMAGAZINE.CO.UK/MOTABILITY-AWA...
ABOUT 2 WEEKS AGO

Able Magazine

[HOME](#) [DIGITAL EDITIONS](#) [BUYING GUIDE](#) [BE THE DIFFERENCE](#)
[GIVEAWAYS](#) [PRIVACY](#) [NEWSLETTER](#) [CONTACT](#)