Guide to Rotating Beds

Helping everyone to get in and out of bed safely and independently

Theraposture
YOUR INDEPENDENCE, OUR COMMITMENT

In partnership with
Parkinson's UK
MS Society

1. What is an Adjustable Rotating Bed?

An Adjustable Rotating Bed is a specialised medical device designed to restore independent living. For anyone struggling with restricted mobility, or progressive conditions like Parkinson's and Multiple Sclerosis (MS), these beds eliminate the strenuous daily challenge of swinging legs into and out of bed.

Scan to see how the Orbit bed works

How a Rotating Bed assists you

Unlike standard adjustable profiling beds, a Rotating Bed uses rotation to help you to get in and out of bed:

1. The Chair Position: The bed begins shaped like a comfortable armchair, facing out into the room. You sit down normally, just as you would on a standard living room chair.

2. The Smooth Rotation: At the push of a single handheld button, the mattress platform safely rotates into the bed position, gently gliding you into the centre of the mattress.

3. When in bed: You can adjust your position and use the functions just like an adjustable bed.

4. Getting out of bed: When waking up, a separate button reverses the rotation process, bringing you back to a seated position.

5. Standing up: Some Rotating Beds will help you stand from the seated position.

Key impartial buying consideration: the turn angle

When shopping for a Rotating Bed, it is vital to measure your bedroom layout. Standard rotating beds only turn out at a fixed 90-degree angle. This can block narrow walkways or catch on nearby furniture.

Consumer tip: Look for advanced systems – such as the Theraposture Orbit 235 – that offer a choice of chair position settings. The Orbit can be programmed to stop at either a 60-degree or at the traditional 90-degree position.

The 60-degree option is recommended for smaller rooms, and it creates additional space for a wheelchair or walking frame.

The Stand-Assist height adjustment: Lift vs. Tilt

To help you stand up from a sitting position, a rotating bed can help you. However, the way this is achieved varies greatly across brands:

- **The Tipping Method (common):** Many Rotating Beds tilt the seat forward to help you out of the chair position. If you struggle with balance or muscle weakness, this may not be the way for you as you may find yourself leaving the bed ready or not.
- **The Vertical Lift (recommended):** With 25 years of being the market leading supplier of Rotating Beds, Theraposture recommend a purely vertical rise. The Theraposture Orbit is engineered to lift straight up smoothly. This provides a highly controlled, stable, and secure sit-to-stand motion, making it the best choice for those unsteady on their feet.

60-degree chair position for easier side transfers

2. Economic Analysis: Personal investment vs. managed homecare costs

When considering purchasing a Rotating Medical Bed, it is vital to compare the one-off cost of purchasing, against the ongoing, compounding costs of alternative long-term care. For many families, a Rotating Bed system changes care from a recurring ongoing monthly expense into a managed, single one-off investment, with no further ongoing costs.

The ongoing cost of managed homecare

If an individual struggles to get into or out of bed safely, standard care agency guidelines understandably require a double handed care package, (two carers) to protect staff from lifting injuries:

- **The annual cost of care:** Retaining two caregivers to assist with morning and evening bed transfers, averages approximately £27,000 every year in the UK.
- **The lack of flexibility:** Homecare visits are governed by agency schedules. This frequently forces individuals to receive care at the time of the care agency's choosing, not their own.

Scan/click to watch Pat talking about the benefits of her Orbit 235 bed

The one-off investment and the payback period

To purchase rotating bed, there will be an up-front cost.

However, the ongoing high cost of care givers could be either halved if care is reduced to one person, or fully removed if both carers are no longer needed.

- **Break-even / Return On Investment analysis:** Industry data shows that a high-quality Rotating Bed typically pays for itself in just 4 months if both carers are replaced.

  After this brief break-even point, you are saving money as homecare costs have been replaced or reduced.

Financial and Lifestyle Comparison Matrix

Financial and lifestyle metric	Two-person Care Agency visits	Premium Rotating Bed investment
Upfront financial cost	Low (Pay-as-you-go weekly)	Higher single capital investment
Year 1 ongoing cost	~£27,000 (Compounding annually)	£0 (Covered by inclusive warranty)
Average break-even point	Never	4 months
Daily routine flexibility	Restricted to agency time slots	100% independent control – get in and out of bed on your own term
Physical strain on family	High risk of lifting injuries	Eliminated via mechanical rotation and lift

3. Product design and features – understand the differences

Rotating Beds from different suppliers are often very different in many ways, although they do all share the rotating feature. Market leading supplier Theraposture have identified 3 benchmarks that you should consider:

Benchmark 1:

Having a bed fitted to you vs. "One size fit all"

We are all different body shapes, heights, and weights. Many standard Rotating Beds on the market are aimed at the average person. If the seat height is too high and the depth is too deep, you won't be able to sit at the first attempt with your bottom all the way back into the seat.

- **The Orbit Advantage:** The Orbit 235 is the most advanced, versatile, and adaptable Rotating Bed in the world. The unrivalled scope of personalisation means that the Orbit is fitted to you using electronic programming and mechanical adjustment, regardless of your height, weight, or body shape. There is no other Rotating Bed like it.

Scan to see and hear about all the Orbit benefits

Benchmark 2:

Understanding real weight restrictions

Every medical bed lists a weight limit, but consumers must understand the difference between two critical terms:

- **Maximum User Weight:** The absolute heaviest weight of the person sleeping in the bed.
- **Safe Working Load (SWL):** The combined total weight the motor can lift, including the user, the heavy mattress and the metal moving platform.
- **Consumer Tip:** Ensure the bed you select has a user limit comfortably above your current weight. An equipment failure could be linked by the supplier to a user's weight, if close to the limit, thus potentially invalidating the warranty. The Orbit 235 has a maximum user weight of up to 31 stone (200kg) with a Safe Working Load of 235kg.

  For larger frames, Theraposture also offers the heavy-duty, wider Plus-Size Orbit 335, suitable for users up to 47 stones.

Benchmark 3:

Footrest design and circulation safety

On many Rotating Beds, the foot-end of the mattress is completely static and disconnected from the turning mechanism. When you elevate your legs in bed, your lower calves and feet are left dangling over a hard edge. This can lead to restricted blood circulation, swollen ankles and painful pressure sores:

- **What to look for:** A continuous, unbroken mattress support surface, when the legs are elevated. The Orbit range features a patented, integrated Rising Heel Section (RHS). As the legs are raised, the foot section automatically rises up and across to meet the main mattress, forming a perfectly level cushion that supports the entire leg and foot.

4. How to choose a specialist trusted supplier

A Rotating Bed is a significant financial investment and an essential tool for independent daily living. With 25 years of being the market leading supplier of Rotating Beds, Theraposture recommend 5 key considerations:

A reputable supplier should:

1. Provide a free home suitability assessment in your home
2. Maintain formal, long-standing partnerships with relevant charities and the NHS
3. Offer a clear, fully comprehensive parts and labour warranty
4. Provides an all-inclusive quote (no hidden mattress costs)
5. Have a clear unambiguous and fair returns policy

Scan to see and hear about all the Orbit bed benefits

1. Free, no-obligation home assessments

A Rotating Bed is a medical device and should not be sold without a home assessment. Every individual has unique physical dimensions, abilities and needs, and every bedroom has distinct space constraints:

- **The Benchmark:** A reputable supplier like Theraposture will provide a comprehensive, free-of-charge suitability assessment in your own home with the proposed bed, in the room that it will be used (including upstairs). They will ensure that the bed will meet your needs both now and, in the future, and that it will fit in your room.

4. How to choose a specialist trusted supplier

2. Trusted by national charities

In the healthcare market, marketing claims can be misleading, particularly from direct sales organisations. One of the most reliable ways for a consumer to verify a company's ethics and product quality is to check their official corporate alliances.

- **The Benchmark:** Look for suppliers that maintain formal, long-standing partnerships with relevant charities, such as Parkinson's UK or the MS Society. These organisations conduct rigorous vetting before endorsing any company and their equipment.

  Theraposture is an official trusted partner to these communities, providing specialist understanding, a 10% product discount* to the consumer and a 5% donation to these charities from each sale.

3. Fully inclusive warranties and buy-back options

Your mobility needs may change over time, especially if you live with a progressive medical condition:

- **The Benchmark:** Choose a specialist provider that offers a fully comprehensive parts-and-labour warranty so that in the event of a breakdown, you know you are covered. Ask if the supplier has a buy back policy and understand how it works.

  Leading experts like Theraposture provide a standard 3 year fully inclusive warranty with the option to extend. They also offer structured buy-back options, clearly displayed and explained on their website.

4. Transparent, all-inclusive pricing structures

Some retail prices can appear deceptively low initially because they only cover the mechanical metal bed frame itself:

- **The Benchmark:** Ensure your written quotation includes everything that you need: the pressure-relieving mattress, custom sheets, delivery, professional installation and an emergency battery backup system. Theraposture's Orbit pricing includes all the above.

5. Fair and clear returns policies

If you need to return a Rotating Bed after you have purchased one, make sure that you know the terms for facilitating this:

- **The Benchmark:** You may need to return a Rotating Bed because your needs may change, shortly after the delivery. Beware suppliers claiming that a Rotating Bed is a "Bespoke item" and that it cannot be returned.

  Theraposture allow their Orbit Rotating Beds to be returned within 14 days of the delivery, with a fair retention cost that covers the mattress, sheets, collection and cleaning. There is a clear policy on our website

TIP: Check the supplier is a member of the BHTA

BHTA British Healthcare Trades Association

tsi APPROVED CODE TRADINGSTANDARDS.GOV.UK

Scan to see how to safely purchase an Orbit bed

> My Orbit has made such a massive difference to my life – I can now get in and out of bed with just one button
>
> Patricia Fothersgill, Oxfordshire

* See page 6.

5. How Rotating Beds can help with Parkinson's

Parkinson's has over 40 symptoms, and everyone's experience of the condition is different. But for a lot of people with Parkinson's, sleeping well and getting in and out of bed are daily challenges. A rotating bed can help make things easier.

Parkinson's symptoms such as stiffness, cramps, slowness of movement, balance problems and 'freezing' episodes can disrupt sleep and make it difficult to get in or out of bed. Movement challenges and worries about falling can make these daily tasks difficult and stressful for people with Parkinson's and those caring for them. The Orbit rotating bed has been designed to help people with Parkinson's to stay safe and independent, and make life easier for their carers and loved ones.

10% product discount

As an official partner of Parkinson's UK, Theraposture demonstrate care, support and understanding of the Parkinson's community.

Theyoffer exceptional service and a 10%product discount to people living with Parkinson's.

Furthermore, a portion of every purchase is a donated back to Parkinson's UK. Over £210,000 has been raised to date.

In partnership with Parkinson's UK

"We've proudly partnered with Theraposture for over 10 years. Their impressive reviews are a testament to their great customer-service, which ensures people living with Parkinson's receive the best support and tailored solutions."

Sue Mills - Trading Lead at Parkinson's UK

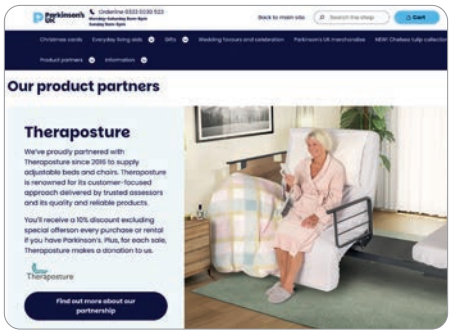
To learn more about how Orbit Rotating Beds can help you live better with Parkinson's, scan the QR code:

Visit the Parkinson's UK online shop

To learn more about our partnership with Parkinson's UK, you can visit the Theraposture page on their online shop:

shop.parkinsons.org.uk/pages/theraposture

The Parkinson's UK online shop also sells many other products to help you live well with Parkinson's, as well as gifts, Christmas cards, and Parkinson's UK merchandise. Visit **shop.parkinsons.org.uk** to view the full range.



"Our Theraposture rotating bed is wonderful; it has made an amazing difference. If you look at it in the long run, the bed is quite cost effective as it is replacing the cost of carers. We also really benefited from the 10% price discount through Theraposture's relationship with Parkinson's UK."

Richard, living with Parkinson's

To watch Richard talking about his bed, scan the QR code:

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5. How Rotating Beds can help with Multiple Sclerosis

Multiple Sclerosis affects everyone differently, however reduced mobility, muscle weakness, fatigue, balance problems and spasticity can make getting into and out of bed difficult.

This problem can be eliminated by using a Rotating Bed that has been specifically designed to help with MS. An Orbit bed is a leading choice that does this so independence, sleep quality and wellbeing are improved. Reliance on loved ones or costly carers can also be avoided.

In partnership with

MS Society

10% product discount

As an official partner of the MS Society, Theraposture demonstrate care, support and commitment to the MS community. They provide understanding of the condition and a 10% product discount to people with MS.

Furthermore, every purchase generates a donation back to the MS Society.

"We are grateful for the support Theraposture has provided since 2018. They have generously donated over £40,000 to the MS Society, which is helping us to fund our world-leading clinical research and deliver vital support services."

Claire O'Connor – Head of Philanthropy & Partnerships

Scan for a video explaining how Orbit beds help with MS

Theraposture understands Multiple Sclerosis

Theraposture have extensive experience gained from 45 years of helping individuals with MS. The company has thorough knowledge of which bed designs will provide maximum comfort and independence and future proofing.

The Theraposture team is renowned for listening, understanding and engaging with clients and healthcare professionals so there is a clear understanding of current and future needs, not only for bed users, but for surrounding family, friends and carers.

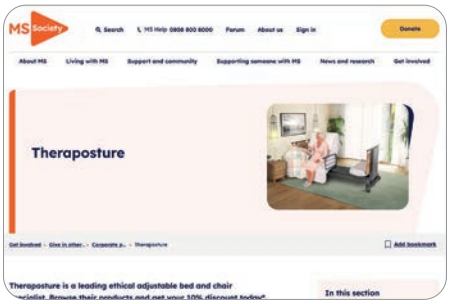
Scan for bed advice to help with MS

Visit the MS Society website

To find out more about 'other ways to give', including learning more about the partnership with Theraposture, visit the MS Society website:

www.mssociety.org.uk/get-involved/give-in-other-ways/corporate-partners-products-and-services/theraposture

Scan to visit the MS Society website Theraposture page



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About Theraposture –
an ethical and trusted choice

Theraposture Ltd is a privately owned, family run business and were the very first provider of Rotating Beds over 30 years ago.

Since then, we have become the market leading specialist and have developed our range based on our experience and understanding, resulting in the ground-breaking Orbit range of rotating beds.

Freephone: 0800 834654

Email: info@theraposture.co.uk www.theraposture.co.uk

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