

making healthcare

*simple*

**SMT** Health Systems™



**ROCK-KING**  
WHEELCHAIR

king of the rocking wheelchairs.



Thank you for taking time to consider the Rock-King Wheelchair by SMT Health Systems.

The Rock-King Wheelchair improves the quality of life for many Alzheimer's and dementia residents.

Please take a moment to review the following study conducted at the University of Rochester School of Nursing documenting the calming effects of rocking for elders suffering from Alzheimer's or dementia.

We continually receive feedback from our customers reporting the same results! We have enclosed some of the testimonials. Many talk about restraint reduction, improvement in quality of life and reducing the number falls from chairs.

The Rock-King Wheelchair is highly adjustable. A wide range of individual needs can be accommodated. The upright position facilitates dining, transport of self propulsion. The tilt position provides the ultimate in comfort while napping, reading, or talking with friends.

The most effective way to assess the value of the Rock-King Wheelchair is to try it in your own facilities. Please contact one of us at SMT Health Systems to arrange a trial!



1380 Legion Road  
Detroit Lakes, MN 56501  
Toll Free: 1.800.725.7761  
Local: 218.847.3386  
Fax: 1.888.385.2345  
[www.smthealthsystems.com](http://www.smthealthsystems.com)

MEDIA CONTACT: Tom Rickey, (585) 275-7954, or Nancy Watson, (585) 273-2518

*April 27, 1998*

## **As Elders Rock, Emotional Burden of Dementia Eases**

Nursing home residents who have dementia can literally rock away their anxiety and depression, nurse researchers have found, simply by rocking back and forth in a rocking chair for about an hour or two a day. Patients who rocked the most in a research study even requested less medication to ease their daily aches and pains, and their balance improved.

Nurses from the University of Rochester School of Nursing presented the work at a meeting of the Eastern Nursing Research Society April 23-25 in Rochester.

"There's the stereotype of older people on a porch happily going back and forth in their rocking chairs," says nurse researcher Nancy Watson. "It turns out that the activity really does bring some peace of mind to many folks.

"It's been very well documented with infants that a gentle repetitive motion has a soothing effect. We've shown that the same is true in an older population that is emotionally distressed."

In a study funded by the New York State Department of Health, Watson studied 25 nursing home residents diagnosed as having dementia, either due to Alzheimer's disease or other causes. Nurses at Kirkhaven, a nursing home in Rochester, closely monitored patient behavior for the six weeks residents rocked and compared it to their behavior during six weeks when the rocking mechanism on the chairs was disabled.

During the weeks they rocked, most residents' psychological and emotional well-being improved, says Watson, an assistant professor in the University's School of Nursing and an expert in gerontological nursing research, an area where the University is ranked among the top 10 nationwide.

"Right away, nursing aides noticed the most dramatic effect: The chair served to calm someone down when he or she was emotionally upset. The aide helped the resident to the chair and got them rocking, and it calmed the patient right down."

In the study, residents rocked for anywhere from half an hour to two and a half hours each day for five days a week. While not all the residents improved, those who rocked the most improved the most, Watson says. "The more they rocked, the better they felt."

Behaviors like crying or expressions of anxiety, tension, and depression dropped in 11 patients, 10 of whom rocked more than 80 minutes a day. Such behaviors fell anywhere from slightly to almost one-third.

Several patients also requested less pain medication during weeks they rocked, Watson says; generally, those who rocked the most asked for pain medication less often, ranging from a very slight reduction to two or three fewer requests per week. Patients who rocked less asked for at least as much pain medication, and sometimes more.

Zealous rockers also improved their balance, a huge concern among the elderly population, where a fall often leads to drastically scaled-back quality of life. Watson says it's possible that the gentle rocking motion helped stimulate the residents' vestibular system, which helps maintain balance.

Residents used platform-style rocking chairs that work like conventional rockers but have a super-stable, immobile base and move back and forth very easily. Aides gradually introduced residents to the chairs, encouraging but not pushing residents to rock.

Watson's co-investigators were Mary Hauptmann, director of nursing at Kirkhaven, and Carol Brink, associate professor of clinical nursing at the University. Also taking part were Bethel Powers, associate professor of nursing; Eileen Root Taillie, project director; Margaret Lash, project nurse; and nurse researcher Thelma Wells, formerly of the University and now at the University of Wisconsin.

Watson says that nursing home staff and loved ones of residents who seem happier and less anxious have been very interested in the research. She says rocking-chair therapy could become an important treatment tool for the approximately 1.6 million people in U.S. nursing homes, more than half of whom suffer from some form of dementia.

"Rocking provides a worthwhile, mild form of exercise for these people," says Watson. "It would be difficult to take every patient for a walk, for instance, but residents can rock themselves, and many are happy to do so, given a little encouragement. This is an easy step to improve the quality of life for people in nursing homes."

## **About the University of Rochester**

The University of Rochester ([www.rochester.edu](http://www.rochester.edu)) is one of the nation's leading private universities. Located in Rochester, N.Y., the University gives students exceptional opportunities for interdisciplinary study and close collaboration with faculty through its unique cluster-based curriculum. Its College of Arts, Sciences, and Engineering is complemented by the Eastman School of Music, Simon School of Business, Warner School of Education, Laboratory for Laser Energetics, Schools of Medicine and Nursing, and the Memorial Art Gallery.



# X3000

## Customize your comfort

with RockKing's fast, easy tilt and height adjustments that can be tailored to fit each individual.

RockKing Wheelchair

...the choice of healthcare professionals and families around the country!

### Upright Position

Ideal for seating at dining and activity tables.

### Adjustability

Ergonomic design supports head, shoulders, lower back; adjustable seat provides leg comfort, aids self-propulsion.

### Side Supports

Height adjustable support to prevent slouching.

### Comfort

Crypton padded seat is designed for extended sitting and effortless cleaning. Reversible cushion for your personal preference.

### Safety

Recline positions can reduce or eliminate the need for protective restraints.

### Tilt Position

Great for napping, reading, and conversation; also prevents pressure ulcers.

### Arm Clearance

Prevents bumping elbows during self-propulsion.

### Quick Angle Adjustment

Allows proper positioning and spring tension.

### Rocking

A simple flip of a lever turns this unique wheelchair into a rocking chair.

### Longer Wheelbase

Designed for anti-tipping.

### Reversible Cushion

Available in blue and burgundy.



### Model X3050

Laterals optional.



### Specifications:

Seat Height from Floor  
(Adjustable in 1-inch increments) .....14 to 19 in.  
Overall Width .....28.5 in.  
Chair Weight (no accessories) .....63 lb.

Overall Length (without footrests) ..... 32 in.  
Seat Width .....20 in.  
Seat Depth .....16 in.  
Height of Backrest from Seat .....32 in.  
Weight Capacity .....350 lb.

**SMT** Health Systems

**1-800-725-7761**

SMT Health Systems offers a wide choice of Rock King accessories designed to help you customize your comfort.

**Limited Warranty**

- Frame: 7 years
- Sling Seat and Cushions: 1 year

**Optional Accessories**

- Lateral Supports (RY1515C)
- Elevating Leg Rests (RY2012F)
- Heel / Leg Strap (RY2015F)
- Crypton Fabric Cushion (RY2032G)  
Foam seat 2 inches, back 1 inch  
Reversible: Floral/Burgundy or Floral/Blue
- Crypton Fabric Standard Head Pillow (RY2096H)
- Fabric Safety Strap (RY2019Y)
- Activity Tray X3000 (RY2080G)
- Padded Tray HD with Cup Holder (CC751W)
- Padded Tray without Cup Holder (CC757W)
- Oxygen Tank Holder (70747)
- Body Bolsters (RG1000)  
Crypton or Fleece, 2" or 3"
- Telescopic I.V. Pole (Y70317kit)
- Crypton Catheter Bag (Y1015B)
- Crypton Elevated Leg Rest Joint Pad (RY2012FP)
- Foot Rest Extender (CC695C)
- Rigid Padded Calf Protector (CC71D)
- Foot Cradle (CC696C)
- Padded Handrim Cover (RY1016HRC)
- Fleece Arm Rest Cover (70983 - Left, 70984 - Right)

"Daily rocking can improve balance and lessen the need for pain medication."  
Geriatric Nursing Researcher  
Rochester, N.Y.

"The Rock King keeps them safe without restraints."  
Director of Nurses  
McMinnville, TN

"What a difference it has made. My husband is trying to verbalize more and he is so much more comfortable."  
Wife of Alzheimers Resident  
California

Rock King products are manufactured and distributed by:

Standard Pillow



Support Pillow



Fabric Heel / Leg Strap



Reversible Fabric Cushion



Lateral Supports



Handrim Cover



Vinyl Elevated Leg Rest



Foot Rest Extender/Rigid Calf Support



Foot Cradle



Oxygen Tank Holder



Catheter Bag



Telescopic IV Pole



Fleece Arm Rest Cover



Body Bolsters



Fabric Safety Strap



## Rock-King Success Story (March 2008)

Jake just wanted to let you know about a patient who just received one of the Rock - King wheelchairs. My facility initially purchased 6 - 8 of the Rock - King wheelchairs as part of a restraint reduction program. We were able to reduce the use of tray tables and pelvic restraints on 5 patients and our falls from chairs decreased. The problem we faced was that once we put the chairs in use EVERYBODY wanted one. Patients thought they looked much better than a regular wheelchair and the family thought that they were much more dignified looking. We had two of our patient's families purchase chairs privately. There was one other patient that the family was insistent that she get a chair. The patient nor her family had the financial means to purchase a chair. We explained multiple times that the facility was only purchasing chairs as a fall prevention program and considered them a "specialty" chair. The patient usually was placed in a reclining geriatric chair when she was up. She had experienced a significant decline in her condition several months prior and was minimally responsive even to family. About three months ago her daughter experienced some back trouble and was having difficulty maneuvering the big chair. Finally we decided that we would purchase this patient a chair even though she did not really pose a fall risk. The chair arrived at our facility about two weeks ago. We were concerned that she could not maintain a seated position as she was usually reclined back sleeping. Well, not only was she able to be positioned in the chair but she is now awake. When her daughter pushes the chair throughout the facility she smiles and waves at visitors. She refuses to go to bed early. She prefers to stay up in the dayroom watching TV and rocking in her chair. The change in this patient has been drastic. We are amazed and the family is amazed and grateful for the difference.

Thank you for introducing this to our facility, our patients are safer and as you can see some are even much happier.

Anne Franklin, RN

Director of Nursing

NHC Healthcare Center, Bristol





1380 Legion Road  
Detroit Lakes, MN 56501  
Toll Free: 1.800.725.7761  
Local: 218.847.3386  
Fax: 1.888.385.2345  
www.smthealthsystems.com

## CURRENT ROCK-KING SUCCESS STORIES:

"WE CURRENTLY HAVE FOURTEEN RESIDENTS USING THE ROCK-KING. WE HAVE USED THE ROCK-KING IN ALL FOURTEEN CASES TO ELIMATE A RESTRAINT AND OUR SUCCESS HAS BEEN TREMENDOUS. NOT ONLY DID WE ELIMINATE THE RESTRAINT, BUT THE ROCK-KING HAS IMPROVED THE QUALITY OF LIFE FOR THE RESIDENTS. ONE RESIDENT IN PARTICULAR WAS PREVIOUSLY AGITATED AND DIFFICULT TO REDIRECT. WITH THE ROCK-KING, SHE IS MUCH CALMER, EASIER TO REDIRECT AND ENJOYS A MUCH GREATER QUALITY OF LIFE. THE STAFF HAVE DISCUSSED WITH ME THE NOTABLE DIFFERENCE IN THIS RESIDENT'S BEHAVIOR. WE ARE NOW CONSIDERING ADDITIONAL ROCK-KINGS FOR OTHER RESIDENTS."

ROGER L. MYNATT, ADMINISTRATOR  
JEFFERSON COUNTY NURSING HOME

## HCR MANORCARE OF FLORISSANT, MISSOURI ORDERED A ROCK-KING WHEELCHAIR

"WE ORDERED THE CHAIR FOR ONE OF OUR ALZHEIMER'S RESIDENTS. SHE HAD BEEN IN A SMALL CONFINED UNIT. WHEN THAT UNIT CLOSED, SHE WOULD WHEEL HERSELF THROUGH OUT OUR FACILITY IN A STANDARD WHEELCHAIR, BUT WAS RUNNING INTO OTHER RESIDENTS AND OBJECTS IN THE HALL. SHE WOULD BECOME VERY FRUSTRATED AND ANXIOUS. THE VERY FIRST AFTERNOON SHE WAS IN THE NEW ROCK-KING WHEELCHAIR, SHE FELL ASLEEP IN MINUTES!! SHE CURRENTLY IS ABLE TO WHEEL HERSELF THROUGH OUT OUR FACILITY SAFELY AND WHEN SHE BECOMES TIRED, SHE JUST LEANS BACK AND STARTS ROCKING. WE HAVE BEEN VERY PLEASED WITH THE NEW ROCK-KING WHEELCHAIR, AND PLAN TO ORDER MORE!"

ELIZABETH F. REHAB DIRECTOR



# NADONA/LTC

Communication  
Education  
Service

The National Association of Directors of Nursing Administration in Long Term Care

326 Ewan Rd.  
Mullica Hill, NJ 08062

April 18, 2005  
David MacKinnon  
SMT Health Services  
164 Dorado Ave.  
Sewell, N.J. 08080

*President*

*Sherrie Dornberger, RNC, FACDONA*

*Executive Director*

*Joan Warden - Saunders, RNC, BSN, FACDONA*

Dear David:

I want to let you know how much I love your rocking wheelchair! I have been a DON for well over 20 years and in that time I strived to get the best, most comfortable seating for "my residents." Unfortunately over two years ago I experienced a catastrophic illness, causing me to be hospitalized for one year. Since getting released I have spent the majority of my time in bed, as I could not get comfortable sitting out of bed because of my numerous physical problems. I have truly fallen in love with this chair. For the first time in two years I have been able to be out of bed with comfort! Your chair is so comfortable, it has elevating legs, and it rocks! Having my feet elevated and being able to rock takes the constant pain off of my feet and buttocks. Knowing how geriatric residents love to rock, and also how rocking also soothes residents with Alzheimer's, this chair is perfect. Also, since it does not look institutional with its reversible tapestry fabric it not only looks good in my country home, but would help facilities take on a more home-like look. (This, incidentally, will be the focus of upcoming surveys, as recommended by the CMS).

Thank you for introducing me to your chair, you have increased my quality of life more than you could ever know!

Respectfully,  
Sherrie Dornberger RNC, CDONA, FACDONA  
President  
NADONA  
856-478-4279  
Bzynursel@aol.com

## Unique Advantages of the ROCK-KING Wheelchair

**Rocking:** A simple flip of the lever adds a gentle, soothing, rocking motion. Rocking promotes wellness and strength by the use of leg and trunk muscles, which improves muscle tone and stimulates circulation. Moreover, the rocking motion has a calming effect that often results in the reduction or elimination of the need for protective restraints. Healthcare professionals in nursing homes and rehabilitation facilities tell us that their residents in ROCK-KING chairs are often less agitated, which makes caring for them easier.

**Tilt Position:** For utmost comfort while napping, reading or talking with friends, semi-reclined is the position of choice for many users. In tilt position, the ROCK-KING supports the head of the user in a way that enhances eye contact with other people who are standing or sitting nearby, making social interaction easier.

**Upright Position:** The ROCK-KING is easily positioned at a dining or activity table or fitted with its custom tray table. For transport or self-propulsion, simply lock the ROCK-KING in the upright position. The locking lever is accessible to both user and care giver, and maneuvering is a cinch both indoors and out.

**Comfort:** The luxurious padding in our ROCK-KING chairs is designed for extended seating. The Crypton fabric feels cool, comfortable and luxurious, while providing the ultimate in stain resistance, clean-ability and moisture protection.

**Adjustability:** The ergonomic design helps to maintain proper posture by supporting the head, shoulders and lower back, which makes breathing and swallowing easier. The seat deck can be easily adjusted to the proper height from the floor to aid in leg comfort and assist self-propulsion.

**Safety and Stability:** In the tilt position, users are appropriately supported in a deep wedge that keeps them securely in the chair and helps to prevent pressure ulcers. The ROCK-KING wheelbase is 9 inches longer than standard wheelchairs, providing superior stability.

