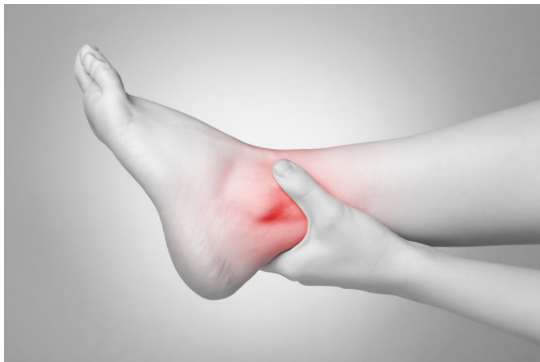


## Case Study: Annie

# NHC Cyclo-Therapy® – proud to help 13 year old Annie’s chronic ankle pain

Annie’s ankle problems started in October 2012, when she was 8 years old. In the spring of 2013, Annie had surgery to remove a ganglion cyst from her ankle bone, but unfortunately, she suffered a repetition of the problems resulting in further surgery in December 2015. From the date of the operation in 2015 there was not a single day Annie had not suffered terrible pain. Her parents were told that her ankle would take time to heal, but in June 2016 her consultant requested a scan and it showed, oedema of the joints and metatarsal found in regional osteoporosis and nerve damage resulting in neuropathic pain. Annie was referred to a Pain Consultant who gave her drugs to help cure the pain.

Now 13, Annie had not spent a full day at school since the operation in 2015 due her ankle pain, she couldn’t travel in a car as the vibration hurt too much, she couldn’t sleep, walk the dog, play with friends and went to school for core subject lessons only. Due to the concern of long-term use of pain management medication her parents decided to reduced her medication and she stopped using them in December 2016, but her pain continued. The family couldn’t go out together, travel anywhere, or see friends; Annie literally went to school and back, it was a dark time.



At the end of 2016, Annie and her parents attended a clinic at the West Yorkshire Physio Centre with Physiotherapist Janine Midgley. Janine offered to try cycloidal vibration therapy on Annie’s ankle applying the NHC Cyclo-Therapy hand therapy unit over the ankle and surrounding lower leg and foot.

After only three, 30-minute sessions of cycloidal vibration, Annie could stand on her right leg and put pressure through her ankle; her pain had significantly diminished.

Such was the improvement in Annie’s ankle and pain reduction, the family were able to take a day trip to London the following January, something they would never have dreamed of doing prior to therapy and although her ankle was stiff her pain had significantly reduced.

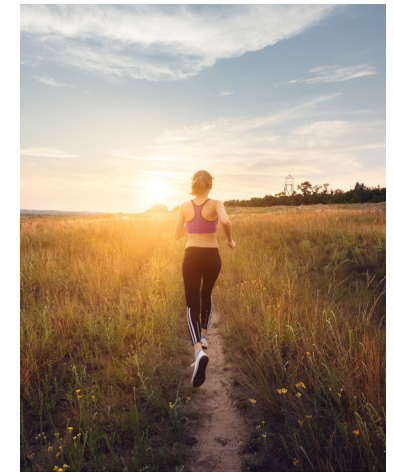
Annie has just been to Italy with the school, she can walk and is pain free, though she

will need physio to hopefully get her joints working properly. Annie is now an active 13-year-old, who can join in with her friends and lead a normal life, which 6 months ago they never thought possible. Annie now has a NHC Cyclo-Therapy hand unit at home and uses it to ensure her ankle remains mobile and pain free.

Annie told us: “My ankle used to hurt and now it doesn’t.

I have missed out on lots of sport but after using the therapy I can now walk 4 miles without any pain. After 5 years I am now pain free. I couldn’t go in a car; I couldn’t go to school and I couldn’t go to sleep because of the pain in my ankle but now I can do it thanks to the NHC Cyclo-Therapy Hand Unit. I was put on medication for the pain, but it didn’t work.

Janine Midgley Physiotherapist commented “Annie’s neuropathic ankle and foot pain and inner joint oedema were resulting in constant pain and lack of mobility. Applying the NHC Cyclo-Therapy® hand unit to enable deep connective tissue movement and circulation improvement has resulted in reduction in swelling within the inner joints and bone and pain relief enabling Annie to have a normal teenage life”.



**Janine Midgley**  
MCSP, HCPC, Grad Dip Phys,  
Dip App Sports