

## Case Study: Gayle

# NHC-Cyclo Therapy® – Proud to Help with Gayle's comfort and health every day



Gayle from Cheshire is an avid Liverpool football fan was introduced to NHC Cyclo-Therapy by her mum. Gayle had a stroke when she was 19 and for years since has had limited movement in her left arm and hand. Gayle ended up in a wheelchair following the stroke, physiotherapy enabled her to walk again, but the hospital gave up any movement or improvement returning to her left arm. Her arm was in a tight closed position to her chest.

A stroke can cause a condition called high tone, whereby the muscles in the affected area become stiff locking the joints and a limb in a set position. NHC Cyclo-Therapy has been shown in medical studies to relax muscle stiffness in



people that have suffered a neurological trauma, such as a stroke or spinal injury. Relaxing the muscles will allow the joints to move and a return of mobility.

Gayle the owner of one of our Cyclo-Therapy Blenheim chairs and a therapy hand unit states: "I find the Therapy to be fantastic it really does feel part of me, my arm and hand was always cold but it is warm now, my circulation feel better. Since using the therapy I have movement returning to my arm, it is a lot looser enabling me to move it, it really gives me a boost using it every day for 30 minutes. The therapy chair is not only good for my health but is so comfortable. I would recommend it to anyone struggling with mobility".

