

Case Study: Brenda

NHC Cyclo-Therapy® – Proud that Brenda benefits from our bed and chair every day



and my muscles and limbs are looser, my knees don't hurt as much. Not only is my circulation better but my balance has improved which makes me more confident walking and getting about"

Sore and stiff muscles can reduce circulation and prevent joint movement. NHC Cyclo-Therapy has been shown in medical studies to both relax muscle stiffness and increase blood flow. In people that suffer with aching muscles and joints preventing mobility. Relaxing the muscles while stimulating circulation can help with symptom relief and improvement in mobility and quality of life.

Brenda from North Wales worked until her retirement in a bank in Wrexham. Unfortunately many years ago she had a bad car accident which left her paralysed down her right hand side which has meant mobility has been more difficult and her circulation poor. She saw or advert online and requested a visit from Adjustamatic and was introduced to our NHC Cyclo-Therapy furniture and is the happy owner of an NHC Cyclo-Therapy bed and chair.

Brenda told us: "I use the Therapy up to three times a day for fifteen minutes and I feel that gives me the most benefit, using different settings for my feet, seat and back. After using the therapy I find every day tasks are easier for me to do. I feel I can stand longer

