

Snowboard star reveals secret to quick recovery: Katie's Story



24-year-old Katie Ormerod is a free style snowboarding champion. She is currently ranked as one of the best in the world and is seen as one of Britain's best medal hopes for the 2022 Winter Olympic Games.

Due to falls on the snow resulting in a whip lash injury, minor back fracture and subsequent connective tissue and

muscle tightness in Katie's neck and shoulders, Katie attended a Physiotherapy Centre where Janine, Head Physiotherapist, offered Katie treatment with the NHC Cyclo-Therapy® Hand Unit massage. This would release the tight tissues in the injured area improving neck and shoulder mobility without causing pain or bruising trauma or excessive soreness to the tissues.

Janine commented "The main benefit of applying the NHC Cyclo-Therapy® is that it relaxes the muscles and nerves enabling us to undertake deeper fascia tissue release massage and minimising any trauma and soreness to the tissues. It is effective and comfortable for both recipient and therapist to maximise results."

Within 4, 20-minute sessions of the NHC Cyclo-Therapy® treatment Katie had full release of the tissues in her neck and shoulders giving her full mobility, so she could return to the gym and snow board.

Commenting on the use of NHC Cyclo-Therapy®, Katie said: "As a freestyle snowboarder I have to have the flexibility and control of a gymnast to undertake aerial tricks. Falls on the snow can cause lots of soft tissue injury. NHC Cyclo-Therapy® is really helping me to recover quicker after a hard session of training or injury. I am using the therapy pre-and post-training sessions and competition".



Janine Midgley
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