

NHC Cyclo-Therapy® – Proud to Help with Faye’s Recovery

It is 10 years ago that Faye, then aged 15, was in a car accident that changed her life. The severity of the incident resulted in life threatening injuries and multiple operations. Faye was in high dependency and intensive care units in Leeds General Infirmary for the first 6 weeks following the crash.

Faye’s injuries were too numerous to list but were life changing. The incident resulted in a virtual severing of her right arm and a brachial plexus, arm and shoulder nerve damage that would cause permanent disability of the right arm and result in nerve grafting operations from her legs to the arm to improve function and feeling.

Faye also severely broke her spine at T6 and T7 vertebrae resulting in paralysis from the waist down. After initial recovery Faye was moved to the Yorkshire Regional Spinal Injuries Centre. For 10 years later Faye is wheelchair dependant and lives a full and very independent life in her own home with the support from her dog for the disabled Labrador.

Since the accident Faye suffers consistently with sensation and nerve pain in her right arm. Due to these injuries the muscles and tendons in her right hand have tightened resulting in a clawing of the fingers.

Faye has to use her left hand to painfully attempt to manually stretch her right hand to prevent skin damage and infection to the palm and fingers.

Due to Faye’s injuries and paralysis this resulted in

occasional complications and admission to the spinal injuries unit. Whilst in hospital and undertaking physical therapy sessions with an Occupational Therapist in Spinal injury, Faye was introduced to using the NHC Cyclo-Therapy®.

Faye immediately noted that the therapy relieved the pain in her right arm and could see after use that the muscle tissue and tendons of the hand were looser and more relaxed allowing stretch exercises of the hand with reduced tightness.

As a result of the improvements Faye began to self-apply the NHC Cyclo-Therapy® in therapy sessions in hospital with continued pain relief and release of the muscle and tendon stiffness in her hand.

Commenting on the use of Cyclo-Therapy, Faye said: *“I was so shocked that for the first time in 10 years I had experienced full relief from my arm nerve pain that I had to immediately call my family to tell them the news. I now use the therapy hand unit twice a day every day for 15 minutes as it immediately alleviates the ongoing nerve*

pain and sensation problems in my arm. Once I use the hand unit I get pain relief for much of the day before I repeat at night. It also softens the tissues in my hand and fingers so that I can stretch and extend them without pain. I am so glad I was introduced to the therapy and now that I can use it at home.”

Mary Hutchison: Advanced Occupational Therapist in Spinal injury – “Using the NHC Cyclo-Therapy® hand unit has made significant improvements to Faye’s nerve pain and soft tissue for flexion of her right hand and fingers”

Faye has a NHC Cyclo-Therapy® hand unit at home that she applies every-day.

