

## Case Study: Andrew

# NHC Cyclo-Therapy® cuts recovery time in half: Andrew's story

Avid Rugby player and sportsman Andrew had an accident just before Christmas 2015 resulting in multiple fractures of his lower leg. Due to the extent of the fracture Andrew was fitted with external fixation to keep the bones and fracture in place.

Once the fixation was in place Andrew attended a Physiotherapy Centre to help aid his treatment. The Physiotherapist, determined if she could reduce swelling, increase circulation and aid soft connective tissue movement, recovery may be enhanced.

They applied the NHC Cyclo-Therapy® Hand Unit massage to the connective tissues above the fixation, around the knee and lower thigh and to the foot and ankle, while also using the Fascial Edge in between the fixation. This occurred on a weekly basis for 20 minutes.

As a result the swelling of the lower leg reduced quite



quickly allowing further rehabilitation and motion to take place. Continued connective tissue massage combined with rehab resulted in significantly quicker signs of recovery.

The frame, that was expected to be in place for 12 months, was able to be removed after only 5 months following the break, allowing Andrew to continue to successfully recover.

Commenting on the use of Cyclo-Therapy, Andrew stated: *"I, and my orthopaedic consultant, were shocked at how quickly my leg healed after such a serious fracture. The NHC Cyclo-Therapy® massage therapy I received, allowed me to move sooner and I believe really helped me to get back on my feet"*

Janine Midgley, Lead Physiotherapist: *"Using the Cyclo-Therapy hand unit made significant improvements to Andrews lower leg connective tissues after the trauma of the break and surgery. These improvements meant Andrew's leg recovered significantly quicker than previous experiences of such an injury"*.

**Janine Midgley**  
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