

NHC Cyclo-Therapy® – Proud to Help with Richard's Recovery

Richard was a keen runner and cyclist until a freak accident pitched him over the handlebars of his bike. After CPR at the scene Richard was airlifted to Royal London Hospital trauma centre. Richard's wife was warned that he had sustained 'life threatening, life changing' injuries. It was discovered that two vertebrae, C1 and C2, were broken and the spinal cord damaged. Fortunately it was not a complete break.

Richard spent 2 weeks in intensive care, much of it in an induced coma, and a further 9 weeks in hospital before being transferred to the London Spinal Cord Injuries Clinic at the Royal National Orthopaedic Hospital in Stanmore. Rehabilitation and Physiotherapy would see Richard spending a further 3 1/2 months in hospital.

Over a year since the accident and Richard has near full use of his left side and is working hard to gain use of the right. Against early predictions he is able to move around his home without the need of his wheelchair, or of a frame.

Since the accident Richard has struggled to get movement in his right hand, and joints have felt stiff and painful. Richard has used his other hand to try to make the fingers work towards being able to close.

While at LSCIC Richard was introduced to the NHC Cyclo-Therapy® hand unit by Emma Lindley, Lead Occupational Therapist. The unit had an almost immediate impact on triggering responses from the muscles and

tendons in Richard's hand and arm and became a daily part of Richard's treatment.

Over time Richard felt his hand become looser and feel less 'heavy' as tone diminished and the fingers felt more flexible. However, upon his return home he noticed that his hand was starting to tighten and decided to acquire NHC Cyclo-Therapy® for home use.

Richard has used it daily, and says that his hand is again improving, and muscles are being woken up to allow increased dexterity. Tying shoe laces may not sound like much, but was a big milestone in Richard's progress.

He has found it particularly helpful in treatment following hand spasms, which he experiences on first waking. The NHC Cyclo-Therapy® hand unit allows Richard to help the spread of his fingers, and reduce the inflammation caused by the spasms.

Recently, due to problems with his left hand, Richard has had to cease the daily use on his right. He has noticed a rapid deterioration in the movement of his fingers, coupled with swollen knuckles and a tightness across the back of his hand. Naturally, he is eager to resume work with the Cyclo-Therapy hand unit as soon as possible.

Discussing NHC Cyclo-Therapy® Richard observes that he was initially sceptical as to what benefit it could bring to his injuries. "After a few sessions I was amazed at the changes in sensation, and by the fact that clearly things were waking up in my hand and arm. When I left rehab

I knew that NHC Cyclo-Therapy® was something that I wanted in my home 'tool kit'. My wife now borrows it, too, to ease her back aches!"

