

NHC Cyclo-Therapy® – Proud to Help with Daniel's recovery



Daniel was your average young adult before his accident in 2018. He enjoyed spending time with his friends, playing computer games, keeping up to speed with the latest tech and tinkering with his motorbike. That was until

one night, on his way home from seeing some friends he was struck by a car, and propelled from his beloved motorbike, into a lamppost. He hit the lamppost with the back of his head and broke his neck, his C5, C6 and incomplete C4 vertebrae.

As a result of the accident Daniel was paralysed from his shoulders down, and has limited sensation and mobility in his hands, everything else, below his shoulders he has no control of or any sensation.

Daniel spent the first 20 days after his accident in hospital, before being transferred to the London Spinal Cord Injuries Clinic at the Royal National Orthopaedic Hospital in Stanmore where he started rehabilitation. It was at Stanmore that he was first introduced to Cyclo-Therapy to help with pain management and movement in his hands.

When Daniel first realised the extent of his injuries, he thought his life was essentially over, but with

intense rehabilitation of both his body and his mindset, his attitude has changed. As his hands are one of the only areas, he has any mobility it is imperative to him to keep them in top condition as these are the key to his independence. Using his hands, he can continue to feed himself and move around using his powered wheelchair. Unfortunately, when he first left hospital he had no access to Cyclo-Therapy and as a result of not using it, his fingers started to curl inwards, thwarting his independence and causing him to have to wear uncomfortable gloves, which he was using to help improve the circulation.

So as not to undo the great work he had done in rehabilitation Daniel obtained a Cyclo-Therapy unit for home and has seen massive improvements in his hands to the point where he could stop using the gloves. Daniel uses the Cyclo-Therapy to give himself a deep tissue massage in his hands. This helps to calm down the skin, it aids in stretching his fingers and helps with the neuropathic pain.

1 year on, Daniel is continuing with his rehabilitation which is going well. He is optimistic for his future; he's hoping that one day he will fulfil his

dream of returning to being an entrepreneur and begin earning money for himself again. He hopes to buy an adapted van so he can drive himself and regain more of his independence.

Daniel would recommend Cyclo-therapy to anyone in a similar circumstance to him to improve circulation, deal with neuropathic pain and to help improve mobility, but his main advice is never to give up.

