

SPORTSMED PRODUCTS LIMITED

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USING THE ALTERG IN AN EXERCISE REFERRAL PROGRAMME



Phil has muscle depletion on his right side and finds walking and balance difficult.

He is dependent on a frame but as a tall man (1.93m) this is causing him to become kyphotic, as the frame is too small for his height. It has also caused him shoulder discomfort and Phil therefore uses a wheelchair most of the time.

Before his accident Phil was a keen cyclist and enjoyed keeping himself active. During his rehabilitation Phil's goal was to get back on to a bike and use a treadmill.

Initially, when Phil came to the gym, we were restricted to what we could do for him, focusing mainly on upper body resistance.

We receive many patients on to our exercise referral scheme who have complex needs, and it became apparent that there was a requirement for specialist equipment which could both support the user and be adapted individually. I visited and researched what was available in hospitals and private clinics, and was impressed with the Functional Electrical Stimulation (FES) bike and the AlterG anti-gravity treadmill.

These two pieces of equipment not only offer beneficial opportunities for rehabilitation but also the opportunity for those with neuro-muscular conditions to be able to become physically active, a very appealing combination!

Our customers inspired me to begin fundraising; we were fortunate to win a successful bid from The Big Lottery, we received generous donations from both local charities and the public, we organised a charity ball and various sponsored events which enabled us to be able to purchase an FES bike and put a £10,000 deposit towards the treadmill.

Phil was our first customer to use the treadmill; we hadn't mentioned to him that it was being delivered and his carer brought him in to our open day when we invited the community to come and try or see the equipment in use. Sporting the not so glamorous shorts which resembled Wallace and Gromit's 'Wrong Trousers', we zipped Phil into the air tight 'skirt' of the treadmill.

The treadmill calibrated his weight and we set Phil at 45% of his body weight which gave him plenty of support. Very slowly we increased the speed to 0.4 kph and a gradient of 4% to allow heel strike on the belt. The smile on Phil's face was amazing, a big thumbs up and a quote:

He (and us) didn't think this would ever be possible, but the treadmill has changed his life. He is able to walk with perfect posture and to his full 1.93m! He is able to take long strides where normally he shuffles, he feels socially included within the gym because we have integrated the anti-gravity treadmill alongside the regular treadmills.

Phil really looks forward to his gym sessions; he can now do what everybody else does, which is just how it should be.

**"YOU HAVEN'T MADE MY DAY, OR MY MONTH,
YOU'VE MADE MY LIFE, I'M WALKING ON A
TREADMILL!"**



WE HELP PEOPLE TO GET MOVING

SportsMed Products Ltd is dedicated to getting people moving. We are constantly researching what is new in the market and always looking to uncover new technologies that will help people to recover from injuries or to perform better.

Exclusive distributors of AlterG, as well as many other innovative products to improve fitness, health and recovery, we bring an outstanding service for our customers.

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