

# Technology That Helps Stroke Sufferers Walk Again

For stroke patients, therapy is an essential part of recovering and reclaiming their lives. Choosing the right facility and therapist is key, but many patients don't think about the technology the clinic has available.

But that's where therapists like Nora Harrigan come in. Nora's credentials include Physical Therapy (PT), Doctor of Physical Therapy (DPT), Neurologic Clinical Specialist (NCS), and Geriatric Certified Specialist (GCS), and she works with patients who suffer stroke and other neurological impairments at the renowned TIRR Memorial Hermann Outpatient Rehabilitation at The Woodlands. As a therapist, she believes, *"Every patient is different, and it's important for therapists and facilities to be proponents of new tools and technology."* Nora has also been a passionate "advocate" for the innovative Bioness L300 Foot Drop System since she first started using the device with patients. *"Since 2007, if a patient has foot drop, I wouldn't consider anything else, because I have had great success with the Bioness system,"* she said.

## Maximizing the value of therapeutic exercises

Bioness is an U.S.-based manufacturer of rehabilitation products that use Functional Electrical Stimulation (FES), a technology that uses low-energy electrical pulses to help create body movements in individuals who have suffered illness or

injury to the central nervous system. Because many stroke patients suffer foot drop, which can challenge mobility and independence, Bioness developed the L300 Foot Drop System and the L300 Plus for Thigh Weakness. The two systems can be used independently, and since the L300's release in 2006, it's been used in more than 1,000 rehabilitation facilities throughout the nation and purchased for home use by over 10,000 patients.

In Nora's opinion, *"Without tools, you are just doing repetitive exercises. But a tool like the Bioness L300 System can make therapy more productive and boost outcomes."*

## One patient's success story

For many patients, the L300 provides the motivation they need to stick with a therapy plan. They can see themselves improving, and over time, many find that system helps normalize their gait.

Nora is quick to point out that the system is not for every patient; typically she sees the best results when patients are able to start its use early in their treatment program, but she's also seen improvements with patients who start treatment later, as well.

Even though she has treated hundreds of patients with the system, there's one who stands out in her memory:

*This gentleman came to my clinic in a wheelchair, after having completed six weeks of in-patient therapy."* Nora knew that her patient's job involved frequent travel and lots of walking, so she wanted to do everything she could to speed his recovery. "I started him on the L300 and we were able to progress him to using a walker, but he was still having some difficulty," Nora recalls.

Her patient soon had to go back to work, which meant he wouldn't be able to attend PT sessions regularly. Nora recommended he get the L300 for at-home use.

When she saw him four months later, Nora was amazed at what he'd achieved. *"He was able to walk into the clinic, with minor assistance from a cane, and he was almost completely recovered. He'd been able to get back to travelling, and he'd even enjoyed a vacation in Hawaii with his wife!"* He was so enthusiastic about how much benefit he'd received from the L300, he invited Nora to give his phone number to other prospective patients.

## It takes a team

With the help of a skilled therapist and the Bioness L300 Foot Drop System, thousands of people have made strides in therapy, and are walking better and enjoying greater independence and more active lives. To learn more about Bioness and find facilities in your area that use Bioness products, call 800.211.9136 or visit [bioness.com](http://bioness.com) and [bionessmobility.com](http://bionessmobility.com).

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Individual results vary. Consult with a qualified physician to determine if these products are right for you. Contraindications, Adverse Reactions and Precautions are available on-line at [www.bioness.com](http://www.bioness.com) (also available in the L300 User's Guide). NESS®, NESS H200® Wireless, NESS L300®, NESS L300® Plus, Intelli-Gait®, Intelli-Sense Gait Sensor®, Bioness®, the Bioness Logo and LiveOn® are trademarks of Bioness Inc. | [www.bioness.com](http://www.bioness.com) | Rx Only

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