## Christopher Dean uses Kneehab to manage pain and reduce swelling in the knees.

'Someone of my age and body shouldn't be skating as much as I do. If you tally the distance I have skated in my career I most probably have skated 3 or 4 time around the world.

Skating is performed in a semi flexed position so the constant stress on my knees is immense. Over the past 5 years I have suffered a lot of pain in both knees, because of various reasons - impact, constant use, tears etc.

This past year I tried out Kneehab XP by neurotech. I found it very useful, I was able to manage pain and reduce swelling, thus keeping me going through an intense work period. It was easy to use. When I was actually working, or just relaxing, I was getting the benefits from its use. The Kneehab XP will now become part of my skating kit, because I believe it managed my knee issues, along with my very knowledgeable physio we overcame knee issues before they escalated into something less manageable.'

Christopher Dean OBE, Olympic Gold Medallist & Professional Ice Skater