

**+ Isla Scott of the Scott Physiotherapy Clinic, Isle of Man, used Kneehab to help treat James Ellison, British Superbike racer.**



"I had the privilege of working with James Ellison, a leading competitor for the 2010 British Superbike title. James had the misfortune of suffering a serious crash whilst competing at Thruxton this April, sustaining a compound mid-shaft fracture of his right femur.

Following surgery involving IM nail and interlocking screws, James visited the Isle of Man for twice-daily hyperbaric oxygen therapy and intensive daily physiotherapy with me. James' initial progress was slow despite his diligent commitment to the rehab program, hampered as it was by tethering around the fracture site telescoping towards the bone. Nearly complete quadriceps inhibition had been present from the onset of treatment and there was a quads lag of 30 degrees.

At my suggestion, James incorporated the Neurotech Kneehab XP quadriceps muscle stimulator into his physiotherapy regime and he was keen on the idea to say the least! Jonathan, the neurotech clinical specialist provided ongoing technical support to push the protocol as aggressively as possible, liaising directly with James between physio sessions with advice on treatment progression.

The Kneehab XP performed brilliantly in addressing James' inhibition issues and enabling him to overcome the quadriceps lag. I am very happy to say that in the space of five short weeks James made an almost superhuman recovery! He achieved full range of movement, very good quadriceps strength for this stage, and is even back riding his mountain bike!

James continues to use his Kneehab XP in increased weight bearing positions and has described the equipment as 'awesome.' Both the surgeon and I are delighted with James' progress and it was an incredible achievement for him to be able to return to racing so quickly at Mallory Park in July."

**Isla Scott, Scott Physiotherapy Clinic, Isle of Man.**