



neurotech®
embrace life.

kneehab

Complete Knee Rehabilitation

Neil Mellor, formerly of Liverpool FC and now playing for Preston North End FC, successfully used Kneehab to treat problems in both knees.



As a professional footballer I have struggled for five years to gain full match fitness due to a severe inflammation of the knee tendons. Several knee operations, including micro-fracturing in 2006, eased the symptoms, but I was left with severe muscle wastage of the quadriceps and extremely poor control of both knee joints.

My physiotherapist informed me that a global muscle imbalance, continual pain and low-grade swelling was prolonging the irritation. Then, in May 2008, she recommended that I use the Kneehab muscle stimulator. She believed this would enable me to achieve a targeted muscle re-education of the VMO (the muscle on the inside of the knee) which, she stated, was vital to regaining dynamic control of my knees.

I used Kneehab twice a day on both legs for six weeks - with excellent results! I found the main benefits to be increased knee stability and control when running, as well as increased power (without pain) when kicking a football.

At a time when I still found it too painful to use gym equipment to strengthen my legs, it was great to know that I was getting a focused and effective workout for my quadriceps muscles.

Through a combination of physiotherapy and Kneehab, I am now the fittest I have been in five years. I believe that many of my fellow professional footballers would benefit greatly from using Kneehab as an aide to returning to full fitness following injury.

I found Kneehab both comfortable and easy to use and would not hesitate to recommend it to anybody wishing to accelerate their return to the sport they love.

