

By Tiffany Carlson

## FreeWheel Attachment Expands Possibilities

We all know manual wheelchairs fail miserably when it comes to traversing anything other than pavement. To fix this problem, Patrick Dougherty created the FreeWheel Wheelchair Attachment and introduced it last year. Dougherty is also a C6-7 quad from Boise, Idaho, injured in a dirt biking accident in 2003.

Consisting of a singular wheel nearly half the size of the large rear wheel, the FreeWheel takes over the work of the front casters, reducing curbs, snow and other terrain hindrances to nothing more than annoying memories.

"The longer wheelbase adds to your stability and gives you confidence when rolling over surfaces where your casters would normally catch. The same curb in front of my house that used to dump me out of my chair, can now be coasted over with my *hands in the air!*" Dougherty happily describes.

The price for a FreeWheel is \$400, and it will fit any factory-made footplate — see for yourself at [www.gofree-wheel.com](http://www.gofree-wheel.com).

## Alyson Roth: Woman of Many Crowns

Some people's lives can seem more fascinating than a TV drama, and Alyson Roth's may be one of them. A Southern girl at heart living in Orange County, Calif., Roth, a T8 para injured in 2000, has decided in her post-injury life to be a positive force in the world.

"I want to encourage others that when unexpected events happen in our lives, it doesn't mean that life suddenly has to stop. We each have the responsibility to do what is within our control to move forward. It does take focus and dedication, but the results will far surpass the life you thought you'd have in the first place."

Roth, now 30, works as a motivational speaker and as development manager for Free Wheelchair Mission, a nonprofit that distributes free wheelchairs to people in developing countries. "The chairs are made of plastic lawn chairs, mountain bike tires and a steel frame,



and we provide a sustainable gift that transforms not just that person's life, but the lives of their family members."

Considering her charitable spirit, it comes as no surprise that the platform-issue oriented Ms. Wheelchair California pageant was another endeavor Roth wanted to get involved in. She won the Ms. Wheelchair California 2009 title last spring. "The experience thus far has been amazing. I have had the opportunity to meet some amazing people and will be on the Kiwanis float in the upcoming Rose Bowl parade."

Last April, Roth also won another "crown": being the first contestant to use a wheelchair to ever "come on down" on *The Price is Right*. Even though she didn't get onstage, the show was prepared for her. "Afterwards the producers told me they had spent time working out the logistics in hopes that I'd win."

Learn more about her at [www.alysonth.com](http://www.alysonth.com).

## Wheelchair Lacrosse: The New Big Thing?

Lacrosse, the oldest American sport, preceding both soccer and hockey, can now be played by wheelchair users. Developed just recently by San Diego residents Ryan Baker, a T6 para, and Bill Lundstrom, a T4 para, Wheelchair Lacrosse has quickly gotten the media's attention — even being a demo sport at the May Abilities Expo in Anaheim, Calif.

"I always thought lacrosse

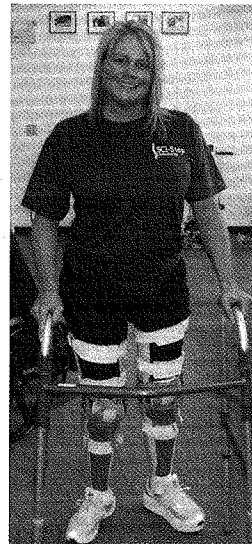
was great. It's athletic and physical, and team oriented, so I thought, 'If I can push with a tennis racquet in my hand,

why not a Lacrosse stick," says Baker.

Visit [www.wheelchairlacrosse.com](http://www.wheelchairlacrosse.com) for more info. ■

## Spiky Heels and Foot Plates

Kelly Narowski, a T6 para from Richmond, Va., has finally discovered a way to release her inner Carrie Bradshaw and still wear heels in her wheelchair. "I've found that spiky heels work great. By pushing the heel off the back of the foot plate, I still get the sexy heeled look, (especially if I cross my legs)." Check out her favorite pair: [www.charlotterusse.com/product/index.jsp?productId=3545141](http://www.charlotterusse.com/product/index.jsp?productId=3545141).



*On August 10, 2002 Anne Phipps sustained a T6 spinal cord injury that left her paralyzed but not defeated. Unsatisfied after being told to adapt to life in a wheelchair, Anne was determined to explore other rehabilitation options. She joined forces with exercise physiologists, Michele Brock & Matt Ranson. Together, they worked on Anne's recovery goals.*

*A combination of Michele's research background, Matt's training experience and Anne's incredible progress led to the creation of SCI-Step in March of 2003.*

*SCI-Step, a private out-patient physical therapy clinic, exists for the purpose of offering continued out-patient physical therapy to medically stable individuals who have completed the initial phases of their hospital based rehabilitation after suffering a spinal cord injury.*

*At SCI-Step, determined individuals can concentrate on their recovery goals using the most advanced rehabilitative components and the knowledge of dedicated medical professionals specializing in physiatry, physical therapy and exercise physiology.*



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## The SCI-Step Activity Based Recovery Program

In the past, rehabilitation after a spinal cord injury focused on adaptation to the injury. It was believed that the possibility of improvement would occur during the first six months and that recovery more than two years after an injury was unattainable.

Over the last few years, experts helped change the future for individuals suffering from a spinal cord injury because they were committed to the philosophy that with the right combination of therapies, recovery is possible — even months or years after an injury.

SCI-Step offers these proven techniques to persons with acute and chronic spinal cord injuries, allowing the ability to recover independence, movement and sensation, as well as, attain improved health and quality of life.

## COMPONENTS

- Functional Electrical Stimulation
- Nutrition Counseling
- Gait Training
- Massage Therapy
- Weight Bearing
- Reflexology
- Cardiovascular Conditioning
- Acupuncture
- Aquatic Therapy
- Reiki
- Core Balance and Stability
- Orthodic Training
- Isolated Muscle Movements
- Strength Training

## Focus on recovery, let us do the rest...

In order to accommodate the needs of all our patients, we also offer:

- Housing
- Meal preparation
- Home health care
- Personal assistance
- Transportation

In addition to the physical aspect of SCI-Step, we also play a role in the following areas:

- Patient advocacy
- Monthly SCI support groups
- Home modification
- Sexual dysfunction and reproductive issues
- Driver's education
- Acquisition of adaptable equipment
- Vocational rehabilitation

## Interested in a free trial visit at SCI-Step?

Complete and return your application to Michele Brock. Once you have been accepted in the program, we will arrange your one week visit, including overnight accommodations at no cost to you! This \$2500 value will allow you to experience all that SCI-Step has to offer in order to ensure that we are the next step in your recovery process!