

Less spasticity, greater range of motion and improved hand function makes life easier.



## The Background

In 1992, John McAleavey had a fall down a flight of stairs in his home. Only 24 years old, doctors couldn't pinpoint what caused the fall but believe it may have been due to an acute case of vertigo.

When he came to at the bottom of the stairs, he was completely paralyzed from head to toe. John was diagnosed with Central Cord Syndrome, an incomplete spinal cord injury at the C3,C4 level. The central portion of his cord was badly bruised leading to great loss of motion, sensation, and fine motor skills in his arms, hands, and fingers.

After months of physical and occupational therapy at Kessler Institute, John regained the ability to walk again, but the use of his upper extremities is still greatly limited. In the spring of 2016, he began training with the Galileo Dumbbell.

## The Training

John trains with the dumbbell nearly every day, either at home or with trainer and friend Sal Marinello, President of Athletic Development Coaching (ADC) Millburn, NJ.



With Sal's direction and help, John does a series of exercises with the Galileo Dumbbell to improve range of motion in his arms and to improve his balance and lower-body strength. The training includes step-ups, lunges, deep squats with overhead presses—all while gripping the dumbbell. He also mimics a bench press

## John McAleavey

**Diagnosis:** C3, C4 incomplete SCI (Central Cord Syndrome)

**Training Product:** Galileo Dumbbell

**Training Since:** March 2016

session by laying on his back and doing a military press using the Galileo and alternating arms. Sal has also recently added standing rows to the mix, and training on stall bars where John first uses the Galileo Dumbbell and then works to increase his strength by doing deep squats while gripping the wooden dowels on the stall bars.

It's important to note that while previous training had John laying down, much of his current routine has him standing up to maintain his strength and improve the range of motion in his lower body.

## The Gains

Together, John and Sal point to a host of gains from Galileo Dumbbell training.

"I have so little use of my arms, hands, and fingers, but Galileo training decreases the overwhelming spasticity I have through them," John reports. "It lessens the pulling and tightness I live with on a daily basis, and makes doing even basic tasks easier for me. I can reach further to pick things up, it's easier to drive, and I'm less self-conscious when interacting with people because I feel and look less tight."

Sal notes that before the Galileo Dumbbell, John couldn't open his hands to grab, as is required with the stall bar training. "Now he can get his hand on the dowels and get his arm up higher to grip. He also has increased hand mobility."

Sal also points to improved hand function and better range of motion through the arms and pectoral muscles.

"I'd say John generally feels stronger and the acute change is noticeable from when he arrives to when the workout is done. He's able to straighten his arms more and his grip is better."



*"You should always try to make your situation better in any way you can. The Galileo Dumbbell lessens the pulling and tightness I feel in my arms, hands, and fingers, which makes getting around the day easier."*



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