

# Stroke patient credits Galileo Dumbbell training for his accelerated recovery



## Mike Phillips

**Diagnosis:** Thalamic Stroke

**Training product:** Galileo Dumbbell

**Length of use:** Ongoing since March, 2014

## The Background

Mike experienced a stroke on February 3, 2014, due to uncontrolled high blood pressure. While the stroke did not impair his motor skills or muscle control, it did leave him varying degrees of numbness on the left side of his body.

As medication and lifestyle changes began to bring his blood pressure under control, sensation slowly started returning to his body. Within one month, the only area that still lacked sensation was his left hand, which remained almost entirely numb. As a professional writer and amateur musician, Mike realized that his impairment would have far-reaching effects.

“Being right-handed, I never appreciated how much I relied on my left hand until I lost all feeling in it. Suddenly, typing was a real challenge. And without the ability to feel fine details like guitar strings or bagpipe chanters, I wasn’t able to play the music I love.”

When he heard that the Galileo Dumbbell might accelerate the return of sensation to his hand, he jumped at the opportunity to train with it.

## The Training

Three times per day, Mike independently does three three-minute training sessions with the Galileo Dumbbell, with one minute of rest between sessions. While most exercises are focused on the left hand, others are targeted to his arm/shoulder. He trains at home, where using the Galileo Dumbbell has become a natural part of his daily routine.

The goal of the training is to increase microcirculation throughout the hand and

fingers, ultimately accelerating the return of sensation.

Initially, Mike chose to train at a frequency of 28 Hz, which consistently produced a “tingling” sensation in his hand, often lingering 15-20 minutes after each round of training. After he experienced initial gains, it was recommended that he train at 22-24 Hz, which is the range at which he continues to train.

## The Gains

Within his first two weeks of training with the Galileo Dumbbell, Mike found that feeling was starting to return to the



palm of his hand, along with a pronounced tingling sensation along the sides of each finger. These gains continued and improved, and after six weeks of training, he had regained virtually all of the feeling in his palm as well as the base and sides of each finger.

Within eight weeks of training, Mike’s typing had returned to normal, and he was able to resume playing bass guitar with his church band.

Today, Mike’s only remaining numbness is in the pads of the fingers of his left hand. He looks forward to the day when he is able to return to bagpiping and playing guitar, both of which require fine touch. He continues training with the Galileo Dumbbell, which he believes is responsible for the swiftness of his recovery.



*“My doctors weren’t certain when – or even if – I would regain my lost sensation, so to have it return so quickly is astonishing. I have to credit the Galileo Dumbbell for bringing it back so quickly, and allowing me to fully participate in life.”*

Mike Phillips



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