



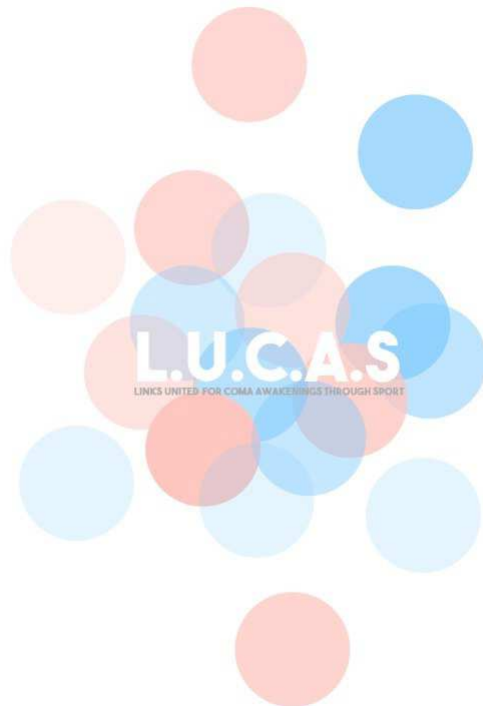
# ***LUCAS***

*Links United for Coma Awakenings through Sport*

## **CASE HISTORY**

**Country: Belgium**

**Organization: Thomas More - Mobilab**



This project 557075-EPP-1-2014-1-IT-SPO-SCP has been funded with support from the European Commission.

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## **A case history in applying/testing the LUCAS' process and methodology**

### 1) **Description of the case history** (*lessons organisation + sport applied/movement activities/physical activities as tools and means to achieve the expected objectives and results*)

Joel was one of the first participants in the Eksoskeleton Gait Training project. After his rehabilitation program, he has been coming twice a week to the To Walk Again Post-rehabilitation Centre for a 60 minute robot assisted gait training session. He testifies: “Whenever I have not walked for several days, I feel that my trunk and legs become stiffer, sometimes to an extent that I fall backwards in my chair uncontrolled. But after each training sessions, I feel that my muscles are much more relaxed. I have more control over my body. My bowel movement is also a lot better since the training. I feel a lot stronger now.”

### 2) **Beneficiaries** (*beneficiaries of the case history indicating type, and type of disability etc.*)

Joel was a motor cross athlete on the verge of becoming a professional. In June 2014, he had a severe accident during a motor cross race, leaving him with a complete Spinal Cord Injury. After his accident, Jurgen is a wheelchair user. He has not had a chance to stand up or walk again since his accident until the Eksoskeleton Gait Training project started at the To Walk Again Post-rehabilitation Centre.

### 3) **Involved Organizations**

Joel has become a member of the ToWalk Again Foundation immediately after his discharge from the rehabilitation centre.

### 4) **Outcomes** (*Indicating the results that have been achieved at the end of the activity*)

- Improved perceived physical, mental and social well-being
- Improved quality of life
- Improved physical functioning
- Reduced spasticity
- Improved bowel function

### 5) **Success and Challenges** (*positive aspects and critical points*)

The results of the program are clearly demonstrated in the achieved reported results. The main challenge however is to keep Joel (and all participants for that matter) interested in coming. Indeed, we have already noticed that program adherence is a main challenge. Several clients in the program are reducing the training frequency, or are dropping out altogether. It will be the future challenge of the To Walk Again Post-rehabilitation Centre to keep its clients interested, among others by offering more state of the art rehabilitation technologies. The Centre's steering group is already planning to purchase other gait systems, functional electrical stimulation technologies, arm crank ergometry applications, etc.

