

## Work those Muscles

It's that time of year. The holidays are over. We start to think about how much we ate and how little we exercised during that time. We want to make good on those New Year's resolutions made only a few weeks ago. For people with physical impairments, exercise takes a new meaning. Much focus in conventional therapy is on exercising the limbs that have voluntary control or those that are fully functioning, but what about the areas that are paralyzed, impaired or just plain weak? This issue covers neurotechnology that addresses the exercise of muscles. Explore what is available and how it applies to exercise.

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## Personal Experience: Susan & Matt

In this issue of *The Current*, we have stories from two users of electrical muscle stimulation devices. Each exercises daily but each started through different circumstances. Their experiences show that it is never too late or early to start exercising.

Read about Susan's and Matt's stories and experience with exercising with neurotechnology by clicking [here](#) to go to the second page of our newsletter.

## Resources & Updates

Featuring resources for people to exercise weak or paralyzed muscles and for medical professionals, including support organizations and neurotechnology companies offering new devices and therapies.

Plus, updates in the world of neurotechnology, this section highlights new products, clinical trials and events.

[Click here to get updated.](#)

## Remembering the Consumer

## Featured Article



## Educate: Exercise Weak or Paralyzed Muscles

Before jumping into the exercising of weak or paralyzed muscles, let's establish the importance of exercise. According to the National Center on Physical Activity and Disability, "being active is an important part of getting and staying healthy." For persons with impairments, exercise can be a different ballgame. Accessibility issues, personal image and exercise guidelines come into play.

Read the entire article on our website by clicking [here](#)

## Neurotech Awareness Coalition

Neurotech Network announced the launching of a campaign titled the Neurotech Awareness Coalition. Jennifer French, Executive Director of Neurotech Network, announced details of the campaign on October 26 at the

One of the most useful sessions at the 2007 Neurotech Leaders Forum in Newport Beach, California was a consumer/end-user panel discussion led by Jennifer French of Neurotech Network. In the session, French quizzed representatives of the Southern California neurological disabilities community about their attitudes and awareness of neurotechnology devices and therapies. Their answers shed considerable light on some of the challenges facing our industry in the years ahead.

For the rest of this article on our website by [clicking here](#).

Neurotech Network\* is a non-profit organization dedicated to education and information dissemination regarding neurotechnologies for person with impairments. We do not rate, endorse, prescribe or recommend products, procedures or services. What we do is give you information to make better decisions. This is how we help people regain life through neurotechnology.

Enjoy our newsletter and other resources.

**Sincerely,**

Jennifer French  
Neurotech Network

*\*This is the Society to Increase Mobility, dba as Neurotech Network.*

Neurotech Leaders  
Forum in Newport  
Beach, CA.

[Learn more about this coalition by clicking here.](#)

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