

# Laura Armstrong

Q&A WITH A CARDIOWALL CHAMP!

May 2021

### **About Laura**

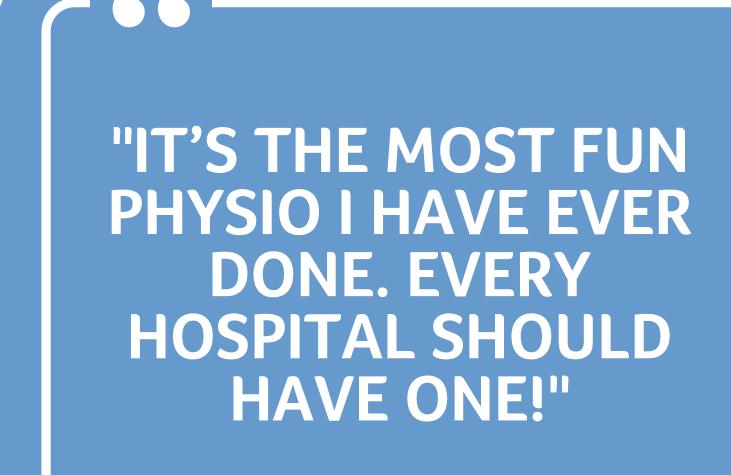
Laura is a 34-year-old who suffered with chronic pain in her ankle for her entire life, due to a bone disease called Fibrous Dysplasia. For the past 7 years she has had a rare type of tumour called aggressive fibromatosis. At the beginning of April, Laura had a below the knee amputation and is currently undergoing rehabilitation at Royal National Orthopaedic Hospital Stanmore.

### HOW DO YOU USE THE CARDIOWALL?

I started using the CardioWall about a month into my physio treatment at Stanmore Hospital.

Whilst using it I wear an inflatable prosthetic leg. I use the CardioWall to help increase my balance and to encourage me to weight bear on my amputated leg.





99

## WHAT DO YOU GET OUT OF USING THE CARDIOWALL?



I am progressing quickly during my physio, and I have found some of the exercises I do can be boring or easy. The Cardiowall is more of a challenge, and it's also fun! If I play it a few times it definitely encourages my heart rate to increase and it's good exercise!

#### TOP SCORES

CLEAROUT	CHASER
Using the 5 middle pods my high score is 140, using all lights it is 107.	47