

Tetraplegic turned elite athlete appreciates the new tool in his arsenal.



Patrick Rummerfield

Level of Injury: C 3,4,5,6 tetraplegic

Training Products:
Galileo Basic with handrail, Galileo Dumbbell

Training Since: January 2015

The Background

On September 20, 1974, at 21, Patrick Rummerfield was in a near-fatal car accident while traveling at 135 miles per hour. In addition to a long list of injuries, he woke up paralyzed from the neck down with no feeling and no function. He was given less than 72 hours to live. When he made it through, doctors said he should live in a convalescent home; his life expectancy was three to five years.

Patrick didn't follow doctors' orders and instead chose intensive rehabilitation. While in the convalescent hospital learning to operate a wheelchair with his mouth, he had an exciting breakthrough. "I was lying in bed dreaming about driving when my big toe moved," he describes.

He spent the next 17 years and thousands of hours of activity-based therapy regaining control of his body. Accomplishing each new recovery milestone led to another one. Never giving up his progress, he kept improving and started to walk. He struggled with balance and coordination problems, but eventually regained the ability to jog and ride a bicycle without falling down. To this day, nerve damage to the right side of his body has left him with an off-kilter gait. He says he operates his body off of 15 percent of his spinal cord.

Patrick is the first spinal cord injury tetraplegic in history to recover his physical mobility. In fact, he's an elite athlete holding world land speed race car records, has run a marathon in Antarctica, climbed 10,657 foot Rabbit Ears Peak in Colorado and completed in the Ironman Triathlon in Hawaii and many others. Patrick is also a popular motivational speaker, who shares his story nationwide and encourages others to never give up.

The Training

Patrick uses the Galileo Basic Platform with handrail two or three times a day for 15 minutes per session



in addition to a long list of injuries, he woke up paralyzed from the neck down with no

as an additional muscle training tool in his arsenal.

He typically does squats, lunges and a number of exercises for his calves, hamstrings, glutes and core – all key to his athletic training in preparation for future climbs, runs and triathlons. Patrick is a frequent participant in physical fundraising events for the Kennedy Krieger Institute and Iron Hope.

The Galileo Platform and Galileo Dumbbell contributes to Patrick's goal of building up his body to be able to maintain a consistent mile time – in his case, 15-minute miles – for six hours.

Patrick's daily Galileo Dumbbell training addresses his ongoing issues with strength in his right-side hand, arm and shoulder, along with added performance in both arms.

"Galileo Training is an easy, go-to tool that provides efficient upper- and lower-body muscle stimulation and unparalleled gains," Patrick says.

The Gains

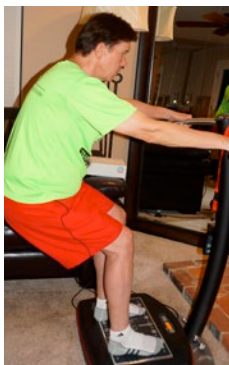
The Galileo Basic and Dumbbell training are game-changers, advancing Patrick's overall pursuit of sports performance excellence, while also addressing some of the ongoing challenges from his spinal cord injury. "My whole body is stronger and I have more endurance, balance, coordination and muscle strength."

Specifically, he says his foot drop abnormality has "improved 1,000 percent," a key benefit for an athlete who needs to avoid trips and falls in extreme conditions.

And, Patrick is expecting to see improvements in his swimming times due to the improved overall leg strength and muscle gain he's experiencing.

Since adding the Galileo Dumbbell to his training, Patrick is seeing greatly improved forearm and hand strength. "My hands are much stronger and my dexterity has greatly improved," he describes. Buttoning shirts and removing jar lids is now easier.

"It's safe. You're not going to hurt yourself, easy to use and it's an intense whole body workout," Patrick explains. "It gives you results in a short time that are incredible."



"The Galileo is safe, it's quick, it's simple to use and it gives you results."

The benefits are incredible."

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