



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.



“IT’S THE MOST FUN
PHYSIO I HAVE EVER
DONE. EVERY
HOSPITAL SHOULD
HAVE ONE!”

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

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

CHASER

47