

Transform Your Life

NuStep Recumbent Cross Trainers are used at the Mayo Clinic, University of Michigan Health System, Spaulding Rehabilitation Hospital, and tens of thousands of other facilities and homes worldwide.



NuStep Bridges the Gap from Rehab to Home

For survivors of stroke, traumatic brain and spinal cord injuries, and neurological disorders, Bi-lateral total body cardiovascular and strength exercise is essential for recovery and ongoing health. But when climbing a flight of stairs is as daunting as scaling Mt. Everest, the old gym stand-bys—treadmill, stationary bike, stair climber—often prove too challenging to use.

NuStep, a revolutionary recumbent cross-trainer designed and manufactured in Ann Arbor, Mich., has become a preferred fitness protocol among physical therapists and a superior option for post-rehab home workouts, regardless of function level or physical ability.

Sandra Billinger, PhD, a physical therapist and assistant research professor at the University of Kansas Medical Center, cited the benefits of the low-impact NuStep in a 2008 study of post-stroke exercisers published in *Physical Therapy*.

“People after a stroke have limitations in their balance, their ability to walk, core stability, and may have possible weakness on one side of their body,” explains Dr. Billinger.

Patrick W. Ayers, the president and CEO of the American Stroke Foundation, calls NuStep, which simulates a natural stepping motion similar to walking, the core of his organization’s physical fitness program.

“NuStep is probably the ideal machine for a stroke survivor or anybody with a disability. We’ve seen significant improvements in

cardiovascular strength, endurance, and blood pressure.”

Daniel Ferris, PhD, Associate Professor, School of Kinesiology at The University of Michigan adds that, “Research studies have shown that using the NuStep recumbent cross trainer activates the same neural networks that people use to walk. Thus, even though recumbent stepping is not exactly walking, it should improve walking ability. Research studies have also shown that active use of the arms can facilitate recruitment of the leg muscles during total body recumbent cross training. I highly recommend the NuStep as a way to enhance rehabilitation after spinal cord injury, stroke, or traumatic brain injury.”

Medical professionals confirm what exercisers immediately experience when using the NuStep: It’s a user-friendly way to achieve physical fitness and maintain an active lifestyle. But to many NuStep users, it can be life changing.

Matt Drake, Iraq Veteran



Retired U.S. Army Spc. Matthew Drake, who barely survived a suicide car bombing in Iraq. Drake suffered a traumatic brain injury and faced a long and grueling rehabilitation. He used NuStep in every stage of physical therapy, from Walter Reed hospital to four other centers, including the VA Hospital Ann Arbor MI.

Drake had an especially difficult time with walking. “The concept of one foot

in front of the other—the left, right, left, right—just wasn’t there,” explains his mother, Lisa Schuster “His brain needed to learn re-patterning. He would walk better immediately after getting off of the NuStep.”

Teri Garr, Actress



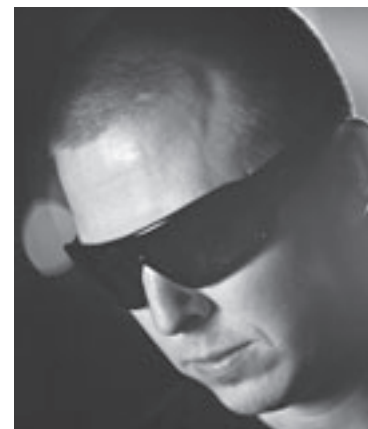
Actress and comedienne Teri Garr, nominated for an Oscar for her role in *Tootsie*, was diagnosed with multiple sclerosis in the late ‘90s, and in 2007, suffered from a brain aneurysm. Before she started using her NuStep three years ago, she was confined to a wheelchair.

“After the aneurysm, I went to a rehab clinic and that didn’t help me as much as the NuStep did,” says Garr, who uses her NuStep

for 30 minutes daily. “It helps me move and gives me strength.”

Garr adds that using the NuStep has boosted her mood and confidence. “Now people see me walking and they are amazed. I tell them: NuStep! I tell people about it every day.”

Aaron Baker, Motocross Champion



Aaron Baker, a former youth motocross champion, broke his neck in 1999 while performing a stunt. At the time he was diagnosed a complete quadriplegic with a one-in-a-million chance of ever feeding himself again.

That prognosis was unacceptable, especially after he felt a tingling in his left big toe. Two years into a rehabilitation program, Baker was introduced to the NuStep.

“The moment I got on that machine, it was liberating,”

says Baker. “Baker, who uses the NuStep at home, now walks independently with the aid of a cane and is training as a cyclist for the 2012 paralympic games. I love my NuStep!”



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