

# Standing Brings Out the Warrior!

## PATRICK MADSEN'S STORY



Name: Patrick Madsen

Diagnosis: T6/7 Paraplegic

Date of Onset: June 20th, 1973

Standing Since: Rehab 35 years ago

Previously Owned Standers: EasyStand 6000 Glider

EasyStand Owned: EasyStand Evolv Glider

It was 1973, Patrick Madsen was working as a motion picture stuntman out of Vancouver, Canada. On this particular summer day he was doubling William Shatner in the movie "X-Factor". Patrick remembers the stunt that day, "I was supposed to ride a motorcycle up a sand dune, go off the sand dune, leave the bike and roll down the hill. No big deal. Unfortunately, I hit some hard sand at the top edge of the dune which sped up my bike causing me to overshoot my mark. I landed with a thud and broke my back. I kept saying 'beam me up Spock' but it was the wrong movie." Patrick began standing in rehab thirty-five years ago and has been standing ever since. He stands at least four times a week for an hour or more in his EasyStand Evolv Glider, which he named Hercules because it, "Brings out the warrior in me!" Patrick explains, "I feel standing is one of the main reasons that I am in such good health after so many years post injury."



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### I NEVER THOUGHT ABOUT NOT STANDING...

As Patrick was going thru rehab, therapists and doctors always stressed how important it was to keep his legs stretched and bones strong with weight bearing. He began weight bearing in rehab, "Before standers were made, I used leg braces and a walker to stand in, and later on I had a workshop where I used a workbench with a wide belt attached to a couple of pegs. I could work at the table and stand at the same time." Patrick always continued standing post injury in some form. He explained, "I never thought about *not* standing as a part of my lifestyle. Plus I thought I would walk again, like so many of us do, and knew that when I did, my legs needed to be ready."

When Patrick was injured, standers were not common, but he felt strongly about getting one. "In the early days, therapists and insurance companies weren't eager or completely convinced that standing was good for a person. Instead of them recommending standing like they do today, I had to convince them!" He continues, "I was blessed to have my standing frame covered by insurance the first time I submitted it."

**CHALLENGE:** KEEP YOUR WORKOUT ROUTINE INTERESTING & FUN.

**SOLUTION:** FIND CREATIVE WAYS TO ENHANCE YOUR WORKOUT LIKE ALTERNATING BETWEEN DIFFERENT EQUIPMENT.

### STAYING COMMITTED & POSITIVE

Like many other tasks, standing can be difficult to fit into a day-to-day routine. But for Patrick it comes naturally, "My routine involves staying positive and physically fit. I stay committed knowing that standing benefits me greatly with less spasticity, keeps me stretched, and is good for weight bearing. It's just a part of my general lifestyle!" He also finds that it helps him mentally, "It just feels so good to stand tall, then I don't find myself being irritated and sluggish. Plus you wouldn't believe the great ideas a person gets while standing there with their own thoughts!"

**CHALLENGE:** STAY COMMITTED AND COMPLIANT TO A STANDING PROGRAM.

**SOLUTION:** KEEP A POSITIVE ATTITUDE, THINK ABOUT THE SHORT-TERM AND LONG-TERM HEALTH BENEFITS, MAKE STANDING PART OF YOUR LIFESTYLE.



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### CHANGING IT UP, KEEPING IT FUN

Patrick uses the Evolv Glider, that he named Hercules, because it brings out the warrior in him. Patrick takes active standing to the next level, "I have hooks screwed into the ceiling above my Glider. I attach cords, pulleys, whatever I have on hand so I can get a good stretch with my arms overhead and also conditions my core muscles in different angles." This not only intensifies his workout, but keeps it interesting, "I change my workout when standing to keep it interesting and fun! Plus I switch off standing with using a shoulder press and a VitaGlide machine. That way, I get the benefits of standing, work on my shoulders and do a cardiovascular routine. I also have a full length mirror in front of my Glider to ensure that I am standing straight."



"If there is going to be a cure; a person has to be in shape to take advantage of it. If there isn't a cure, a person has to be strong to be able to go thru life with what they have."

### ENJOYING THE BEAUTY OF THE WORLD

Patrick enjoys his life in many ways, "I have been married for over thirty-two years and have a beautiful daughter that just graduated from the university. I enjoy woodworking, making Native American style flutes, music, watercolors and hand cycling." He usually averages over 2,200 miles a year on the bike, "It is so wonderful to be on the road, exercising out of my chair. I love going fast and other times I just enjoy the beauty of the world eighteen inches off the ground!"

### MENTORING & EDUCATING OTHERS

Patrick is actively involved with the spinal cord injury community and educating others. He is currently the President of the Northwest Spinal Cord Injury Support Group and lectures at the local schools and universities. Patrick also mentors newly injured SCI patients, "Standing has greatly benefited my life, so I always encourage them to acquire a stander and a few other pieces of equipment to start out their new life with."

Keeping a positive attitude is something that Patrick believes in. In the past he has worked with others to convey this message, "I was privileged to be the team captain of the wheelchair demonstration teams for Terry Fox and Rick Hansen. Terry was the amputee who attempted to run across Canada in the late 70's, unfortunately his cancer came back and he was never able to return to his run. Rick wheeled around the world in the mid 80's. We basically spoke to schools and other venues on the importance of having a Positive Mental Attitude (PMA) and taking responsibility for one's actions."

### AN INSPIRATION, STANDING OVER 35 YEARS

As a long time paraplegic and veteran stander, Patrick shares some of his advice, "Maximize your potential with what you have left. Keep a positive mental attitude and get as strong as you can." He continues, "If there is going to be a cure; a person has to be in shape to take advantage of it. If there isn't a cure, a person has to be strong to be able to go thru life with what they have."

#### STANDING PROGRAM

1 HOUR A DAY

4 DAYS A WEEK OR MORE

PART OF WORKOUT PROGRAM

#### STANDING BENEFITS

PROVIDES WEIGHT BEARING

DECREASES SPASTICITY

GIVES A GOOD STRETCH

#### GLIDER BENEFITS

STRENGTHENS SHOULDERS

PROVIDES CARDIO WORKOUT

CONDITIONS CORE MUSCLES

#### HOBBIES

HAND CYCLING

WOODWORKING

MUSIC

WATERCOLORS

MAKING FLUTES



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