

AMAZING RECOVERY OF TWISTED KNEE

July 14 2004

On July 4 2004 I crashed my mountain bike at Rotorua. I had twisted my knee and was unable to walk or ride out of the forest.

The physio who examined my badly swollen knee suggested I had meniscus damage and I would need surgery.

The thought of surgery and a long recovery was depressing. Fortunately three days after the accident John Gillespie administered the Biopton over my knee. At this stage it was still too painful to walk on and very swollen. I continued using the Biopton light on my knee for a week. Within 3 days of using the light I had enough movement in my knee to ride my bike gently. By the end of the week the physio remarked at my quick recovery and I was back tackling hills on my bike.

Trish Wrigley

Competitive XC and DH Mountain biker

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