

15th April 2020

PD Kinetics.

I first learned of Mind2Muscle at the Parkinson's Eve conference, held in Leicester in April 2019. Charlotte gave a very good presentation (in my opinion one of the most interesting) which had the power to stop most people in their tracks.

Here was someone giving a first-hand account of how their programmes had helped the rehabilitation of people with neurological conditions. Not that unexpected for a conference about Parkinson's Disease I hear you shout. However, these case studies included video footage of the people before, during and post treatment and were quite simply remarkable, some might say unbelievable. In one case study Charlotte managed to get a patient who had lost nearly all movement, up and mobile, eventually regaining the ability to walk again. This was incredibly moving to see. It was obvious from the crowd talking to Charlotte after her presentation that the delegates were not only impressed but were also very interested to see what help Charlotte might be able to offer them.

So, was this all too good to be true? Well the cynic in me would certainly want to see if what I had observed really was an accurate account. Ultimately, I needed to experience something like this first hand. Only then could I become a true believer of Mind2Muscle potential, to really help people with Parkinson's.

In May 2019 I was fortunate enough to be attending the World Parkinson's Conference in Japan where I happened to see Charlotte again. We spoke about her case studies and I admitted to being in ore but also slightly cynical. Charlotte who is excellent at observing traits in individuals movement, had spotted that I can drag my left foot and often walk with a limping appearance. I will show you first hand if you like she said. Charlotte had me walking better with little or no foot drag in less than 5 minutes. I had been limping for more than five years. In this time I had been seen by numerous neurologists, Dr's and movement specialists yet no one had ever given me the knowledge and help to prevent me from dragging my foot/limping. Boom, so there it was after a brief meeting I was converted and yes I am now a believer in Charlotte and the Mind2Muscle programmes. I honestly believe that the Mind2Muscle programme has the power to help everyone with Parkinson's. I have always believed exercise is key to helping improve the lives of people with Parkinson's along with a positive outlook and a belief that if we put our minds to it we can achieve anything.

I cannot thank Charlotte and Mind2Muscle enough.

Robin Buttery

Technical Instructor Furniture/Timber Product Design

The Worlds First person with Parkinson's to row an Ocean as part of a four man team 'Indian Ocean row 2018.'