

# After a Stroke, Kris Tackles Every Challenge

## His Story

Kris had worked hard to build a successful career as a security management professional. Then, in 2017, his life changed drastically. While exercising at home, he suffered a hemorrhagic stroke that left him unable to walk or talk.

Kris spent two months in the hospital and faced a difficult recovery. However, he tackled his occupational, physical, and speech therapy sessions with relentless determination.



*A hemorrhagic stroke left Kris unable to walk or talk.*

## His Solution

### Building Strength

Kris welcomed each chance to push harder, regain ability, and adapt to change—and that included his introduction to the L300 Go Foot Drop System one day in rehabilitation therapy. The first time he put on the L300 Go, Kris was amazed at how much it helped him walk.

Kris contacted his health plan multiple times in hopes of getting coverage for an L300 Go he could use outside the therapy clinic. Every request was denied. In 2022, a generous benefactor learned about Kris' experience and provided the device to him.



*Kris was amazed at how much the L300 Go helped him walk.*

## His Next Steps

### Gaining Ability, Confidence

Today, Kris continues to use the L300 Go to crush his rehabilitation goals, try new hobbies, and spend active time with loved ones. He also enjoys sharing his experience, in hopes that his determination and perseverance will inspire others.

Despite the challenges he has faced, Kris is grateful for his transformed perspective on life, a renewed commitment to his faith, and a deeper understanding of himself.



**Indication for Use:** The L300 Go System is intended to provide ankle dorsiflexion in adult and pediatric individuals with foot drop and/or to assist knee flexion or extension in adult individuals with muscle weakness related to upper motor neuron disease/injury (e.g., stroke, damage to pathways to the spinal cord). The L300 Go System electrically stimulates muscles in the affected leg to provide ankle dorsiflexion of the foot and/or knee flexion or extension; thus, it also may improve the individual's gait.

The L300 Go System may also facilitate muscle re-education, prevent/retard disuse atrophy, maintain or increase joint range of motion, and increase local blood flow.

The L300 Go System is contraindicated in patients with a demand-type cardiac pacemaker, defibrillator or any electrical implant. Do not use the system on a leg where metallic implant is directly underneath the electrodes, a cancerous lesion is present or suspected, or on a leg with regional disorder (e.g., fracture or dislocation) which could be adversely affected by motion from the stimulation. Use caution in patients with diagnosed or suspected cardiac problems or epilepsy.

Full prescribing information can be found in product labeling or at <https://bionessrehab.com/l300/safety-information/>.