

# After Suffering a Brain Injury, Mina Remains Unstoppable

## Her Story

Everything was going right for Mina. She was in graduate school to pursue her dream of becoming a social worker, and she was in an internship that she loved. Then, the unimaginable happened: In early 2019, she was involved in a car accident that resulted in a traumatic brain injury (TBI) and partial paralysis affecting the right side of her body.

After more than a month in the hospital, Mina began intense physical and occupational therapy. Even after improving enough to go home she still was barely able to stand up or walk.



*In early 2019, Mina was involved in a car accident that resulted in a TBI and partial paralysis.*

## Her Solution

### Finding Support

As Mina's right side is weaker than her left, her occupational therapist recommended the H200 Wireless Hand Rehabilitation System. Since starting to use the device in June 2022, she has been able to strengthen her right hand and rely less on her left hand.

Around the same time, Mina started using the L300 Go Foot Drop System. The L300 Go played a key part in helping her pass an important threshold test: safely walking outdoors with only a cane for additional assistance. The L300 Go has also helped Mina achieve other milestones, such as lifting her right foot when she walks and strengthening her right leg.



*The H200 Wireless and L300 Go devices have been able to help Mina achieve mobility milestones with both her hand and foot.*

## Her Next Steps

### Making Progress

In a testament to her unbreakable spirit, Mina has completed her master's degree and still wants to become a licensed clinical social worker someday. For now, however, her focus is on recovering from her injuries.

Mina and her therapists have ambitious—yet achievable—goals, such as restoring her right hand's strength and dexterity. She has already made progress and can now type with her right hand.



*Mina remains focused on her recovery, helped by her L300 Go and H200 Wireless.*



**Indications for Use for the H200 Wireless Hand Rehabilitation System:** The H200 Wireless System is an electrical stimulation device indicated for the following uses:  
**Functional Electrical Stimulation (FES)**

- Improvement of hand function and active range of motion in patients with hemiplegia due to stroke or upper limb paralysis due to C5 spinal cord injury.

**NeuroMuscular Electrical Stimulation (NMES)**

- Maintenance and/or increase of hand range of motion
- Prevention and/or retardation of disuse atrophy
- Increase in local blood circulation
- Reduction of muscle spasm
- Re-education of muscles

The H200 Wireless 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/h200/safety-information/>.

**Indications for Use for the L300 Go Foot Drop System:** 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/>.