

# Bekim's Story

*“Power Plate helps me to relieve muscle tension and build strength. I have better stability and less cramping and I am able to walk and do the appropriate exercises. For me, Power Plate is an amazing machine that has helped in so many ways.”*

Bekim Aziri

## SITUATION

Michal Hančík, co-owner of CrossFit Pezinok, is a renowned therapist in Slovakia, specializing in the rehabilitation of patients affected by paralysis, a loss of muscle function for one or more muscles.



Paralysis is most often caused by damage to the nervous system, especially the spinal cord. Other major causes include stroke, trauma with nerve injury, cerebral palsy, and Parkinson's disease to name a few.

In particular, Michal has trained his business partner, and local celebrity, Bekim, who was a professional cyclist when his career ended with a serious accident at the bike race in Přerov, Czech Republic. He broke the fourth cervical vertebra and crushed the fifth cervical vertebra, which pushed the spinal cord and caused him to become paralyzed.

## USING POWER PLATE

Having used Power Plate for a trial period, Michal decided to incorporate vibration training into the rehabilitation program for Bekim. Using Power Plate he was able to:

- Increase muscle strength and tone
- Reduce intensity of spasms
- Increase range of motion in multiple areas
- Improve balance



“Power Plate works to relax the muscle cramps of my patient within 30 seconds, allowing them to resume exercises quickly, significantly reducing the risk of injury,” says Mišo Hančík,

## ACHIEVEMENTS

Michal Hančík has been training Bekim for several years, and they now co-own CrossFit Pezinok, a fully wheelchair accessible CrossFit gym, where there is a strong ethos of not training alone. The training center is a place where people with disabilities can practice and develop, while at the same time motivate each other.

After incorporating vibration training into Bekim's rehabilitation program, Michal Hančík is now planning to introduce Power Plate to all major private health clinics in Slovakia and Czech Republic.

Thanks to Michal Hančík, Bekim can now stand on his feet and continues to strengthen and build muscle tone in his legs.



For more information on Power Plate visit [www.powerplate.com](http://www.powerplate.com)

For more information on Bekim visit <https://bekim.sk/blog/>

For more information on CrossFit Pezinok visit <https://crossfitpezinok.sk>

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