



Australian Institute of  
Neuro-rehabilitation



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*Fundraising Goal - \$28500 - Please Donate visit [www.hellen.org.au](http://www.hellen.org.au)  
Support Neuro-rehab Research  
HELLEN – A World 1<sup>st</sup> Clinical Trial*



*Introducing HELLEN  
Hunter's Exoskeleton for Lower Limb  
Exercise and Neuro-rehabilitation.*


Proudly provided by

**NEWCASTLE PERMANENT  
CHARITABLE  
FOUNDATION**

*HELLEN lives at the University of Newcastle's  
Robotics Physiotherapy Lab. HELLEN is helping  
Louis who lives with paraplegia stand and  
exercise. HELLEN is working together with  
University of Newcastle research team –  
Chief Investigator Jodie Marquez and  
PhD Candidate Nicola Postol.*



THE UNIVERSITY OF  
NEWCASTLE  
AUSTRALIA

 'Medical literature increasingly supports the importance of standing and exercise in healthy individuals in relation to good health. The importance of standing and exercise is magnified in people with physical disabilities from neurological conditions. They are at a greater risk of heart disease, circulation problems, chest and bladder infections, bowel complications, obesity and diabetes. There is great difficulty in physically assisting these individuals to stand, support their weight and exercise. It places a substantial physical burden on therapists who must assist the person into standing whilst trying to initiate exercise and prevent falls. It often requires multiple therapists. This places limitations on the length of time a person is given to exercise upright. Effectively there is a denial of access to intensive upright exercise therapy sessions'

*Jodie Marquez – Neurological Physiotherapy Coordinator, PhD Candidate and Researcher, University of Newcastle.*

 **Innovative neuro-rehab technologies offer exciting potential – help us fund much needed research in this area**

 **Help Hunter residents access robotic exercise sessions in HELLEN as part of a world 1<sup>st</sup> research trial**

**#UNLOCKINGPOSSIBILITIES**