

## SKIING TO SUCCESS THANKS TO POWER PLATE® REHABILITATION

Over two years ago, Swedish Winter Olympic hopeful Fredrik Fortkord fell awkwardly on a downhill run, badly injuring his knee in the process. A scan later confirmed his worst fears - the mogul skier had torn his cruciate ligament.

With his doctors telling him to forget about competing in the Winter Olympics in Turin, it seemed that all hope was lost. However, determined not to let an injury ruin his chances of competing, Fortkord turned to Power Plate® technology in an effort to accelerate his rehabilitation.

Exercising with a personal trainer from a high-performance fitness centre in Östersund, Sweden, he soon began to notice a significant difference. Just 9 weeks later, and having strengthened the muscles surrounding his knee for extra stability, Fortkord forced himself back into the Swedish World Cup Ski Squad.

His achievement was all the more remarkable given that he had no cruciate ligament to speak of, and numerous newspapers and televised sports reports quickly picked up on his incredible story.

However when he came to compete, Fortkord once again fell, injuring himself further in the process. Embarking on yet another period of rehabilitation using Acceleration Training™ exercise, he resolved to regain his strength and fitness, and compete once again.

In 2006, Fortkord completed his amazing recovery and achieved his dream by competing in the leading global event for Winter Sports – the Winter Olympics – where he finished in a highly respectable 19th place.

The first skier ever to participate in the Olympics without a cruciate ligament, Fortkord raised the bar for accelerated extreme-sports injury recovery – and owes a debt of gratitude to Power Plate® technology for fulfilling his dream.