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# Spinal Cord Injured Can Walk Again

**SPINAL CORD INJURED CAN WALK AGAIN**  
with successful therapy to Stroke, Paralysis,  
Spasticity, Parkinson, ALS, Muscular Dystrophy,  
Alzheimer, brain injury and arm, hand,  
fingers, foot drop, and more...



BEFORE: Quadriplegic      AFTER: Walking



OLD DOMINION CHAPTER—PO BOX 8126 RICHMOND, VA. 23226—  
JANUARY, 1990 Bernard S. Cytryn, a neuro-muscular therapist (Lic. No. MA  
000 5552) is making regular contributions to our newsletter. He uses "hands  
on" therapy and has experienced remarkable success with one of our members  
who, once a paralyzed quadriplegic, is now walking and is gainfully employed.  
Bernard believes that others can be helped as well with his holistic approach  
and technique.

**BERNARD S. CYTRYN, L.M.T.**



## Synopsis

My goal in writing this book on spinal cord injured true case histories and documented since year 1984, is to inform the quadriplegic and paraplegic that they can be helped presently, and it is not as hopeless as they are told. I have made a breakthrough with a paraplegic T10, in year 1984, who was told that there is no more help for him, after several years of therapy, and in only 10 hourly sessions, I had him stand up from the wheelchair and walk with my "hands on" method and technique. 1987, I worked on a quadriplegic C5-C6 and in several months he improved with his walking and reduced the spasticity in the body and legs. 1991, I worked with a paraplegic T5, whose legs were spastic and crippled after several years of no help from the previous therapy and in only several months I had him stand on his feet, and corrected the crippling. 1998, I worked on a quadriplegic complete C4-C5, and restored his spastic arms and hands, and he was able to do his homework at school. All of these spinal cord injured were told that there is no more help. I believe that many disabled people are misled, as the above, including stroke, Parkinson, Muscular Dystrophy, ALS, Cerebral Palsy, Multiple Sclerosis. As a Florida State Licensed Massage Therapist for over 25 years, and a member of The American Massage Therapy Association, Member Of The Florida State Massage Therapy Association Lic# MA 000 3352 I have treated people disabled with spinal cord injury after the conventional therapy was of no help, and continues till present day. "Spinal Cord Injury" is a physical injury to the spinal cord, and is due to most often to an accident, and can be treated with my "hands on" METHOD AND TECHNIQUE till present day, Neuromuscular Massage Therapy Method.

## Book Information

Paperback: 322 pages

Publisher: Xlibris (September 13, 2007)

Language: English

ISBN-10: 1413430996

ISBN-13: 978-1413430998

Product Dimensions: 5.5 x 0.7 x 8.5 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

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Best Sellers Rank: #4,168,050 in Books (See Top 100 in Books) #59 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Spinal Cord Injuries](#) #2100 in [Books > Health, Fitness & Dieting > Alternative Medicine > Massage](#)

## Customer Reviews

I graduated in year 1979 from the School of Massage at Gainesville, Florida. In year 1979 to 1990, I was associated at The Country Club of Virginia, Richmond, Virginia as a Health Club Manager, and massage therapist, etc. I studied Anatomy, Physiology, Biology, and related subjects. I was born at Kielce, Poland. I am a Jewish Holocaust Survivor, my immediate family were murdered by the Nazis during World War II. At age of 12 years old, I was incarcerated at Auschwitz Concentration death camp, and many more camps, I was liberated on April 27, 1945, I enlisted in the United States Armed Forces and served with the Brooklyn, Bronx, New York National Guard, Incorporated with the Idaho National Guard and served at Korea, in the 116th Engineer Combat Battalion, from 1950 to 1952, rank of Corporal with Honorable Discharge, I am thankful to the American soldiers who saved my life and others. I reside at Pompano Beach, Florida. I have two children and five Grand children. I have helped people to regain arm/leg movements, to become functional again and lead a normal and useful life.

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