

Review by Rob Kirkham:

I was first diagnosed with ankylosing spondylitis (A.S.) when I was 19 years old, although like many other people diagnosed with this condition, I was experiencing pain and stiffness for many years prior. Symptoms of A.S. include pain and stiffness from the neck down to the lower back, shoulders, hips and other joints. The spine's bones (vertebrae) fuse together, resulting in a rigid spine and may lead to a stooped-over posture. When I was 30 years old my family doctor said my x-rays are very similar to what is known as a worse case scenario in medical journals and in short, my joints were seizing up like the tin man. Shortly after this I had a minor fall at the Gym and felt a crunch in my back. The pain was incredible after this time. The x-rays showed I had a minor fracture in my spine. My family doctor advised me that due to my spine fusing together it had limited give is why i had the fracture. It eventually healed on its own but years later I lifted something too heavy and the old fracture collapsed and started pinching my spinal cord. In 2015 I underwent surgery on my spine to repair this damage. I ended up spending months in the hospital learning how to walk again but eventually I did end up leaving the hospital on my own feet with the assistance of a walker. I eventually upgraded to walking poles, then a cane and now I walk unassisted. Unfortunately, during my recovery from the spinal surgery, I also underwent a major hernia operation. Still learning my limits, I had a fall shortly after the hernia operation and I fell into a cupboard breaking my neck. For a good part of 2016 I had to wear a neck brace and suffered many headaches due to this break. Current date I am fully recovered from all breaks and surgeries, but I will always have the pain and stiffness of A.S. With medication and exercise I feel the stiffness and pain is under control.

In 2017 I decided to go back to school and get my life in order. I frequented the Indigenous centre almost daily. One day last year I came in the centre and saw the TnT for the first time. Instantly I felt this was a product I could get behind. I have been testing the TnT for a week now and I already feel like it is the best exercise device I have had available to me thus far, and the bonus is I don't have to leave the house to use it and it slides very nicely behind my couch.