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## New Device at HealthPlus Improves Mobility

Mar 7, 2016



Former Auburn Defensive Coordinator Frank Orgel uses the Quadriciser to help increase the blood flow in his limbs  
Courtesy of Auburn Athletics

**F**rank Orgel, defensive coordinator under Pat Dye, was skeptical when an old friend first told him about a machine called a Quadriciser. “I had tried a lot of things to help with my ALS, and nothing seemed to make much of a difference,” Orgel

says. “But after getting on the machine two days in a row, I couldn’t believe the difference it made.”

The Quadriciser is a machine that patients sit in as it stimulates blood flow throughout the body. After the patient sits in the chair of the machine, their feet are strapped into boots that are attached to cables. If they are able, they can grip the hanging handles with each hand. If not, their hands are strapped in as well. The machine gently guides the limbs in a forward or reverse motion that mimics walking or crawling.

Orgel was diagnosed with ALS (Amyotrophic Lateral Sclerosis), commonly known as Lou Gehrig’s disease, about five years ago. Orgel remembers hearing about the Quadriciser from a friend who traveled with him to a nursing home in Mississippi to try the machine out. “I got on the machine for about an hour the first time,” the coach remembers. “I couldn’t tell any difference that night. But, when I went back the next day to try it again, I couldn’t believe the improvements I saw. After the second session ended, the man showing me how the machine worked asked me to touch my nose with my bad hand. I knew I couldn’t do that, but he asked me to try, and sure enough I touched my finger to my nose. I couldn’t believe it. I hadn’t been able to lift that hand in a long time.”

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Orgel's wife, Sarah, remembers being skeptical at first too. "It sounded like a gimmick to me," Sarah remembers. "I was tired of trying so many different doctors and treatments with nothing really helping, but after I saw Frank's improvement for myself, I became a believer, too."

The Orgels believed that because of the improvements that Frank had achieved, others in the community could benefit from the machine as well, and together they presented the idea to EAMC. Then, in November 2015, the Quadriciser was installed at HealthPlus Fitness Center in Auburn, and now others have also been able to benefit from the machine as well.

"It's not something that will heal you, especially with a disease like ALS," Orgel explains. "But with consistent use it can help you maintain a better quality of life, and with anyone who suffers from ALS or other neurological diseases, that is a game changer."

Sarah and Frank agree that as part of their personal fight against ALS, they want to promote the Quadriciser because of what it has the possibility of achieving. "We feel like it changed Frank's quality of life, and to anyone out there who has suffered from a stroke, brain damage or even someone who is recovering after a surgery, why not try it, and see if it could improve your quality of life as well."

Another Auburn legend, former Athletic Director David Housel, has also benefited from the use of the Quadriciser. Housel, who has been working with HealthPlus personal trainer Robert Reams for almost 14 years, uses the Quadriciser to help stimulate blood flow to his feet after loss of sensation due to neuropathy.

"I didn't want to try the machine at first," Housel says, "But once I started using it I have enjoyed it." Housel explains that he is one of many who have benefited from the services of HealthPlus and EAMC throughout the years. "Robert's not only my trainer, he's a good friend. That's one of the things I like about HealthPlus, they're not just professionals, they're your friends, too. It's enjoyable to come here."

Housel uses the Quadriciser twice a week for an hour, and has been using it for almost three months. “The Quadriciser is a machine and nothing more,” Housel says. “But the fact that this machine is here, to me, is symbolic of EAMC’s commitment to good health and quality of life for the whole community. I think it makes a difference in my health and I have benefitted from it.”

Housel’s trainer, Robert Reams, is a certified strength and conditioning specialist at HealthPlus, and he, along with Liz Handler, another certified personal trainer at HealthPlus, are responsible for training anyone who is interested in trying the Quadriciser. “The machine does the work for the patient,” Reams explains. “It’s unlike a stationary bike or a treadmill. The patient can relax and the machine stimulates blood flow and neurological responses. It’s a good option for patients who have had brain injuries, stroke, ALS or other neurological diseases. We recommend that patients use the Quadriciser a minimum of twice a week for treatment, and according to physician and therapist recommendations. Unfortunately, the Quadriciser is not covered by insurance at this time, but it is open to use for anyone, including individuals who are not members of HealthPlus.

“The whole reason behind EAMC providing this machine and service, is to provide individuals a better quality of life,” Reams says. “When you have limitations because of stroke, ALS or a brain injury, you are very limited in what you can do, but something like this machine can really improve quality of life and allow clients to feel better.”

For more information about the Quadriciser, contact **HealthPlus Fitness Center** at **334-887-5666**, or visit their website at **www.healthplusfitness.com**. You can also learn more about the Quadriciser at **<http://quadriciser.com>**.