

Mayo Clinic News Network

Researchers help man stand and step independently after paralysis

Video	Audio
	It's been five years since a snowmobiling accident left Jered Chinnock paralyzed from the chest down.
	And it's been two years since a multi-disciplinary team of researchers implanted an epidural electrical stimulation device in his spine – along with intense physical therapy – to help Jered use his legs again.
	Since then, this avid bowhunter has reached, and exceeded, several milestones in a clinical research collaboration between Mayo Clinic and UCLA.
00:02:07 JERED CHINNOCK:	“My sitting balance and stuff has gotten a lot better. Like, I can shoot my bow a lot better because I'm able to hold – have more trunk support and stuff. My standing's gotten a lot better. I can stand unassisted, I would say, with a walker but still have my hands on but lightly. Walking on the treadmill has gotten a lot better and easier.”
	Jered's recovery has surpassed what Dr. Kenall Lee, the neurosurgeon who implanted the device in Jered's spine, expected.
00:02:00 DR. KENDALL LEE:	“But even more exciting was after he started to do the step-like motion, we asked a question, well, can he stand and walk across the room with a walker assist? And what's really exciting right now to report is we got that done. I mean, this is just absolutely tremendous”
00:03:00 JERED CHINNOCK:	“It all depends on how much my arms can take too, but, yeah, in an average bout, I mean, I can walk, like, 30 feet or

	so, I would say, or more probably. Definitely some distance to it.”
	On his best day, he was able to take steps – with some help – more than the length of a football field.
	Dr. Kristin Zhao, co-principal investigator of the Mayo Clinic research, says Jered’s accomplishments have been nothing short of amazing.
00:03:36 DR. KRISTIN ZHAO:	“I think overall this study has really given us – it’s inspired us to kind of move forward. Now we know it’s possible. We know we can replicate previous results. We can enable someone with a complete spinal cord injury to move their limbs again. But now I think our real challenge starts, and that’s understanding how this happened, why it happened, and who the best patients are that we can help going forward.”
	And while his team focuses on all the possibilities...
00:10:54 JERED CHINNOCK:	“I see it being able to help people in different ways, yep.”
	Jered keeps his focus on the next steps in his own recovery.
00:08:57 JERED CHINNOCK:	“My goals in it would be mostly to be completely independent – be where I needed a walker, but I didn’t need anybody else to help me. I mean, that’s kind of a goal, but the main goal is to not need anything.”
	And while it has taken great commitment and effort, Jered sees the progress he has made on his path to recovering function and looks forward to continued improvement. A thought that just a few years ago seemed impossible, but now is a reality.