

# Health Awareness

## Surprising Treatment And Rigorous Physical Therapy Regimen Help Professional Hockey Player Return To Center Ice

(NAPSA)—Imagine. One moment you are playing at the peak of your talents in the National Hockey League in front of thousands of fans, and the next you are filing your retirement papers due to a mysterious neurological disorder that has robbed you not only of your ability to play hockey but also the ability to do simple daily tasks such as shaving, driving a car and reading to your children.

You've just put yourself in professional hockey player Rem Murray's shoes.

Thirty-three year old Rem suffers from cervical dystonia, a neurological disorder that affects approximately 125,000 Americans and is the third most common movement disorder after Parkinson's disease and tremor. Cervical dystonia is characterized by involuntary spasms of the neck muscles that cause twisting, repetitive movements or abnormal postures of the head. For Rem, his head was forced painfully to his left shoulder where it seemed as if he was looking behind him, over his left shoulder.

"When I started experiencing symptoms of cervical dystonia in 2004, I was nervous that I would have to miss a few games," says Murray. "Instead, I found myself filing for retirement because I couldn't keep my head from pulling completely to the left—as if I was



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always looking over my left shoulder—let alone play professional hockey."

But Rem's story was far from over. When Murray was brought to the emergency room after a game in Toronto, one of the most renowned Canadian neurologists happened to be on call that night who diagnosed him immediately with cervical dystonia. Rem was extremely lucky; in some cases, patients may go for more than five years and visit with 15 physicians before receiving the right diagnosis and effective treatment. Along with a rigorous physical therapy regimen, Rem was, and still is, being treated with BOTOX® (Botulinum Toxin

Type A) for his cervical dystonia.

"When the doctor told me that BOTOX® could help me, I was surprised," says Murray. "I had only heard about BOTOX® Cosmetic." Little did Rem know that in 2000, BOTOX® was approved by the U.S. FDA for the treatment of cervical dystonia in adults to decrease the severity of abnormal head position and neck pain associated with cervical dystonia.

After a year and a half of physical therapy and BOTOX® injections, plus the will and determination of a man committed to continue playing the game he loved, Rem made his comeback to the NHL.

Rem credits his continuing BOTOX® treatments and rigorous physical therapy regimen in helping him regain and maintain the mobility and function in his neck, allowing him to continue his successful career in hockey. He is also making goals of a different kind now: raising awareness of cervical dystonia and educating people about the importance of getting a quick and accurate diagnosis and the appropriate treatment.

If you'd like more information about the symptoms, diagnosis and treatment of cervical dystonia, or to find a qualified physician who is trained in the administration of BOTOX®, please visit [www.BOTOX.com](http://www.BOTOX.com).

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### Note to Editors: Important Safety Information:

BOTOX® should not be used in patients with an infection at the injection site or those hypersensitive to any of the ingredients. Serious allergic reactions and cardiac events have been rarely reported. If you think you're having an allergic reaction, or other unusual symptoms, such as difficulty swallowing, speaking or breathing, call your doctor immediately. Patients with certain neuromuscular disorders such as ALS, myasthenia gravis or Lambert-Eaton syndrome may be at increased risk of serious side effects.

The most common adverse events following injection for cervical dystonia include dysphagia, upper respiratory infection, neck pain, and headache. Please refer to full prescribing information on [www.BOTOX.com](http://www.BOTOX.com).