

Hi, my name is Beverley Burdeyney. I am an 80 year old woman who was born with congenital conditions primarily spina bifida (L3-L5), that is, a failure of the spine to form properly, upper back scoliosis, and an imbalance of my hips. All this has left me with both of my legs being misshaped, misaligned and two different lengths of approximately one to one and a half inches. Throughout my life, I have had to cope with a variety of body challenges, including excruciating pain and incapacitation. Yes, I know first hand what it is like to be confined to space for prolonged period of times, to be in a body cast and to be in a wheelchair. That being said, I have been blessed with an accomplished, interesting and rewarding life. I say, "A Journey Endured" but "A Life well lived"!

My body has always required maintenance, that is, high maintenance and, more so, with aging. In the recent past I was shoved on a staircase. I grabbed the railing to prevent myself from going down head first but the extreme shove twisted my entire right side, hip, knee and ankle, resulting in a questionable hairline fracture. I was in agony. I was a bird in a cage. My regular rehabilitation techniques were excellent but not enough to get myself out of this horrible crisis, I needed something more. So I went searching.

I consulted a couple of doctors and orthopaedic specialists for advice, but no one came up with anything worthwhile other than to compliment me on my achievements to date. I was told I was a "walking miracle" but I NEEDED HELP not compliments. I was searching for a needle in the haystack. Medication was suggested but my body does not tolerate any medication whatsoever. I knew my body required extra physical assistance, so I was forced to think out of the box to find a way to "help my body heal itself, to help me take control of my life and to become functional again". To have a life!

I am very pleased with how I preserved and managed my discombobulated body. I have had an accomplished, interesting and most rewarding life. Prior to becoming a full time rehabilitation coach, I have had two previous professions, the last one being Executive Director of the Canadian division of an International Firm out of Kyoto, Japan. I was a woman ahead of her time. I have been blessed with a wonderful daughter, four



*Beverley Burdeyney, Founder of Balloonology*

grandchildren and many friends. Above all, I am still vertical, functional and working to help others.

## Enter Balloonology

A TRADE MARK APPLICATION HAS BEEN FILED ON MY BEHALF, DECLARING MYSELF .... A "BALLOONOLOGIST"; THAT IS, THE FIRST PERSON TO USE BALLOONS FOR EXERCISE, PHYSICAL REHABILITATION AND THERAPY.

This is where the late USA president, JFK comes to mind. He said..."some men see things as they are and say why, I dream of things that never where, and say what not?" The impossible is possible, if you believe in yourself. And, I do! Crisis forces you to think out of the box. I did just that. I was at a birthday party, saw balloons and I came up with the idea to use balloons as an "aid" in exercising and physical therapy. And, the balloons have served me well!

With the balloons I created effective techniques/movements which could be done in a lying, sitting or standing position.

These techniques not only upright the entire spinal column and neck but reinforce and strengthen the “core” of the body. These exercises are most complimentary, compatible and agreeable with the body. I credit the balloon programs which I created for allowing me to achieve the results I needed.

My daily mantra is “life is a challenge, but life is a gift.” I come by that mantra honestly, having faced some significant health adversity.

I strongly believe that many individuals, particularly people who have compromised bodies, young and old, the many who are suffering from various maladies like myself, could benefit from these balloon exercises. I also believe that individuals who are sitting for prolonged periods of time, like desk/office workers, bus/truck drivers, students, and people who use wheelchairs, etc. could benefit, too. We need exercise to have healthy bodies. Only a short amount of time is required. You don’t need to go to the gym. These exercises are easy to learn, can be done anytime and anywhere. Preferably do them daily.

The balloon exercises also create a state of “mindfulness”, as each movement requires total concentration so there is an added bonus of relaxation. This empowers individuals to take control of their bodies, minds and their destinies! Individuals immediately feel the difference; they know that “Exercise is medicine!” As I have mentioned beforehand. Health is a well planned journey.

I believe that a balanced life requires “practicing good nutrition and performing a sensible exercise program daily. Just move and move more, but also rest, relax, and cultivate a sense of purpose, gratitude, and joy. Gratitude reinforces power, peace, and purpose.”



**WARNING: Always check with your doctor before beginning any exercise program. Do not use balloons if you are allergic to latex. Balloons can burst or deflate unexpectedly. Children under 8 years of age can choke or suffocate on uninflated or broken balloons. Adult supervision is required. Keep uninflated balloons from children and discard broken balloons immediately. Recommended balloons. REGular latex 12 inch balloons. Available individually or in packages of 10.**

## Hydrocephalus Canada

A voice for Canadians living with hydrocephalus.

Every day we strive to empower those impacted by the condition to experience the best life possible.

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