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Wallingford Resident To Run Rock n Roll Half Marathon Despite Paralysis

Lisa Victorious and national TeamUP founder, Beth Deloria run to encourage local residents to join the national Get Back Up movement

Philadelphia, PA - September 9, 2014 – In 2009, track star Lisa Victorious, fell while running hurdles. Her resulting knee injury left her with a stretched nerve that caused foot drop at age 21. Though her career as a college athlete was cut short, she was determined to run again. That is when her orthotist introduced her to the story of Beth Deloria, the national marathoner whose paralysis associated with foot drop, led her to create the Get Back Up Today movement.

Victorious and Deloria will be running the Philadelphia Rock n Roll Half Marathon together on Sunday, September 21, 2014. Victorious has also been named a Co Captain of the only national team of people with foot drop, TeamUP. A native of Downing Town, who moved back to the area after earning her PA degree in Chicago, Victorious now lives in Wallingford and is employed by the University of Pennsylvania as a Physician's Assistant.

Deloria is the founder of TeamUP. As a marathoner unwilling to give up an integral part of her life to foot drop, (paralysis of the lower leg, ankle or foot), Deloria spent countless hours researching her condition and a treatment that would make running possible again. She found one, and this year, her goal is to make sure no foot drop sufferer is alone behind a computer desperately searching for answers.

“The kind of psychological blow that I experienced is what thousands of people are facing as they come to terms with foot drop,” says Deloria. “The goal of Get Back Up Today is to create a national network of cheerleaders and valuable resources to inspire others to hold steadfast to their journey of getting back up. Family and friends of foot drop sufferers, as well as, physicians and foot drop doctors are invited to join.” At www.GetBackUpToday.com, they

can become a member of TeamUP, the nation's first foot drop team, and join a virtual community of foot drop patients and loyal advocates.

Deloria was diagnosed with foot drop in 2004 after a spinal injury that resulted in paralysis of the muscles of her left foot and ankle. She had lost the ability to flex her foot upward, as is necessary for a natural walking or running gait. Prior to the spinal injury, Deloria had competed in major marathon events from Chicago, IL to Boston, MA. "My capability essentially declined from running over 26 miles regularly to having difficulty walking without tripping," she says. "There can be an enormous emotional toll when foot drop prevents you from getting around well enough to live your life."

Deloria and Victorious are able to compete in marathons with the support of a technologically advanced, carbon fiber orthotic device named ToeOFF®, made by Allard USA. The brace they use to run is designed to mimic the biophysical movement of the muscles in their legs and feet. In addition to a spinal injury, causes of foot drop include stroke, multiple sclerosis, muscular dystrophy, Charcot-Marie-Tooth Disease, partial foot and other conditions.

Deloria says running in spite of foot drop has significance that goes beyond her race results. "I hope my experience battling foot drop can help encourage those affected by the disorder to not let it steal their quality of life." Deloria is captain of TeamUP and manager of community outreach for Allard USA, the company that manufactures the ToeOFF® brace she uses to regain the mobility that foot drop would otherwise claim.

Learn more about Deloria's effort to help others overcome foot drop or become a member of TeamUP by visiting:

www.GetBackUpToday.com

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