



Paralysis Doesn't Stop Nationally Known Marathoner from Running Rock N Roll Marathon in New Orleans

Beth Deloria runs to inspire others who have foot drop paralysis

New Orleans, LA – January 20, 2015 – “The kind of psychological blow that I experienced is what thousands of people are facing as they come to terms with foot drop paralysis. I hope my experience can help encourage those affected by the disorder to not let it steal their quality of life,” says Beth Deloria.

As a marathoner unwilling to give up an integral part of her life to foot drop, or 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 is on a mission to inspire others to get back up after foot drop.

To illustrate her own story, Deloria will run the Rock N Roll New Orleans Marathon on Sunday, January 25. But she knows all too well how much foot drop has affected her life.

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.

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

Deloria competes as a member of TeamUP, the first and only team of people with foot drop paralysis. The members' participation in athletic events and public education efforts is designed to encourage others with foot drop to overcome mobility issues and take back their lives.

Learn more at www.GetBackUpToday.com.

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