

I am **Hannelore**, 68 I live with LGMD R1.  
( Instagram # halla\_lgmd )



When I was just 24 y.o. I got informed that I have a muscle disease

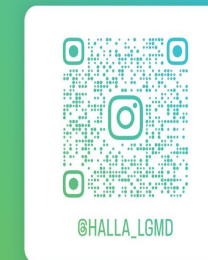
This time they call this disease "Kiener/Becker" The term LGMD was not in use yet. For my self I had therefore to reconsider my future wishes. Three of my own brothers are also suffering on this disease.

However, my life courage was unbroken, regardless of all resulting strong and worse troubles. With several target oriented physical/occupational therapy's I fight as long as possible against the disease effects. Often I just lose control and fall down, This causes sometimes worse injuries. Other functional restrictions appears slowly as well. The time came that I got unable to stand up alone. So I did use several devices like walking stick, rollator, mini scooter but at the end, after about a year I needed a wheelchair. In the day to day life I try always to find out how to handle my limitations more proper.

However, **except muscles we are missing nothing.**

I have a healthy son and healthy grand children, they make my life almost perfectly.

My motto is to help other victims to handle their muscle disease.



High-Tech in REHA Center