



When a physician becomes the patient...

After a bike accident resulted in paralysis, Dr. Daniel Grossman returned to his work in the emergency room after just six months -- and with a renewed perspective on how he interacts with his patients at the Mayo Clinic. Watch last week's story from NBC Nightly News [here](#).



Learn more about his journey [here](#), including photos and a video demonstration of Grossman's transferring technique. We were, of course, pleased to notice that he is using the [Java Cushion and Back](#).



It's not magic, it's science!

Newly published research provides a deeper understanding of how different cushion designs work -- including the Ride Java Cushion.

Read the abstract [here](#) and review summaries of all our recent research [here](#).



Meditation: accessible to all

"Research has shown that meditation done in a chair still has that benefit of lowering blood pressure and heart rate and increasing feelings of well-being."

Check out this article, "[The Many Benefits of Meditation for Older Adults](#)," which features the [Kessler Foundation's Jean Lengenfelder, PhD](#), Assistant Director, in Traumatic Brain Injury Research.

Fun Finds / Resources

A report from the recent [Warrior Games](#) by volunteer and guest blogger David Grieg.

Alyssa Brown's article, "[Don't Make Assumptions About My Intelligence Based on My Disability.](#)"

Physically accessible yoga practices for varying body abilities cultivate perseverance, resiliency and connection. Here's a [video](#) that includes adaptations for seated yoga, courtesy of Lululemon.

Thanks for reading!
Your friends at Ride Designs



P.S. If you somehow missed the last newsletter, check out the most-read article, "[Stay cool: heat/moisture management, by design](#)" -- increasingly relevant as summer heats up!

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