



Paul deGelder : the now famous Navy Diver who lost a hand, and a leg, when he fought off a shark whilst diving in Sydney Harbour

“Hi, my name’s Paul de Gelder and I’m a Clearance Diver in the Royal Australian Navy. On Feb 11th 2009, while working diving on Sydney Harbour I was attacked by a shark and subsequently lost my right leg and hand.

The initial loss of these limbs was painful to deal with, mentally and physically, but to add to the torment I had to deal with the pain of rehab, and the ongoing frustrations of phantom limb pains. Having spent 10 years in the military my determination to get my life back was garnered by the disciplines I learnt in constant exercises going “out bush”, or on operations in the Army, on selection tests and demanding workloads as a diver. The only thing that held me back was my pain.

The physical and mental pain of rehab I could deal with, but the phantom and nerve pain I had was unrelenting and without a cure. While visiting my remedial massuer and explaining my problem he showed me a flyer about ENAR and at this stage I was desperate for any cure I could get my hands on.



I made an enquiry with the ENAR people at Enlightened Therapies and was promptly visited for a demo and treatment. The treatment was surprisingly non invasive, and instantly made a difference to my pain, but quickly returned after the treatment which was dissapointing, but, considering the degree of damage I had, this was understandable.

I used the ENAR for 2 weeks straight every morning and every night and noticed a marked improvement in pain whilst walking with my prosthetic leg. One problem I had was that I had an underlying tendon strain in my elbow which was enhanced by the constant brushing with the device. I couldn't change hands as I now only have one, which

also meant I couldnt treat it. I explained my problem to Paul and Colleen at Enlightened Therapies and so they introduced me to the self-adhesive electrode pads.

The pads allowed me to treat any part of my body at any time, with no disruption of constant stroking. I could now treat myself while watching TV and eating, sitting at the computer and even while i sleep. Putting the pads on when I go to bed actually minimises the phantom pains and this has allowed me to come off my medication earlier than the doctors thought neccesary.

I haven't had complete success yet, as I still have my tennis elbow, but that problem paled in comparrison to my other issues, and we are now trying the ENAR and pads using a different approach, to try and help fix that problem also.

My girlfriend even treated a sprained ankle with the ENAR and now insists we take the ENAR with us whenever we go away.

I still use my ENAR a lot as I constantly put my body through the wringer. I'm just very happy that with the pads it's so easy. I'm now back at work with the Navy, I have very minimal pain, and can walk now with only the slightest of limps.”



Paul de Gelder