



Now I can...

be an all-around athlete

Whether he's running for Junior ROTC, racing with his mountain bike team or teeing up a golf ball, 14-year-old Cris Hairston stays active. So imagine his dismay when he broke his left femur in a February sledding accident.

Lucky for him, his dad, Kyle, works at Methodist Rehabilitation Center, which has the seasoned staff and advanced technology to get athletes back in the game.

At Methodist Outpatient Therapy in Ridgeland, Cris worked out on an AlterG anti-gravity treadmill. The NASA-inspired device off-loads as much as 80 percent of a user's body weight, allowing Cris to safely ease into running again.

Now, there's no stopping him. Post-injury, he did his first triathlon—finishing fifth out of 20 participants.



Earl R. Wilson, Founding Chairman
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