

# Former army officer starts new business

**Cameron Johnston has just started his new business which combines his army, rugby and sport physiotherapy experience in one.**

Sadly he had to retire from rugby in 2007 after breaking his back. Since then and with the benefit of his studies behind him he designed the Recovery Cuff. This is a site specific cuff made of antimicrobial micro fibre combined with an integrated gel which can be frozen or heated.

The cuff called Riixo™ is also useful for amputees, ensuring evenly distributed compression as well as correct placement of the gel. For sports injuries ice and compression help remove lactic acid and prevent muscle soreness. Heat can also help warming up before training or manage conditions like arthritis.

Cameron worked in the NHS for four years and then joined the British Army as an officer in the Royal Army Medical Corps as a physio. He was recently second in command for rehabilitation in Scotland.

He is now in the process of sourcing capital for Riixo™ including a crowdfunding campaign this summer through [seedrs.com](https://seedrs.com) to help fund the initial product run ahead of the official launch in September 2019.

Cameron said: "Sports injuries and conditions like arthritis can have a huge impact on someone's quality of life, and equally, being limited by muscle ache can limit any progress made in training."

“I’m using the 15 years of experience from professional rugby, my degrees, physiotherapy and military experience to design something that can really help people. The gap between professional and amateurs in sport is narrowing with access to information online but what is lacking is the availability of equipment.

“I understand first-hand the impact that sport injuries can have on a person’s mental health, speedy return or improved quality of life is important, which is why I created Riixo™ to help people in the same position I was in, to manage their pain and recover more quickly.”

Susan Harkins, Head of Business Gateway Edinburgh, said: “*Riixo*™ is an innovative product which we are absolutely delighted to work with Cameron to help get off the ground.

“This is another great example of an entrepreneur taking advantage of all of the services we offer from business planning and IP and our Gateway to Investment programme to marketing, to help them in their journey from idea and development to launch and growth.”

To find out how Business Gateway Edinburgh can help your business visit [www.bgateway.com/Edinburgh](http://www.bgateway.com/Edinburgh) or call 0131 516 5035.

