

Ted with TM (Transverse Myelitis)

Ted is a man on the move... that is when he is at his happiest. Having been a competent racing cyclist with past success at national club level motor racing, you get the gist of what makes him tick. That was all fine, until in 2018 while on holiday in Japan, he felt a nagging shoulder twinge and within 24 hours he was unable to move from the neck down. He was rushed to hospital in Kyoto where tests confirmed that he was suffering from a rare neurological condition, Transverse Myelitis (TM), which causes inflammation and compressive lesions on the spinal cord. After 14 days he was flown home having lost 10kg and his mobility was very slowly returning after daily physiotherapy in hospital.



After 2 weeks in an NHS hospital, upon discharge Ted was desperate to seek out specialist rehabilitation, **aware that he had a very small chance of full recovery and that it would take a lot of hard work and targeted, intensive therapy**... Hobbs Rehabilitation delivered.

A 4 week stay at the specialist inpatient service at Bramshott Grange, Liphook resulted significant improvements in his overall mobility and it was clear that ongoing therapy at Hobbs South East outpatient clinic could help him continue to reach his goals.

Spurred on by his progress, Ted spent 4 weeks in Bristol at our Upper Limb Clinic where a blended programme of treatment was tailored to his own goals and provided **higher-dose therapy to optimise progress and recovery timeframes**. The stats were a real driver for Ted; he needed to SEE the progress and the range of technologies available in this setting helped to maximise his input. This centre has since expanded to become **Hobbs Rehabilitation Intensive Neurotherapy Centre**, the only provider in the south of England, delivering a high intensity rehabilitation program using the full Tyrosolution.



Neurotechnology played an important role in the rehab programmes; at Bramshott Grange, Ted worked with **the only Fourier M2 robot in the UK** to help train his arm and hand function while working through a gaming platform and at Bristol he was able to use many of the TyroSolution technology devices. Robotics, sensor-based VR technology and assistive anti gravity training devices provided the reports and data to track measurable progress which was a tangible motivator for Ted and influenced his next steps.

A competitive being, **Ted relished the chance to compete in the 2019 Inter Spinal Unit Games at Stoke Mandeville**, competing in the pool, archery, wheelchair tennis, table tennis and boccia events., netting 3 medals to boot. The games inspired him to pursue more sports in the community and before long he had started wheelchair

but it wasn't ideal as his arm strength made it difficult to manoeuvre the wheelchair and he soon moved on to local club tennis doubles, albeit standing as he was not able to run after the ball! Keen to work on leg function and nail the running issue, Ted booked a 4 week stay at Oaksey House in Lambourn, Berkshire. Oaksey House is home to the Injured Jockeys Fund and it is where we treat the majority of elite riders and sports people as well as others with spinal cord injuries.

Once home, Ted got on one of his many impressive bikes. and for more on this, catch the March 2019 edition of Cycle Weekly magazine where they feature his story.

So the journey continues... Ted is passionate about helping others with TM who desperately need intensive rehabilitation but don't have the funding, so he is planning a **sponsored bike ride** up Mont Ventoux (Provence) in September 2021!

