

Jemima's **Olympic ambition spurs her on**

Jemima had a serious car accident in 2015 resulting in a T10 complete spinal cord injury. Paralyzed from the waist down with severe abdominal injuries, she struggled with the reality of her new circumstances and having been a Head Girl, Second Rider for a top Eventer as well as Eventing her own horses, has used that ambition and determination to motivate her through the tough times.



For Jemima, rehabilitation is a full-time commitment and the results speak for themselves. She is now a grade 2 Para Dressage Rider, and she credits her strength training and rehab progression, and a great team, for making this possible.

She has weekly neurological and sports physiotherapy, trains in the Eksobionics exoskeleton, does pilates and rides 3-4 times every week... there's an awful lot of strength required for that! But it doesn't end there... she became a UK ambassador for the Ekso Bionics exoskeleton, travelling the UK and beyond showcasing the benefits of the Ekso as a rehab tool. She even did the Run In The Dark 5K event held by the Mark Pollock Trust at Battersea Park.

Nowadays, it's all about Para Dressage!

Catch her facebook page at [JGparadressage](https://www.facebook.com/JGparadressage) to follow her progress!