



## 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** to follow her progress!