

Jess' journey...

Rehab has taught me to be independent again!

After my injury at 18 I believed my life was over. I'd never be independent, never fulfil my dreams and I'd be housebound for the rest of my life.

In January I became paralysed from the neck down with conflicting diagnoses of a spinal stroke or idiopathic transverse myelitis.

Unlike others that suffer these injuries I was an incomplete spinal cord injury which meant that there was light at the end of the tunnel that after a long road of rehab I would one day become independent again!

After my acute hospital stage I underwent a long rehab process, something which I'm still undergoing, it's very long and tiring but every week I see improvements which spurs me on to become better than the week before. If I have a few days off in between sessions I can really feel that my body gets stiffer and it becomes a lot harder to walk, therefore my rehab really happens everyday whether it's at Hobbs Rehab or at home I am always stretching and walking in order to better myself.



Rehab is so important to me as it has taught me how to become independent again, it encourages me to get better and is a big support in helping me to cope with the big changes in my life!