

## John's 5 years of rehab... onwards and upwards!

John has regular outpatient physiotherapy at Hobbs South East, following his spinal cord injury in 2015. We have worked together with the NHS community and short stay inpatient services to increase the intensity of his rehabilitation.

Initially, John required full assistance with daily activities. He, his wife Janet and carers are hugely committed to his rehabilitation, working hard in every session to improve his posture and core stability. He has a tailored exercise programme and a visit to home allowed us to progress also with his cardiovascular equipment.

John now has a much more active role in his daily activities; he has progressed from standing up with assistance to managing this himself. He took his first steps in February 2017 with an electric standing aid and assistance of 3 people. Gradually John has been able to walk with a zimmer frame and then onto walking poles with supervision of one person and **is now walking with a single stick.**

John was extremely pleased to be able to practise going up and down steps in the gym (something he often joked about in the early months of coming to therapy). He really has made remarkable improvements and **can now do the stairs at home independently**, a major triumph.

John's determination and motivation have proved fruitful when he attempted getting back on board a Sailing Boat;





He showed no fear in being assisted with hoist equipment to the boat and then took to the water and his face says it all!

**This Christmas , John stood and carved the turkey, a special moment for he and Janet, as they reflect upon 5 years ago when John was paralysed from the neck down.**

Hard work has paid off... to be continued!

