

Robbie...

## Rehab has helped me keep up with my three children.

Robbie had always had a limp, being mildly hemiplegic, but the pain in his right ankle had reached a point where it was difficult to even walk short distances. Hobbs physiotherapists realised he had worn away a lot of the cartilage in his ankle from years of uneven walking. There was a high chance that he would need surgery.

However we embarked on weekly physio sessions and Robbie saw one of our excellent orthotists. He was able to position Robbie's right ankle so he could walk on cartilage again. With intensive input from physio, and doing what he was told at home in terms of exercises, he improved and the pain in his ankle became less noticeable. "The physios at Hobbs were always friendly and encouraging. I wouldn't need an operation after all." Robbie's appointments are now less frequent and he regularly goes to the gym. He is keen to continue coming for physio at Hobbs where he can get advice from the experts on maintaining his mobility. He also feels obliged to keep exercising between physio sessions so that he doesn't disappoint his physio!

According to Robbie, there has been unexpected benefits to physio. He has improved his fitness, and by extension his emotional wellbeing. Advice on posture means that he had to start standing taller. It sounds odd, but he genuinely believes people now take him more seriously at work. Most importantly Hobbs' input has allowed him to keep up with his three children.

"I enjoy playing on the beach with them and going on walks. When my 5 year old gets tired I can carry her on my shoulders and keep going. I feel very lucky and just wish everyone who could benefit had access to the super team at Hobbs Rehab."

