

How One Man Achieved Far Better Recovery From Spinal Cord Injury Than Anyone Expected

In 2003, at the age of 28, I was paralyzed in a motorcycle accident. I was told that I would never walk again. But I refused to accept that. I was determined to prove everyone wrong.

I spent the next few years in rehab, working hard to regain my strength and mobility. I tried everything from traditional physical therapy to alternative therapies like acupuncture and yoga. I also did a lot of research on spinal cord injuries and recovery.



Perspectives on Long Term Rehabilitation: How I Achieved a Far Better Recovery from Spinal Cord Injury than Anyone Expected by Monty Lyman

★★★★☆ 4.1 out of 5

Language : English
File size : 1007 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 128 pages
Lending : Enabled



Over time, I made slow but steady progress. I was able to regain some movement in my legs and feet. I also learned how to use a wheelchair and

how to live independently.

In 2009, I published a book about my experience called "How I Achieved Far Better Recovery From Spinal Cord Injury Than Anyone Expected." In the book, I share my story and the strategies that I used to recover.

Since then, I have spoken to thousands of people about spinal cord injury and recovery. I have also been featured in numerous media outlets, including The New York Times, The Wall Street Journal, and CNN.

My story is a testament to the power of hope and determination. It shows that anything is possible if you set your mind to it.

Here are some of the key strategies that I used to recover from my spinal cord injury:

- **Set realistic goals.** Don't expect to recover overnight. Recovery from a spinal cord injury takes time and effort. Set small, achievable goals for yourself and celebrate your progress along the way.
- **Work hard.** There is no substitute for hard work. You need to be willing to put in the time and effort to recover. This means doing your exercises regularly, even when you don't feel like it.
- **Stay positive.** A positive attitude can go a long way in helping you recover. Surround yourself with positive people and focus on the things that you can do, rather than the things that you can't.
- **Never give up.** There will be times when you feel like giving up. But don't give up. Keep fighting and you will eventually reach your goals.

If you have been diagnosed with a spinal cord injury, I encourage you to read my book. It will give you hope and inspiration. It will also show you that anything is possible if you set your mind to it.

Additional Resources

- The Christopher and Dana Reeve Foundation:
<https://www.christopherreeve.org/>
- The National Spinal Cord Injury Association:
<https://www.spinalcord.org/>
- The American Spinal Injury Association: <https://www.asia-spinalinjury.org/>



Perspectives on Long Term Rehabilitation: How I Achieved a Far Better Recovery from Spinal Cord Injury than Anyone Expected

by Monty Lyman

★★★★☆ 4.1 out of 5

Language : English

File size : 1007 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 128 pages
Lending : Enabled



Unlock Your Entrepreneurial Potential: Start Small, Expand, and Create Your Own E-commerce Empire in the Supplement Business

Are you ready to embark on an exciting journey as an entrepreneur in the lucrative supplement industry? Our comprehensive guidebook, "Start Small, Expand, Create Your Own..."



Unveiling the Extraordinary Tale of "Weird Girl With Tumor"

A Journey of Resilience, Self-Discovery, and Connection In the tapestry of human experience, stories of resilience, self-discovery, and the...