

SpinChat

Accidents can happen
in an instant.

There is **no cure for
a spinal cord injury,**
only prevention.

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A photograph of a man with a beard and tattoos, wearing a dark blue t-shirt, sitting in a wheelchair on a paved road with white dashed lines. He is smiling and looking towards the camera.

INTRODUCING

Robbie

When I was 17, my life changed forever when I was involved in a head-on collision between a car and the motorbike I was riding.

I was airlifted to hospital in critical condition and spent 14 days in an induced coma in intensive care. I had broken approximately 60% of the bones in my body, was facing the possibility of an arm amputation, and had been left a complete paraplegic. I underwent major surgery to secure my back and severed spinal cord, and multiple other operations to repair my broken body.

After months of recovery in a rehabilitation centre, then came the overwhelming task of learning to accept how life was going to be now that I was living in a wheelchair and not able to do the things I once did. I found myself battling with depression, obesity, low self esteem and isolation due to my fear of people judging and staring at me.

Friends and family stuck by me and started to encourage me back to the gym. This was my turning point. I then decided to dedicate my life to being as strong, fit and healthy as I could be. My training regime consists of daily gym workouts, swimming, hand-cycling and my race chair. I am building up my cardio-vascular fitness and strength to compete in a Half Iron Man event.

I have established my own personal training and fitness business and I have set my sights on helping other people in similar situations to my own. I understand the physical and emotional struggles that they are going through and can help them improve their lives to be the best they can. If they can achieve a happy and healthy life as I have, then I will have achieved my goal.