

Hi,
my name is
Steve Collins

and 20 years ago I managed to tip a dumper truck over and crush myself underneath it, breaking my back and leaving me a paraplegic. Following initial rehabilitation, my condition, as that of all paraplegics, was described as incurable. There was nothing more the NHS could do for me.

Since leaving hospital I have managed to live independently in my own bungalow using my resourcefulness and ingenuity to live a full and active life but my goal has always been to heal my body. For the last 15 years I have been involved in pioneering work in the field of Advanced Bio-Mechanical Rehabilitation. Known as ABR therapy, this is the brain child of Leonid Blyum. I have been working under his guidance and **we are proving that spinal injury is a treatable condition.**

There are no miracle cures and it is a long slow process and in all this time Leonid has been evolving and refining the techniques as the therapy has developed, but I have made enormous improvements and am well on the way to walking again. In order to overcome a spinal injury, it is necessary to rebuild the catastrophic collapse of the primary core structure of the body. Unfortunately the medical establishment focuses solely on nerve damage and fails to see the vitally important bio-mechanical aspects. When we address the bio-mechanics and rebuild the structure we find that the nerve pathways re-establish of their own accord, despite the terrible damage I did to my spine.

Before this therapy my body was terribly depleted and everything was a struggle, including sitting. I could sit on the bus but had to hold on for dear life. Now I can sit comfortably with my hands in my lap as the bus lurches round the corners. In the past when I went to sleep I woke up in exactly the same position, full of aches and pains. Now I have the strength in my body to toss and turn in my sleep like anyone else. I used to be paralysed from the waist down, now I have strength in my pelvis and control of my legs at the hips and knees. I live comfortably and move around with ease, can crawl on all fours and weight bear through my legs with a good hand hold. I have every intention of walking again and need another five years to finish rebuilding my body. It is important that I continue this work, not only for my own future, but for the future of all who follow in my footsteps.

I make it my mission to show what is possible.

Would you be so kind as to display the poster attached on your noticeboard or, if you would like to help directly, email:

steve@spinalroots.net

www.spinalroots.net





Hi, my name is
Steve Collins
(and I need your help)

- 20 years ago I had an accident which left me paraplegic and I was described as incurable.
- Since then I have lived an independent, full and active life.
- For the last 15 years I have been involved in **Advanced Bio-Mechanical Rehabilitation (ABR Therapy)** and proving that spinal injuries are treatable.
- It is a long slow process – the therapy is constantly evolving but I am on my way to walking again. I now have strength in my pelvis and control of my hips and knees. I can crawl and bear weight on my legs with a good hand hold.



To continue this good
work we need your help:



- ① to further the work in **Advanced Bio-Mechanical Rehabilitation (ABR)** and
- ② to help me walk again

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