



amy

Ataxia after ABI

“When I was on the ward I seemed to get better every day. My friends and family kept saying how happy they were to have me back.

The physiotherapist came to see me and said that we would start with some gentle exercises to get my legs stronger. I had been so poorly in intensive care I hadn't been out of bed for over two weeks and I was really weak on my legs.

At first, we thought my wobbly legs might have been because I had been sick in bed for a long time. Over time though, I was still wobbly on my legs even after physiotherapy.

Physiotherapy helped my muscles get strong but I still found it really hard to control my muscles! The doctors said I had ataxia. Ataxia can develop as a problem for anyone who has had a brain injury.

Ataxia means that the brain has difficulty controlling your muscles and it can make you wobbly or can make it hard for you to control your body.”

