



mike

Ataxia after ABI

"I hurt the part of my brain that controls my movement. I was in a wheelchair for a very long time. It took a lot of physiotherapy before I could start to walk properly and I really struggled to walk in a straight line.

I still struggle from time to time but this is usually if I have a headache or feel really tired. I sometimes use the wheelchair if I'm feeling like this.

When I hurt my head, I damaged my skull really badly. The doctor said it was like a shattered egg shell. I had to wear a special helmet for a while in case my ataxia made me fall over and bang my head again. My skull has healed up now so I don't have to wear it anymore and I can walk better too.

Most of the time I'm fine and my ataxia doesn't bother me. I've come on a long way since hurting my head and see little improvements all the time.

If you have ataxia too, try not to get down about it and concentrate on walking again! That's what I did and now I'm much better."

