

Dedication Pays Off

A dirt bike accident in December 2010 was a life changer for Reece Wallen. The 27 year old former defence serviceman and aspiring search and rescue officer sustained a complete C5/6 break. Reece then spent six weeks in intensive care in Adelaide before being transferred to Brisbane’s Princess Alexandra Hospital to be closer to friends and family.

Reece was encouraged by a former patient to join the SCIA Walk On program at Sporting Wheelies and Disabled Association’s gym in Bowen Hills, Brisbane.

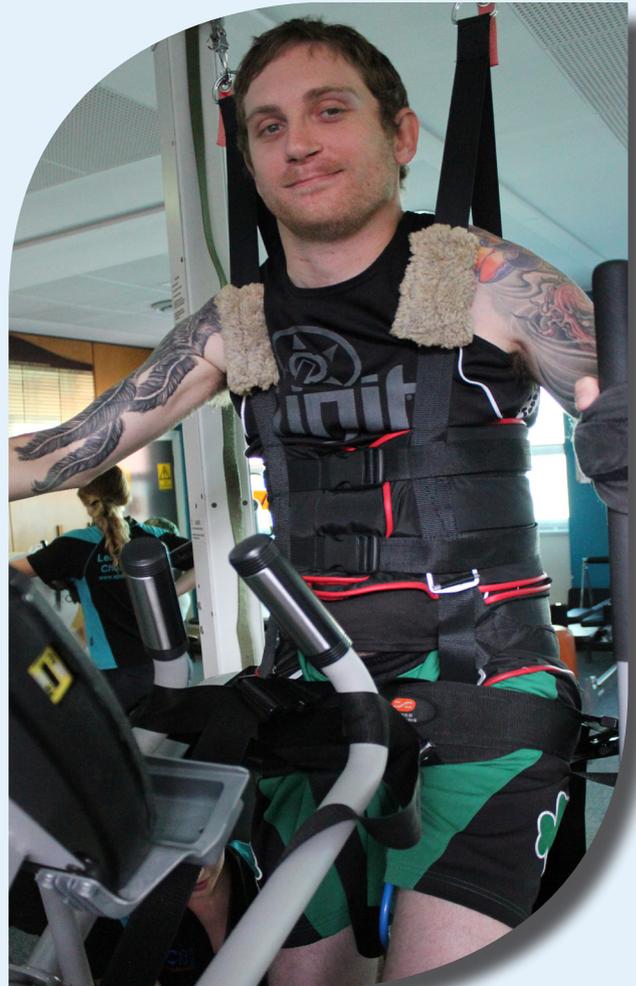
“When I started in July 2011, I was in a power chair and so weak that I had to be strapped in so I didn’t fall out,” says Reece.

Today, Reece is using a manual wheelchair. He has the core strength to be able to sit on the end of a bed and the extension tone to be able to stand in a harness with only fingertip support from the Walk On therapists.

Twice a week, Reece does a two-hour Walk On session. He also has a one-hour personal training session at the gym and trains in his home gym. He says that he is not only much stronger but he is also more confident, happier and more independent. Reece now says that even driving a car isn’t far away.

“Sometimes I feel like my progress is slow and it’s frustrating, but then I look back at photos or footage of me when I started, and I don’t look like the same person,” says Reece.

Walk On therapist Nathan says that Reece is one of the most determined people he has ever met. Nathan says, “I started working with Reece when I was a student, and to see the difference in him now is pretty amazing.”



Reece in action at Walk On

Places available at Walk On Brisbane!

Activity-based therapy program individually designed to maximise functional ability and independence

Short and long-term programs to suit clients with all levels of spinal cord injury and other neurological disabilities

One-on-one sessions with accredited exercise physiologists

Fully accessible, inclusive gym located at Sporting Wheelies and Disabled Association, 60 Edmondstone Road, Bowen Hills, Queensland 4006

Call us on 1800 819 775 to talk about joining Walk On. Our gyms are located in Brisbane Melbourne Sydney Perth

