

NeuroMoves PROFILE:

Lynton Cosier

Lynton Cosier was enjoying the laidback Darwin lifestyle of fishing, motorbikes and partying after work with his mates when his world changed forever in June 2013.

A high-speed trail bike race on the beach was all it took for the 42-year-old single dad to suddenly find himself faced with a very different life in a wheelchair with a T4 complete spinal cord injury.

Lynton was rushed to Royal Adelaide Hospital, where he spent six weeks in intensive care before being transferred to Hampstead Rehabilitation Centre for eight months.

“I found out about NeuroMoves through the medical staff at Hampstead. Once I got back home, I decided my options were too limited in Darwin and I also wanted to be closer to my young son who was living with his mum in Port Macquarie,” says Lynton.

“Moving to Brisbane to do NeuroMoves through Sporting Wheelies and Disabled Association was a life-changing decision.”

Lynton has been working three days a week with the NeuroMoves trainers at the Association’s Bowen Hills fitness and rehabilitation centre since February 2016.

“When I started, I was hunched over to the point of having to wear a brace to help me stay upright in my chair.

I couldn’t reach for things, I had difficulty feeding and dressing myself and I was exhausted after a couple of hours in the chair,” says Lynton.

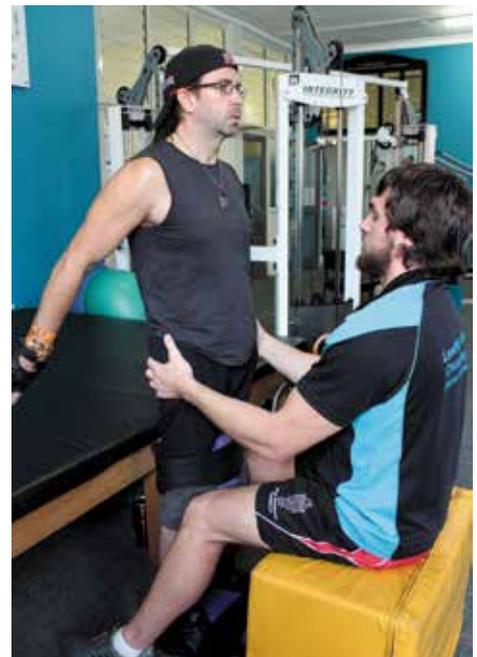
Lynton’s NeuroMoves program is about improving his seated balance and re-gaining his independence. It combines core strength and task-specific training as well as whole-of-body exercise, standing with the support of a harness and using equipment such as the cross-trainer (“I’d forgotten how tall I was!”).

Lynton is also enjoying being around other gym participants such as Paralympic powerlifter Abebe Fekadu, and he plans to get into regular training as a way to ensure he maintains his health and fitness into the future.

“The NeuroMoves staff do a wonderful job. I’m making continual gains. I’m sitting up straighter without the brace, I can reach further and dressing myself is getting easier. I’m back driving, and I can realistically look at returning to work again,” says Lynton.

“I’ve also got my son living with me now, and I want to be as fit and active as possible to support him. Life is a rollercoaster but NeuroMoves keeps me going.”

For more information about NeuroMoves, visit www.sportingwheelies.org.au/exercise-based-rehabilitation-program-neuromoves-walk-on/



(Photos: Naomi Watts)