



Lukes Story

On the 6th of October 2021, I was unfortunately involved in a road accident which left me with severe injuries. The doctors explained that I suffered a complicated fracture to my tibia and fibula and lost 3cm of bone which would require an external fixator for my leg.

I felt so angry and upset that I would be having this fixator on for round 16 – 18 months. Also, with so many operations going on I didn't get discharged until the end of December 2021.

Once I was finally home, my priority was to build the muscles back in my legs as I was bed bound for 3 months. My case manager contacted Woodfield Physiotherapy Centre and arranged for Georgia who specialises in orthopaedic trauma to come to my house and help me to get back on my feet.

After a couple of months, I was finally able to walk a bit, I had the option to go to the Woodfield clinic instead of having Georgia coming to my house, it made me feel like I was making progress with my recovery. I was able to take my rehabilitation to the next level with the equipment and space available. Over the next couple of years, I became a regular at Woodfield, everyone made me feel comfortable and I didn't feel like people were staring at my leg. This significantly helped me build my independence and confidence.

Round halfway through my recovery Georgia introduced me to James and Claire who own The Paddock Pool hydrotherapy pool. I was able to see Georgia at both the pool

every week and at Woodfield physiotherapy centre. Initially, it was such a relief to get in the water when I had the external fixator in place to ease the weight and for pain relief. The pool enabled me to do more than I could on land which helped speed up my recovery. Everyone at TPP Hydrotherapy was super helpful and very friendly. In my personal opinion, without Georgia's help and expertise I don't think I would have got this far without her. She has always been available outside of structured sessions whenever I needed advice and support, especially when suffering with increased pain in my leg.

As of today, I'm still working hard in the gym to maintain all the work I've achieved over the years and I'm still using Georgia's knowledge and advice to improve my workouts. On behalf of me and my family we would like to thank Georgia for all her hard work and being so kind and caring at a difficult time.