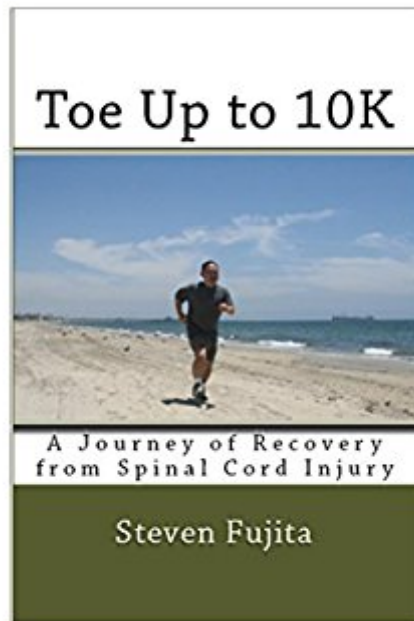


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# Toe Up To 10K: A Journey Of Recovery From Spinal Cord Injury



## Synopsis

In June 2012, Steven Fujita went to the emergency room, and was diagnosed with meningitis. After four days of improvement, he was scheduled to be discharged when his condition worsened dramatically. His blood pressure, body temperature and sodium levels all became dangerously low. He started to lose consciousness. He was rushed to the Intensive Care Unit. He had suffered spinal cord damage at the T4 level. Upon regaining full consciousness, Fujita could not speak, eat, breathe independently, control bodily functions, nor move his legs. "Once we understand what we have to go through, become resolved to see it through, and know we will survive, we feel our ordeal is not so bad," Fujita writes. In this book, he takes the reader on a journey of recovery from a spinal cord injury. It is not only a journey of determination and hard work, but of positive attitude, of drawing inspiration, of gratitude towards those around him: his family, his friends, co-workers, and medical professionals.

## Book Information

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## Customer Reviews

I'm so glad I found this book. I love medical memoirs and this sounded a really amazing and

inspirational story. I read it in only a few days. Steven Fujita seems to have sinusitis or some sort of virus. He is eventually admitted to hospital with meningitis. As if that wasn't bad enough, things take a turn for the worse and Steven ends up with spinal cord injury. He is unconscious for a while and, when he comes around, he can't speak, eat and has no feeling in his lower limbs. He is paralysed. This book recounts his time in hospital, his long, slow recovery and how far he has come. Steven tells us everything exactly as he remembers it, and, for times he can't remember, he tells us via his medical records. It's so informative; I've read quite a few medical memoirs but here are some conditions mentioned that I didn't know about already. Symptom after new symptom and a scary procedure, so much to contend with. Feeling later came back in his lower extremities and began with one of his big toes-the book title comes from this. It's a long hard slog to get himself going again, all the exercises etc, yet he remained positive, kept rigorously to his given exercise programme and even tried out his own ways of achieving his goals. So determined, never giving up, such drive. He is to be admired. This is an inspiring read for anyone and especially so for anyone having gone through circumstances such as this. It's not just about getting moving again, getting walking again, it's the things you don't think about with lower body paralysis: bladder and bowel function-or rather dysfunction as, if a person can't feel their legs etc, they can't feel the urge to go to the toilet. Even these functions can recover as Steven Fujita shows, it can be possible.

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