

Inspiring stories of Smt. Sindhutai Eknathrao Vikhe Patil SCI Rehab Center

“Acceptance gave my life a new perspective.”

Mr. Ajit Bhaskar

**Rehab Coach, 32 Yr, Male, Paraplegic, Smt. Sindhutai Eknathrao Vikhe Patil
SCI Rehab Center, Loni**

“I met with an accident that led to vertebral fractures; I was rushed to the Nashik hospital. I was operated and soon put on some bedside physiotherapy training as I couldn’t move below my waist. I thought unlike any other fracture it would heal and bring back the strength of my legs. Days and months passed by, neither could I feel nor move my legs, the bowel and bladder problems made me feel very devastated and helpless.

During those depressing days, I got to know about Smt. Sindhutai Eknathrao Vikhe Patil SCI Rehab Center, Loni. I was one of the very 1st patients of the center. Here, I quickly learnt to sit, shift, stand and move out on roads on a wheelchair within a few months. The comprehensive rehab team here, helped me manage my bowel and bladder problems, I was back on being my confident self. The rehab team made me understand that I could be independent even on wheelchair and keeping realist goals will help me save my time and energy and divert it for better purposes. Dr. Inka Lofvenmark, International SCI visiting faculty rehabilitation specialist, Stockholm, noticed my self-reliance and confidence and offered me a job at the centre. Since then I have been serving and motivating people like me on wheels.

I am grateful to Dr. Rajendra Vikhe Patil, Chancellor PIMS-DU for conceptualising a comprehensive rehab setup that caters quality care to SCI patients in rural and tribal areas. I am extremely thankful to whole rehab team here for optimising my recovery and adding quality to my differently abled life.”



**“Acceptance gave my life a
new perspective.”**

“Stay positive”

Ms. Anjali Wagh

IT Techie, 29yr, Female, Paraplegic

“I had a terrible accident at Mumbai in 2022; that caused me a severely displaced vertebral fracture that was crushing my spinal cord. The consultant surgeon informed us that after the surgery I will be in the wheelchair forever. I felt completely blank but my parents were highly supportive and have ever since held my spirits high. So we decided to go ahead with the operation, within 15 days of the surgery I got to know about rehab center. I reached the center in a stretcher.

Due to the very acute nature of my condition I was carefully mobilised by the expert physio team. I worked really hard and slowly learnt to sit, move and stand by myself in a month. Days at the centre started with self-care retraining session by a trained nursing staff, rehab coach, followed by gymming and physio sessions. Evenings were for group activities, wheelchair skills and breathing exercises. I also got to play some basket ball there that really made me forget my worries. The rehab coach and the nursing staff always kept the environment super positive.

Towards the end of my 2nd cycle of admission I have started walking with crutches, I am able to look after myself independently now. I am so glad to look back at the gains I have made with the rehab team here at rehab centre. I am looking forward to the 3rd visit at the centre to regain my maximum potential.”



“Stay positive”

“Defying all odds”

Mr. Praful Chavan

24yr, Male, Pharmacist, Paraplegic

“My bike collided in 2021, I was safe, I didn’t have any fractures and life moved on as usually, but few days later I started observing weakness in my legs. I was misdiagnosed as GBS, and on a 2nd opinion, I was diagnosed with spinal canal stenosis due to my accident. The doctor suggested me to get operated soon but he didn’t guarantee that my lost strength would be back. My family and I decided to go ahead with the surgery thinking that at least it would save the remaining strength. But after the operation, I couldn’t move my legs at all, they had become very spastic. At this very young age I just couldn’t believe this was happening to me, my whole world was crashing down, everything seemed to be very blank.

My doctor asked me to start with physiotherapy training regains what I had lost. That is when I got to know about rehab center, from a friend. Within the 1.5 months of vigorous rehabilitation with the dedicated Rehab team, I was back on my feet. After I complete all the 3 cycles of rehabilitation, now I am able to walk to the market, ride my bike and car. The rehab team members there had made me aware about my condition and now I use that information to spread awareness to the ignorant. I am glad that I defied all odds and am living my life to the fullest. Truly, I have gained back everything I lost, after that tragedy only with rehab center.”



“Defying all odds”

“High quality care free of cost”

Mr. Swapnil Kamble

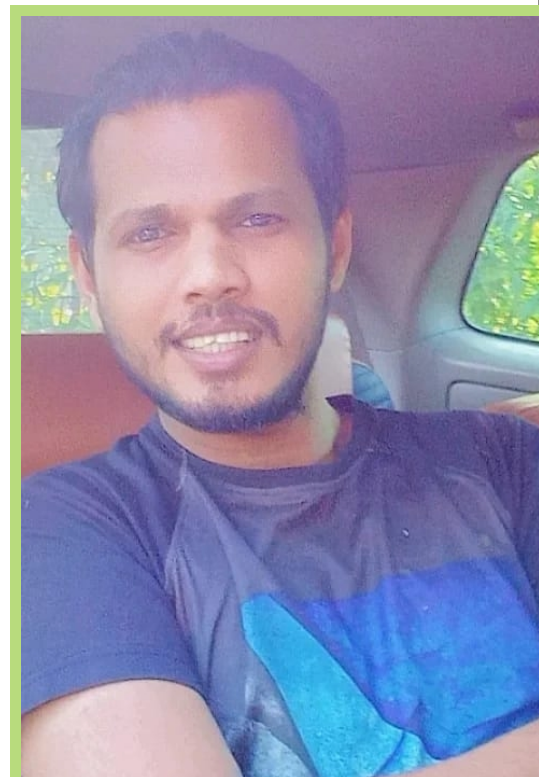
28yrs, Male, Civil Engineer, Paraplegic

“It was a very windy day in pune; I was sitting on a bench beneath a tree. Suddenly a huge bark of tree fell on me. There after all I have blur memories of me being rushed to the causality and doctors discussing about some injury to my spine. Soon, I was being posted for a spinal surgery.

Out of the operation theatre, I realised that I have been paralysed waist down. I was lucky to have a cooperative medical team, they made me stand and undergo bedside physiotherapy on the very next day. Soon I was able to take a few steps on a walker but walking independently still seemed to be a far reality. Months passed by and I started looking out for active rehabilitation options. I spent a lot at various famous rehabilitation centres over a period of 1 year; my recovery came in slow and steady. I was still walking with a walker and needed help to stand up and move around. I couldn't continue my supervised rehab, hence switched to home exercises. I didn't make much gain in the following year.

By god's grace I got to know about rehab center, from a friend of mine. I was amazed with the world class rehabilitation services they provided totally free of cost.

After 1 month of aggressive strengthening, balance training and walking training; now I am finally able to take baby steps independently. I am looking forward to my next visit at the center to not only walk but run towards a bright future.”



“High quality care free of cost”