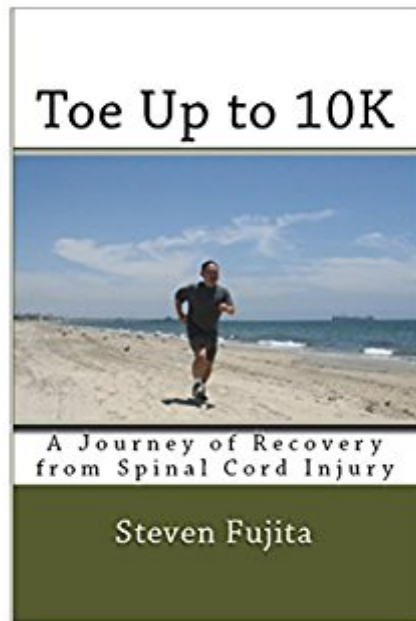


The book was found

# 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

File Size: 657 KB

Print Length: 168 pages

Simultaneous Device Usage: Unlimited

Publisher: BookBaby; 1 edition (September 3, 2014)

Publication Date: September 3, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00NB3M2E0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,170,574 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #35

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Spinal Cord Injuries

#1772 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine >

Healing #5114 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## 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.

[Download to continue reading...](#)

Toe Up to 10K: A Journey of Recovery from Spinal Cord Injury Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected Anatomy and Physiology Study Guide: Key Review Questions and Answers with Explanations (Volume 3: Nerve Tissue, Spinal Nerves & Spinal Cord, Cranial Nerves & Brain, Neural Integrative, Motor & Sensory Systems, Autonomic Nervous System, Special Senses) Back And Neck Sourcebook: Basic Consumer Health Information About Spinal Pain, Spinal Cord Injuries, And Related Disorders, Such as Degenerative Disk ... Osteoarthritis, S (Health Reference Series) Sensory Mechanisms of the Spinal Cord: Volume 1 Primary Afferent Neurons and the Spinal Dorsal Horn Mayo Clinic Guide to Living with a Spinal Cord Injury Spinal Cord Injury Short Cut Instruction How I Roll: Life, Love, and Work After a Spinal Cord Injury Lving with Spinal Cord Injury Spinal Cord Injury: A Guide for Living (A Johns Hopkins Press Health Book) Management of Spinal Cord Injury (Jones & Bartlett Series in Nursing) The Spinal Cord Injury Pain Book Spinal Cord Injury and the Family: A New Guide (Harvard University Press Family Health Guides) (The Harvard University Press Family Health Guides) Life care planning for spinal cord injury: A resource manual for case managers Genesis: A Portrait of Spinal Cord Injury Mayo Clinic's Guide to Living With A Spinal Cord Injury Neurolaw:

Brain and spinal cord injuries (Tort and personal injury/litigation library) AOSpine Masters Series,  
Volume 7: Spinal Cord Injury and Regeneration Spinal Cord Injury: Functional Rehabilitation  
Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any  
Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery,  
recovery, clean Book 4)

[Dmca](#)