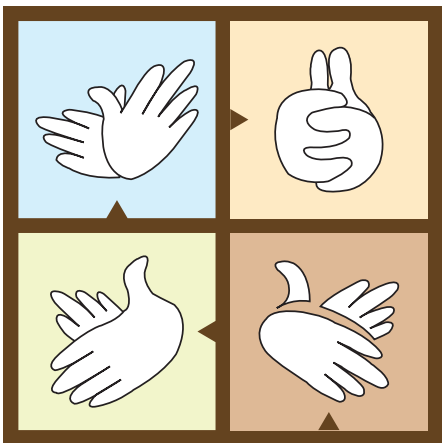


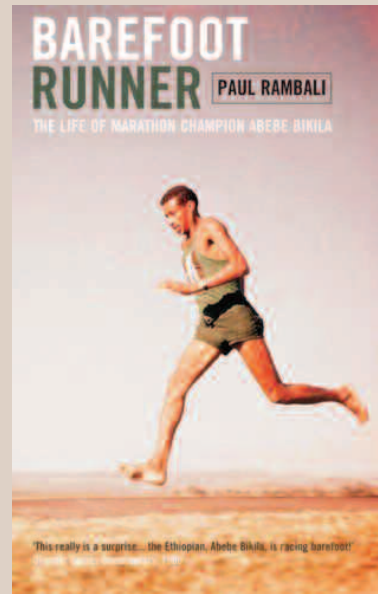
A spinal cord injury could significantly affect the functions of hands, fingers, legs, bladder, and bowel, mobility, sexual functions and the ability to beget / conceive children. Yet, a quality life is possible with proper rehabilitation.



Rehabilitation by Paul Athisayaraj Joshua

**1960: Olympic Gold 1964: Olympic Gold 1968: Spinal Cord Injury**  
**The Extraordinary Story of Abebe Bikila**

Abebe Bikila, a 28-year-old member of Emperor Haile Selassie's bodyguard, won the marathon gold medal in the last big event of the 1960 Olympics in Rome. Abedisiem Rhadi of Morocco was second and B. Magee, of New Zealand. Third. Abebe's time was 2hr 15min 16.2sec, which was 7min 47sec better than Emil Zatopek's Olympic record. None outside East Africa had heard of Abebe, who won the greatest marathon in the 64 years of Olympic history running barefoot. In 1968, a car accident in the city of Sheno, 76km from Addis Ababa, left Bikila confined to a wheelchair. His competitive spirit undiminished, he won gold in a 25km cross-country sledge competition in Norway in 1970. Suffering complications from his paralysis, he died in October 1973.



**Running For Ability**, is an initiative that showcases this prospect. If ever there is a need for guidance on rehabilitation, please call the Toll Free Number or Mobile Number.

We wish you never have to make a call to these numbers, but please join us in spreading the message.

**Toll Free**  
**1800 425 1210**  
**Mobile**  
**0 97909 36844**