

Who would have thought a visit to the Doctors was the beginning of the most difficult year of my life. After being diagnosed with metastatic melanoma stage four, for the second time.

Despair would be an understatement. After surgery of the groin and weeks of radiation, my thoughts were "how can anyone recover to their full self after so much intense treatment". Through my workplace I had taken out insurance with AMI which indeed did help, part of their requirement was to attend a physiotherapy programme with the PINC and STEEL Cancer Rehabilitation at Accelerate Physiotherapy. At the beginning of this programme, it seemed that of all the months of treatments and Doctors visits that this programme was truly the hardest part of being sick. My physio was Lindsay Stephenson; she truly was the best help I could have asked for. I could hardly walk on my very first visit and was unsure of what the outcome would be. I do know that without the support of Lindsay I could not have made such a grand recovery. Simple things like breathing, had to be corrected, even this made my life so much easier to cope with. I believe without the PINC and STEEL programme and Lindsay I would still be out there struggling with life.

I am now back at work with the confidence and fitness that is required. This has been helped by AMI using an occupational therapist, Tracey, to monitor and progress my return to work. I recommend the PINC and STEEL physio programme to anyone who is on the road to recovery from cancer. This has changed my life.

A very special thank you to Lindsay

Tracey