

# SCI Panel Discussion: Spinal Cord Injury Roundtable Webinar



PRESENTED BY:

AARON BAKER  
SHIELD HEALTHCARE'S SPINAL CORD INJURY LIFESTYLE SPECIALIST



## OBJECTIVES

- Educate
- Inspire
- Take questions

# Aaron Baker

Aaron Baker, former professional motocross athlete, sustained a spinal cord injury in 1999 rendering him a complete quadriplegic (C-4,5,6). From the onset of his injury, his focus was on maximizing the quality of life through consistent long-term restorative exercise, keeping his body healthy and, one day, ready for a scientific breakthrough.

Throughout his process of recovery, Aaron has accredited to his name: cycling marathons, two cross-country cycling tours, and winning the 2011 Paracycling National Championship title. Most recently, Aaron documented his solo 20 mile traverse across Death Valley in California for a film, “Coming to my Senses”.

Aaron is an adventure athlete, author, entrepreneur and ambassador for spinal cord injury. He is the Spinal Cord Injury Lifestyle Specialist for Shield Healthcare, and Co-Founder and Owner of C.O.R.E. Centers LLC.

He also proudly represents the Wings for Life Foundation as an ambassador, and member of the International Board of Directors and Co-Chairman of the Ambassador Council.



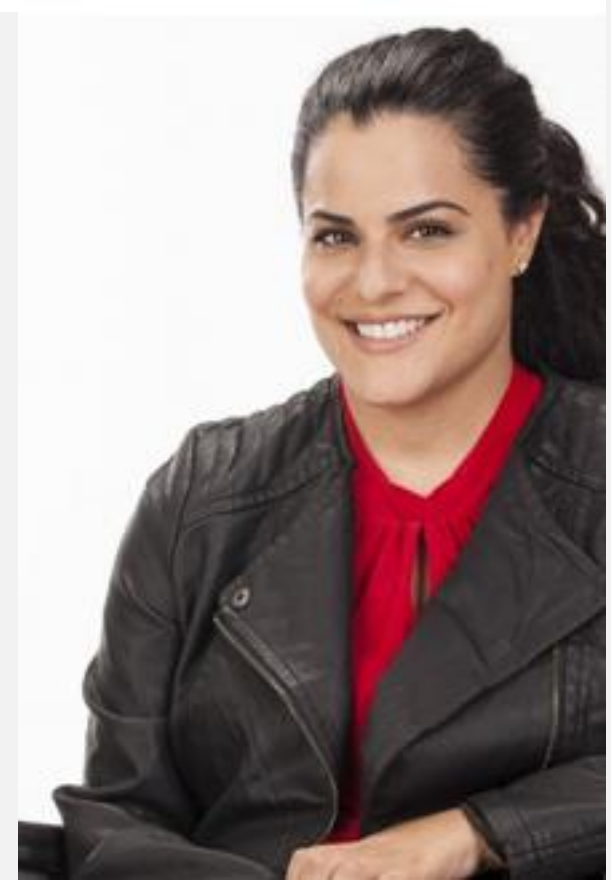


# Vanessa Osman

Vanessa Osman was injured in a car accident while living in Dubai, rendering her a C-5 quadriplegic. Vanessa has since become a voice-over artist, actress, and freelance writer. As an Ambassador for the Triumph Foundation Vanessa works with those afflicted with spinal cord injuries to help rebuild their lives. She was a subject in the book, “Scarred for Life” in addition to being featured as a contributing writer to The HUB Magazine.

@vanessaosman

[www.vanessaosman.com](http://www.vanessaosman.com)



# Dan Boka

Officer Dan Boka, a 20 year veteran of the Los Angeles Police Department, and father of two, was on his way to work when he was involved in a serious accident. Officer Boka was riding his Department motorcycle on the southbound 5 freeway, when his motorcycle became entangled in a blue tarp that had flown off another vehicle. The tarp became entangled in Officer Boka's motorcycle, causing him to crash and become trapped under another vehicle.

As an active adventure athlete, Dan is in full pursuit of recovery from his T-11/L-3 spinal cord injury.



# Suzy Barbieri

Suzy Barbieri was injured at the tender age of eleven years old, when a tree fell and struck her in the back, leaving her with a T-11/12 spinal cord injury.

Today, Suzy is 42 years post injury, former Vice President of Motion Pictures at Imagine Entertainment, a seasoned actress and active mother.





The image is a full-width landscape photograph. The top third shows a bright blue sky with scattered white cumulus clouds. Below this, a semi-transparent white horizontal band contains the text "Let's Get Started" in a black, sans-serif font. The bottom two-thirds of the image show a desert landscape. A dark asphalt road with two yellow lines runs from the bottom center towards the horizon. The road is flanked by rugged, reddish-brown rock formations and sparse desert vegetation. In the distance, more mountain ranges are visible under a lighter blue sky with some clouds.

Let's Get Started



Tell us about your  
life pre-injury;  
career, hobbies,  
and goals

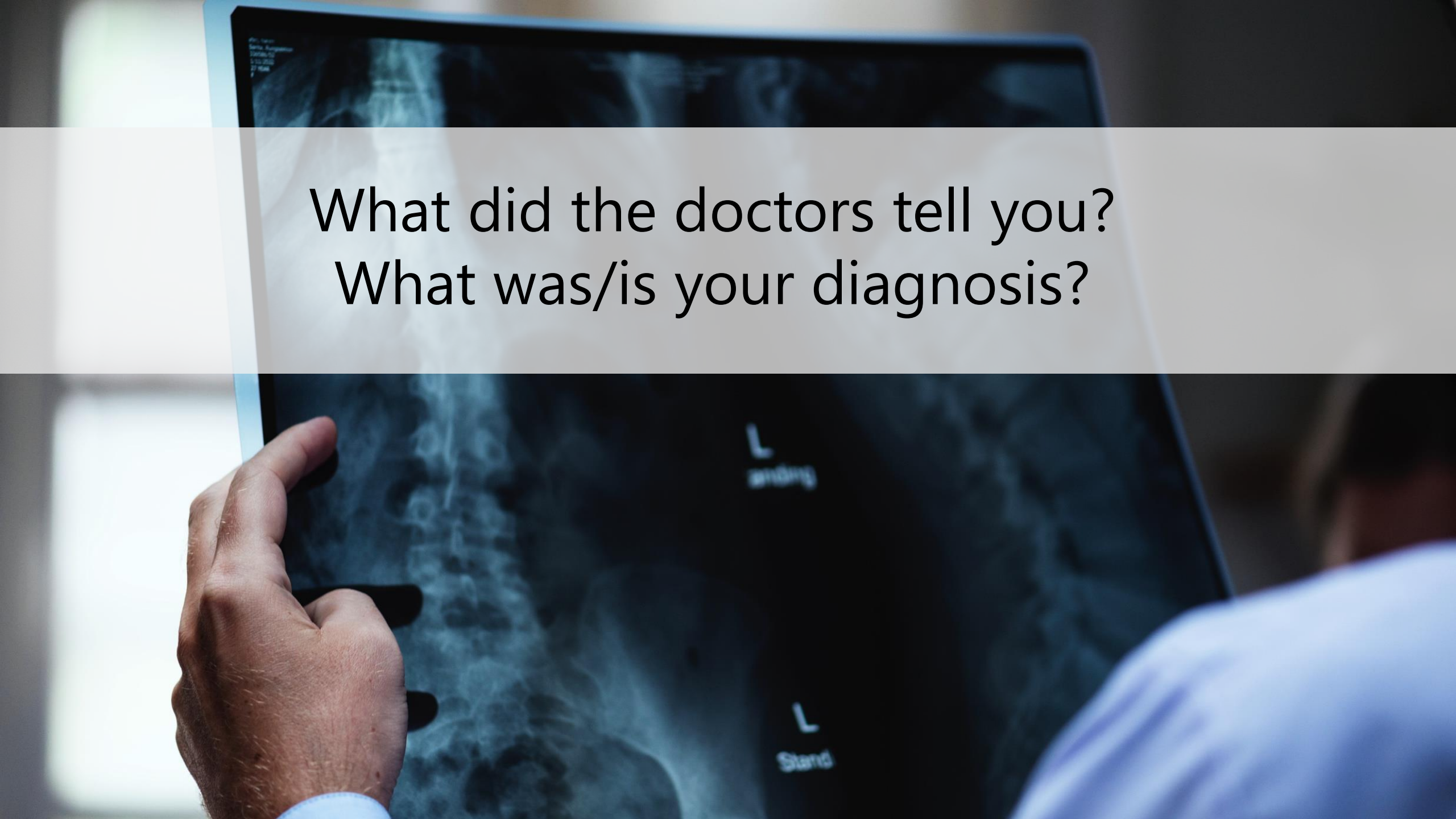




When and how did you sustain your spinal cord injury?  
Can you tell us a little about the day the injury happened, what were you doing that day, what you can remember and the immediate aftermath?





A hand is holding a large X-ray film of a human spine. The film is held vertically, showing the vertebrae. A semi-transparent white box is overlaid on the upper half of the image, containing two lines of text. The background is blurred, showing what appears to be a medical setting.

What did the doctors tell you?  
What was/is your diagnosis?





What was your acute rehabilitation experience like -  
How long were you an inpatient &  
what was your quality of education?

Have you  
experienced any  
return of function?







Have you experienced any secondary complications?



How has a spinal cord injury changed your life?







Has your spinal cord injury changed or  
affected your job/career?

What was the  
biggest adjustment  
you had to make  
after your injury?







How have you  
overcome the fear  
and unknowns about  
life with a spinal cord  
injury?



What are your hobbies post-injury?





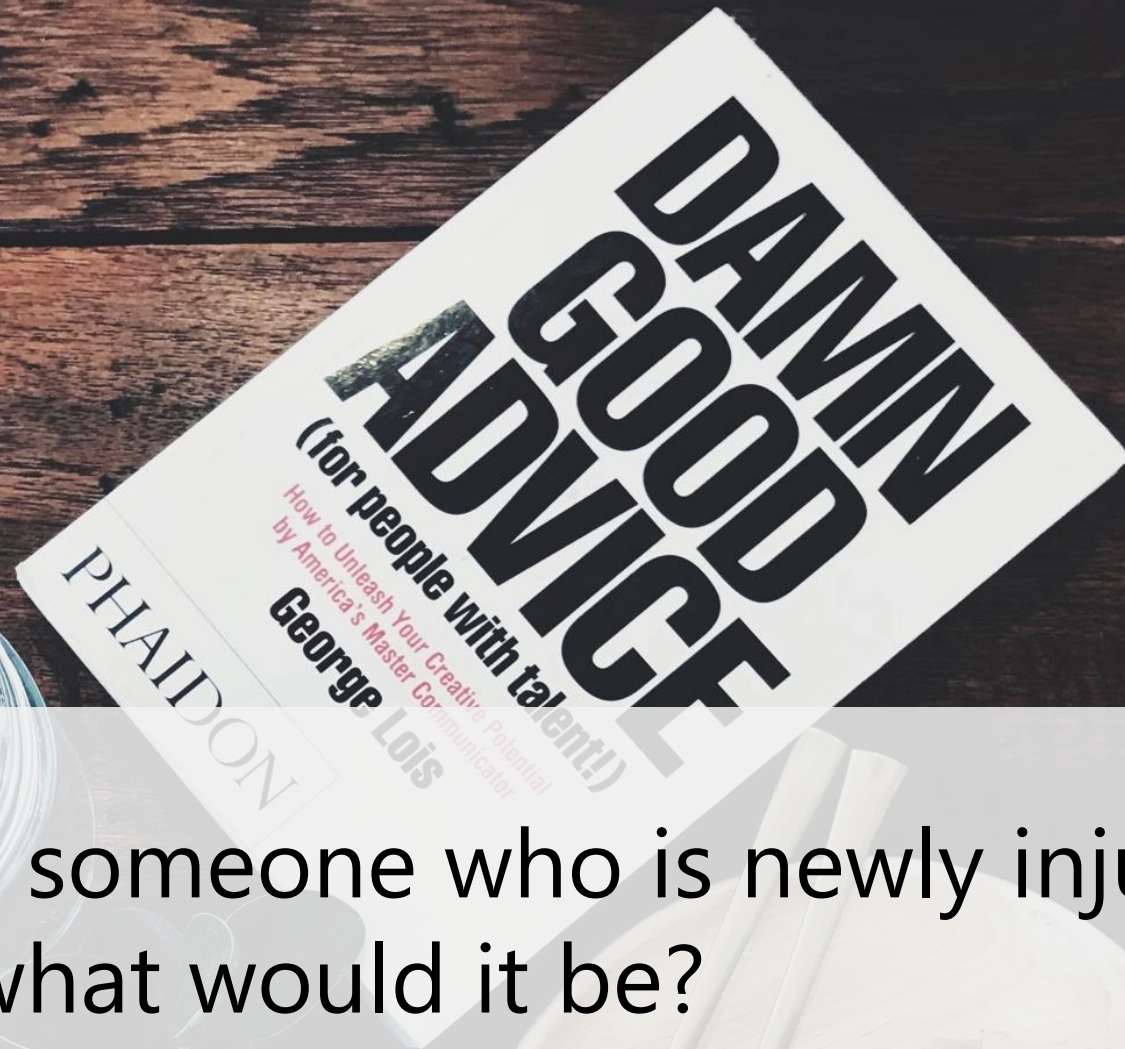
What is your biggest accomplishment post injury and can you tell us a little bit about the experience?





Where did you go for information about spinal cord injury?





If you could give someone who is newly injured one piece of advice what would it be?



# THANK YOU!

<http://www.shieldhealthcare.com/spinalcordinjury>  
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## VISIT OUR SPINAL CORD INJURY COMMUNITY FOR HELPFUL ARTICLES, VIDEOS AND ASK AARON!



### Spinal Cord Injury – Helpful Links and Resources

Spinal cord injury resources for individuals with spinal cord injury and their family, friends and caregivers. Find tips, support groups and more.

Sarah Herrera



### Skin Care – Living with Paralysis

There is much more to know about the skin when living with a spinal cord injury. Read our Spinal Cord Injury Lifestyle Specialist's article about skin care.

Aaron Baker



### Video: Air Travel with a Spinal Cord Injury

Aaron Baker, Shield HealthCare's Spinal Cord Injury Lifestyle Specialist, takes on his trip. Learn how to travel with a disability.

Aaron Baker

## ASK AARON

**Q.** I have progressive MS and I find it hard sometimes to have a positive attitude. How do you reach out to others?

Mary

**A.** The psychological roller coaster of life can be dramatically amplified by a physical condition like MS or spinal cord injury - no doubt! ...

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