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NAME	Chris Lake
AGE	25
HOBBY	Semi professional motocross rider

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## Semi-pro motocross rider walks again following life changing spinal injury.

### PROBLEM

Pain can often be a part of life for intense athletes, but for avid motocross rider Chris Lake, a sporting accident in 2020 had devastating consequences, leaving him in intense pain with serious injuries to the neck and back and in need of emergency treatment. Chris explains: "I heard a crack upon falling and instantly I was unable feel anything in my body for around 3-5 minutes. This felt like 3-5 hours! Slowly the feeling returned in my legs and my right arm, however my left arm remained very weak and tingly."

### DIAGNOSIS

Following his admission to hospital, Chris was diagnosed with an unstable fracture on the C6 and C7 vertebrae in his neck and a small fracture on the T1, T2 and T3 vertebrae in his back. He was treated by Mr Am Rai after being transferred to the Norfolk and Norwich University Hospital in Norwich, home to a specialist spinal team and where Mr Rai works as a Consultant Orthopaedic and Spinal Surgeon.

### TREATMENT

Due to the severity of the injuries Chris suffered to the neck and back, he had to undergo two surgical operations. The first to stabilise the vertebrae (accessing from the front of his neck) as there was extreme risk of paralysis due to the nature of the break. The other was a large cut down Chris's spine to add plates and screws to fuse together the vertebrae to allow healing

### RESULT

Chris is making good progress towards recovery but has been left with restricted movement in his neck and back. Chris says he is grateful for the care that he received and thankful that he is making great strides towards his future.



**Chris said:** "Mr Rai has saved my life and allowed me to walk again. I will forever owe him for what he did, there is no way you can repay somebody in the way that he deserves. Not only his treatment but his attitude towards what he does is phenomenal and his confidence in his own work made me feel very safe in his hands from start to finish."

**Mr Am Rai works from St John's & St Elizabeth Hospital, St Johns Wood, London and Spire Norwich Hospital, Norwich. He treats a wide range of problems, such as disc herniations in the neck and lower back, spinal deformities such as scoliosis and kyphosis in adults and children, plus trauma, infections and tumours.**