

INTERVIEW PABLO NEUMAN



My name is Pablo Neuman. I am president of the Association of Toulouse of handisport (sport for disabled people). I had a skiing accident in December 2001. Following the fall, I became quadriplegic.

After that followed a long period of rehabilitation. I think I spent a year and a half.

About physical activity. We had the chance to have a sports announcer. Unfortunately sporting activities tailored to an audience of quadriplegics are few. I had a few opportunities to try my hand at the blowpipe and bocce. But this is not something that I packed everything away. I've always been athletic. I was very athletic before my accident, I can not say that I was excited about this type of practice, at the time, the only activities that could offer people quadriplegic. In France there is not much else.

The quad-rugby, I discovered that by a patient of rehabilitation center. I did not know him, and ran down one day and said: "There is a sport that is

the only team sport suitable for quadriplegic people in wheelchair. It is a contact sport. "This sport is super fun, super dynamic, quite spectacular.

During my care center, I learned things that were really the basics of autonomy and rehabilitation, which were really necessary and essential things. But I realized with the sport that was not nearly enough and there were many other things to acquire. And this is where the sport took over and the party, which seemed to be the main part of my work started to empowerment began.

There are three parameters that have really been instrumental in how my life has been built and it was built through sport. 3 keys which gave me something to factor in my empowerment and the fact that I could build a life that seems to me today, really rich, plain and fulfilling.

The first thing. This is the most obvious. This is what is done at the level of goods physical and physiological. Therefore, the improvement of physical and cardio-respiratory.

The second thing is the level of confrontation in daily life. I remember that when I left the rehabilitation center, I still had the feeling that my independence would be limited by the fact that I would need a whole lot of adaptation around me. I'd say that having a severe disability like mine, I would still have a bit to limit my ambitions within the scope of my daily life and my life. Confrontation like this, in full of different situations in which you feel you will be in trouble in the

end we realize that we are also able to cope and develop strategies to achieve fend for themselves because it was not all about the possibility of having someone next to you who will lend a hand, etc.. ...

And the third key is the following. How one perceives oneself radically changed. Before I saw myself as someone who was fragile and would need a lot of things, adaptation, full support, etc.. And now ... I am much more aware that I am able to be successful, I am able to get out, I'm able to do things, to be confronted with difficult situations but to overcome them.

A big thank you to Pablo Neuman.

Source photo: <http://www.handisportmidipyrenees.org/news-suite-4801>

Soure interview: http://www.dailymotion.com/video/xq6w8s_10eme-japa-interview-de-pablo-neuman_sport

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