# Ryan Joseph Update

A year has gone by and looking back, Ryan has exceeded all expectations by far! It seems like a lifetime ago, but last year on January 10 his family was mostly concerned with these top three items:

- Breathing
- Talking
- Eating

Thankfully, Ryan has checked those items off his list and is now working hard on the mechanics of walking. As strength and signals return, things just get easier.

Most days you can see Ryan walking barefoot in the therapy corridors using a variety of walking aids including platform walkers, regular walkers and even using a shopping cart some days for stability. In addition to the physical aspects of this injury, everyone has learned that attitude is everything, and Ryan remains positive, hopeful and strong.

For this semester, Ryan is enrolled at Engelwood HS in Colorado and will participate in classes while still in therapy. He will physically attend school for Honors Chemistry and Honors Algebra II and then coordinate with his Engelwood and Craig teachers for English and AP American History. It is a packed schedule for sure, but he is determined to keep up with school.

The Joseph family has been gauging their return home on Ryan's progress, and as he has continued to move forward, the date has been extended. They have been told that the first year or two are the most critical in terms of rehabilitation as the body heals and signals are regained. Ryan has a unique opportunity to be at the one of the best spinal rehabilitation facilities in the country and they are taking full advantage of what Craig Hospital has to offer.

Their return home can't happen until the house remodeling is completed and funds are running out. **Donations are being accepted at gofundme.com/help-our-teammate-ryan or checks can be made out to the Ryan Joseph Fund and sent to the College Park Athletic Booster Club, 201 Viking Road, Pleasant Hill CA 94523**. Please help get this important part of Ryan's recovery completed.

# #RYANSTRONG