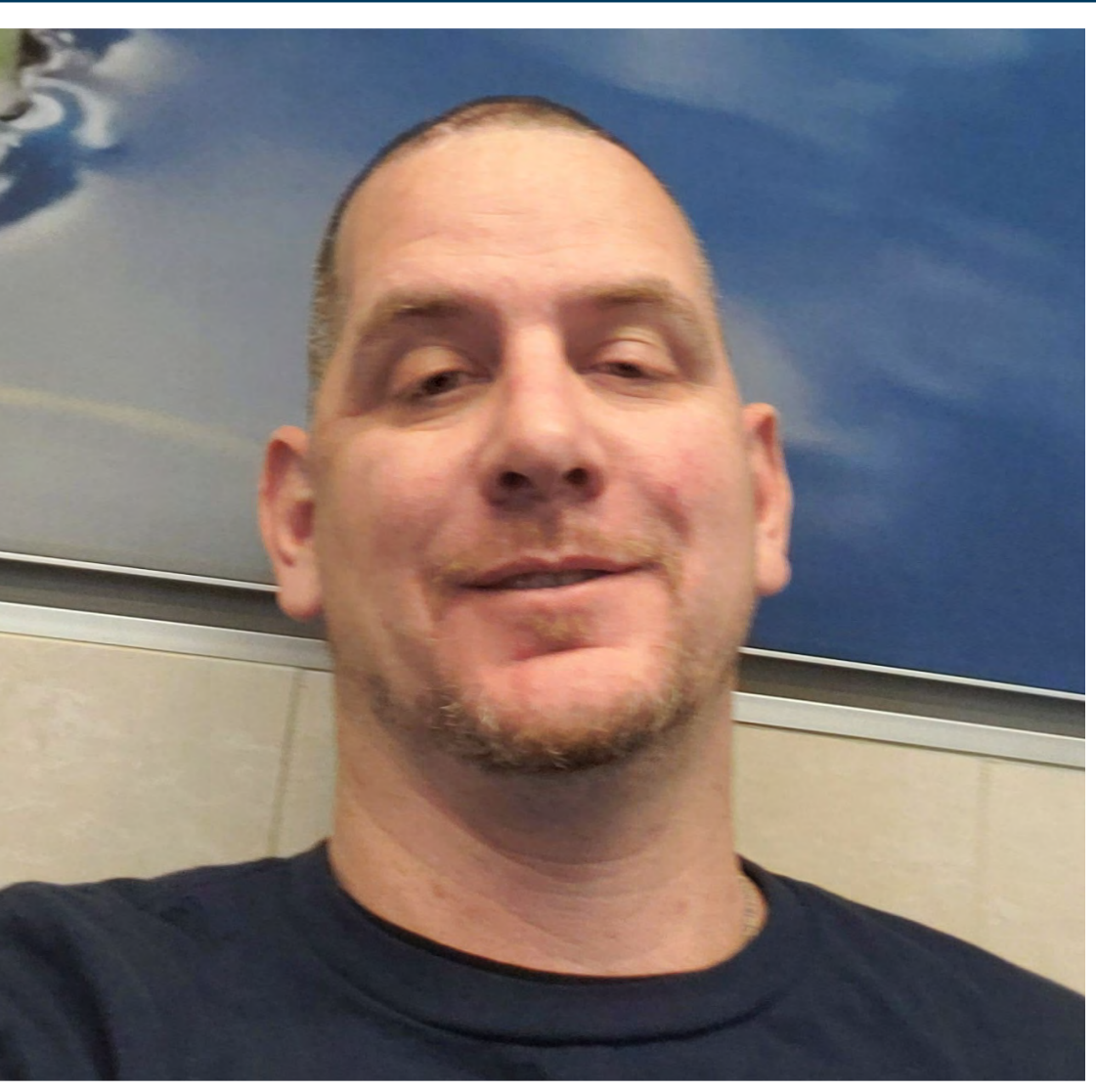


# NEXUS CHAMPION

# CRAIG LYONS



“Don’t let your brain injury define you.”

Craig Lyons sustained a traumatic brain injury after being struck by a driver while riding his motorcycle one evening. Although he was wearing a helmet, it was not the proper fit which caused his head to hit the pavement after crashing to the ground.

After stabilizing at a hospital in Norfolk, Virginia, Craig’s doctors explained the importance of rehabilitation to regain skills necessary to lead a productive and meaningful life.

**“When they asked me what I wanted to do, I told them I wanted to prove that I wasn’t as bad off as people thought I was,”** explained Craig. **“After they heard that, they said the best place to go was Nexus Neurorecovery Center, and I’m very happy I went.”**

Craig made the trip to Texas and spent six months at Nexus Health Systems’ residential rehabilitation campus. He participated in all the traditional therapies and cognitive classes.

**“They taught me what it meant to have a brain injury, but also how I could move forward,”** said Craig.

He also worked in the print shop making t-shirts and in the gift shop to relearn basic math skills. Craig also explained the therapy team did a very good job preparing him to take the driving test. Nexus’ Director of Rehabilitation, Rushine Wallace, remembers

Craig as, **“A great patient to work with. He was very motivated and had a desire to improve so he could regain his independence.”**

Also, during his stay Craig was honorably discharged from the United States Navy after 20 years of service.

**“When I was there, I tried to keep to myself because my brain injury was very serious and my body needed to fight to get better,”** shared Craig. **“But one thing I did every day at three o’clock was play basketball with another resident. That was my favorite thing to do.”**

Craig is now home in Virginia working on his cooking skills—which he is proud to report are better than before the accident. He also goes to The Beacon House every day to interact with other clubhouse members and continue to relearn skills.

When asked what he would like to share with others who have had a brain injury, Craig said: **“Don’t let your brain injury define you. Define yourself by your brain injury. People sometimes use their injury as an excuse for why they can’t do things. I would like people to say what they can do despite the brain injury.”**

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