

A BIG thanks to all the Emergency
personnel who do so much but receive
so little recognition back from the
patient

What started out as the most
awesome day, suddenly became
the most horrific day and almost
my last day.....

On the 12th June 2002 my day didn't exactly go to plan!

One second I was racing Craig and Harley on our motor-cross bikes and the next thing I see is the logging truck hurtling towards me.....



Just before the moment of Impact



**The Quick Actions of Craig & Harley saved my
life:**

**Harley grabbed the oldest cell phone from the
truck driver, it had no reception and hardly any
battery power and rode out to guide the
Ambulance to me**



While Craig tried to keep me conscious & tie a tourniquet around my leg, took him 3 attempts as it was just skin, burst tissue & broken bones

Holding together with bits of skin from where the trailer had struck me

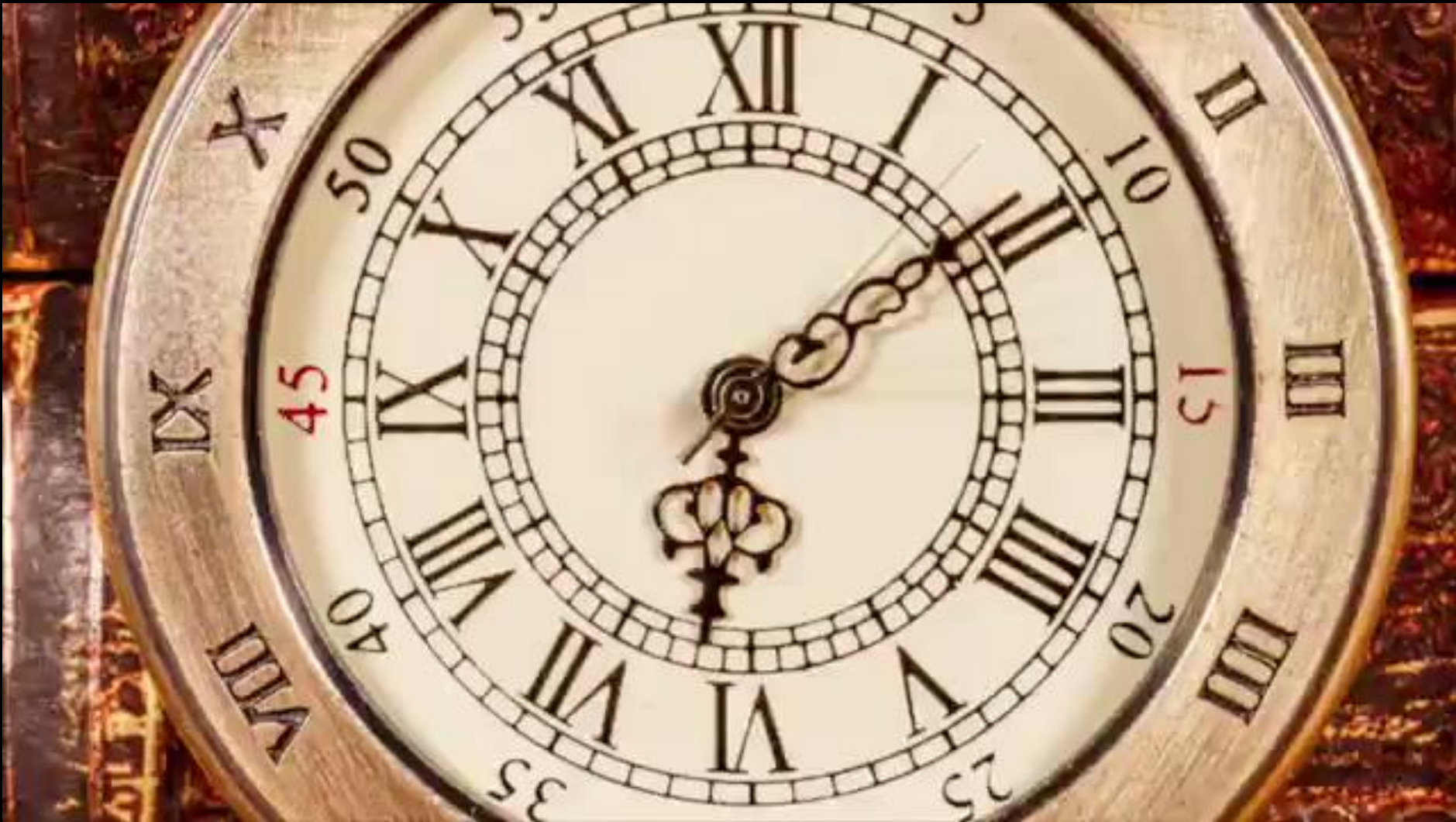


So what was broken?

- Top of Neck (C1 & C2)
- Left Humerus
- Left Ankle
- Left Tib & Fib
- Left Leg- Extensive damage to arteries, skin muscle loss, nerve damage I was cut & bleeding all over



Time just ticked away & I was literally
bleeding out into the road



Then my knights in Shining armour appeared by way
of the Westpac rescue helicopter



Senior Paramedic Barry Watkins arrived on the scene

Did a 5 second scan and thought SERIOUS, VERY SERIOUS

Sliced up my pants - Possible Amputation



Remarked:

Looked like 2 – 3 high powered bullets had gone through it , MASH Army Injury

When we got to hospital a Dr said “who did this
Tourniquet”

Craig put up his hand and the Dr said
“ Well that probably saved her life!”



My leg was so severely damaged, for months due to intense contamination it was touch and go as to if they could save it



Induced into a coma for 2 weeks
Unaware of discussions with my family about
amputating my leg



Fitted with a halo fixation- unstable C1 / C2



Plates & Pins inserted into my arm and leg



The graft starting to take- 3 months later
Dressing changes were not fun!



Morphine:

The good stuff!

I thought I was in Fiji



I was so spaced out on morphine , someone gave me a cell phone & I was texting people I hadn't seen for 20yrs telling them to pick me up & not to forget my surf board!

Saying "drop me off in the morning before the nurses arrive"

Recollection:

I do remember the impact of the crash

I remember the Paramedics trying to insert IV lines etc. which I immediately tried to remove

But don't remember any of the first 2-3 weeks

In the Westpac Helicopter I became a third person looking at myself being worked on.

I remember shots of pain but that is it.

There is no terrifying memories from this accident at all.

I wore a halo 3.5 months, unable to wear regular clothes, I looked like a Zombie – 38Kg (inc. halo)



3 1/2 months after the accident I was released from
Hospital

It was another 18 months of physio until I got back to
work



I went to physio every day, continually pushing myself on the bike & weights, my leg was the size of my arm



My leg after 6 months
Pretty huh!

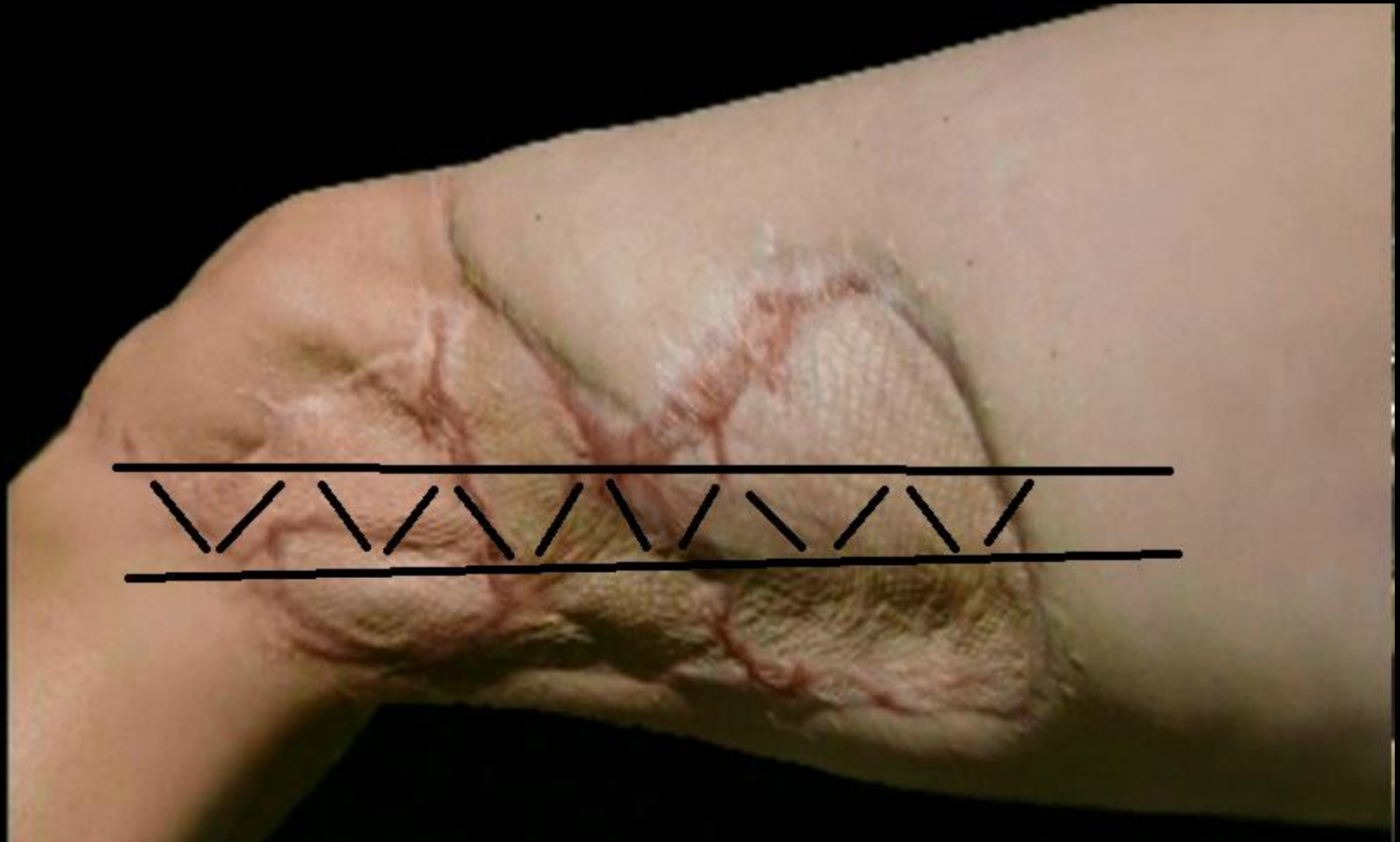


After 6 declines I finally found a Plastic Surgeon willing to tackle the massive skin graft scar on my leg halo, trackie and arm



GLENN BARTLETT
Plastic surgeon

Plastic Surgery began:
Every few months I would have surgery to
remove scar tissue









10 X plastic Surgery by Glen Bartlett & Adam Bialostocki

Including fat grafting and my leg is pretty good 😊



It's sport that makes me happy and I don't intend
on changing that , it's my drive and my passion!
It's what has got me to where I am!



Nothing from my accident is going to stop me doing
what I love to do!



As long as I stay active I have little to no pain
The key is staying active
-3rd Woman, 1st Master 2015, 4th in 2019 mtb



Fairy tail ending
I married the love of my life Mark Rendell 2008



My Mantra

“Never forget yesterday, but always live for today, because you never know what tomorrow can bring, or what it can take away”

YES

I do all my own stunts, but never
intentionally

Thank you all!