

## **Shawn Sullivan**

Hi, my name is Shawn Sullivan and I have CMT. I was first diagnosed with the disease at seven years of age. Eventually, I had my ankles fused at sixteen and walked with the assistance of a cane for many years. At about thirty-one I became wheelchair-bound. I also have optical nerve damage as a result of CMT and have 20/400 vision.

In my lifetime it has been difficult to find services and treatments that accommodate the rare case of the disease that I have. Many physical therapy treatments didn't work for my needs. My limitations do not allow me to perform the same kind of exercises that most of these therapists offer. A couple of years ago I was introduced to a physical therapist that specializes in a therapy that involves yoga. After much improvement, I then began taking yoga with a full-time instructor.

It dawned on me after a point that I had found perhaps the most effective physical treatment I had ever encountered. With this in mind, I began to wonder how many others with CMT or in wheelchairs fared when looking for therapy that works for them. I feel that there is a surprising lack of resources for individuals in my position. Therefore, I seek to inform others about neurological conditions and to inform those who suffer from them that yoga in particular has been a very effective form of treatment.