

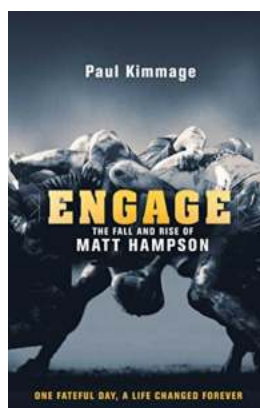
# The Inspirational Journey of Matt Hampson: Engaging The Fall and Rising Again

When it comes to overcoming adversity, few stories can match the incredible journey of Matt Hampson. Born on October 23, 1984, in Leicester, England, Matt was a promising rugby player with dreams of representing his country at the highest level. However, destiny had other plans for him.

Matt's life-changing moment came on March 15, 2005, during an England Colts training session at Twickenham. A scrummaging accident left him trapped at the bottom of a collapsed scrum, resulting in a devastating spinal cord injury. Overnight, Matt went from a young athlete filled with hopes and aspirations to a quadriplegic facing a life of dependence.

## The Fall

After the accident, Matt's life seemed to be in ruins. He faced countless physical, emotional, and mental challenges that were initially hard to comprehend. The once vibrant and energetic young man found himself confined to a wheelchair, paralyzed from the neck down, unable to breathe without assistance, and with limited use of his limbs.



## Engage: The Fall and Rise of Matt Hampson

by Farah Oomerbhoy (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 527 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 416 pages



During those dark days, Matt experienced moments of despair, questioning his purpose and the meaning of his existence. He battled depression and had to find new ways to define himself outside of the rugby pitch. The harsh reality of his situation was overwhelming, but it was during these darkest moments that Matt's resilience and determination truly surfaced.

## **The Rise**

With unwavering support from family, friends, and the wider rugby community, Matt embarked on a remarkable journey of rehabilitation and reinvention. Refusing to be defined by his circumstances, he channeled his energy into inspiring others and making a positive impact.

One of the significant turning points in Matt's life was the creation of the Matt Hampson Foundation in 2010. This charitable organization aims to inspire and support individuals who have suffered severe injuries through sport. The foundation offers physical and mental rehabilitation, financial assistance, and various other means of support to help individuals reclaim their lives and pursue their passions.

Through his foundation, Matt has successfully engaged and assisted numerous people facing adversity. His unwavering determination to make a difference has earned him the title of an extraordinary leader, bringing hope and motivation to those who need it the most.

## **The Road to Recovery**

Matt's journey to recovery has been a long and arduous one. With the help of cutting-edge technologies, relentless physical therapy, and an unyielding spirit, he has made incredible progress. Matt's commitment to rehabilitation has not only allowed him to regain strength and mobility but also led him to explore alternative methods to improve the lives of others.

One example of this is the FXP (Functional Exercise Program) developed by Matt himself. This groundbreaking program combines intense exercise and rehabilitation techniques to enhance motor functions and overall well-being for people with spinal cord injuries. By employing innovative approaches, Matt has become a beacon of hope for those facing similar challenges.

## **The Impact**

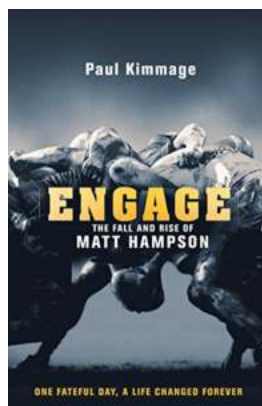
As a result of his unwavering resilience, Matt Hampson has become an influential figure within the rugby world and beyond. His story has inspired thousands of individuals worldwide to overcome their own adversities and see life's challenges from a different perspective.

By engaging in community work, motivational speaking events, and his extraordinary foundation, Matt continues to inspire, support, and make a lasting impact on people's lives. His dedication to helping others find their own path to recovery and personal fulfillment is a testament to the strength of the human spirit.

The story of Matt Hampson is a compelling one that reminds us of the incredible power of resilience and determination. It serves as a reminder that, despite our circumstances, we have the ability to rise above and make a positive impact on the lives of others.

From his devastating fall to his remarkable rise, Matt's journey is an inspiring testament to the human spirit's indomitable nature. It is a story that deserves recognition and celebration as it not only encourages us to appreciate life's blessings but also challenges us to overcome our own obstacles, no matter how insurmountable they may seem.

So let us engage in Matt Hampson's story, learn from his experiences, and be inspired to face our own challenges with unwavering determination and resilience.



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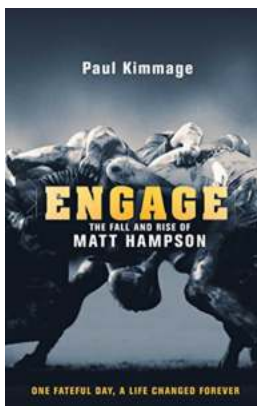
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'Engage!' was the last word Matt Hampson heard before dislocating his neck while in rugby training with other young England hopefuls.

On a cold, grey, overcast day in 2005, the cream of young English rugby gathered at a Northampton training ground. Matt Hampson, 'Hambo' to his mates, was one of them. He had dreamt of playing rugby for England ever since he had

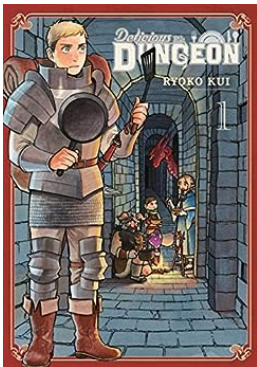
picked up a rugby ball at school. His skill, conviction and dedication had brought him to the cusp of realising that dream, in an England U21 team that included Olly Morgan, Toby Flood, Ben Foden and James Haskell. But as the two sets of forwards engaged for a scrum on the training field, the scrum collapsed and Matt, who played tight-head prop, took the full force of two opposing sides. In that moment his life changed forever.

Paul Kimmage went to visit Matt as he recuperated, and wrote a piece for the Sunday Times which won him his third successive SJA sports interviewer of the year award. They struck up a friendship and here, Paul tells Matt's whole story, in all its intimate detail. From the build-up to the dreadful day, to Matt's recuperation, to his struggle to adjust to normal life again, to his family and friends, to other tragic incidents on the rugby field, to the response of the RFU, this is a story of terrible sadness yet unadorned triumph and joy, of anger yet of reconciliation and peace . . . of a boy who became a man.



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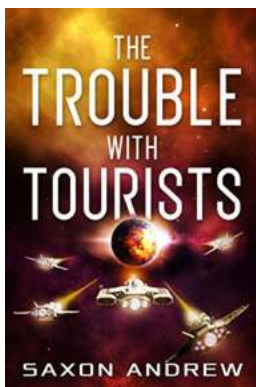
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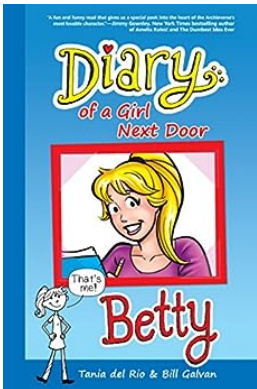
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