

# Truckee resident benefitting from High Fives

On March 15, 2014, Jeff Andrews experienced a snowboarding accident at Sugar Bowl Resort resulting in a C6 burst fracture with associated spinal cord injury and transverse process fractures at L1, L2, and L3. He suffers quadriplegia at the C5-C7 level. His goal is to become as independent as his condition will permit and return to the most active lifestyle possible.

The High Fives Foundation Empowerment program approved a \$21,000 grant for the Truckee resident for nine months of specialized personal training at the CR Johnson Healing Center in Truckee.

A previous empowerment grant allowed Andrews to spend two months at Body Wellness Hawaii training in the Neurokinetic Pilates (NKP) method with Alejandra Monsalve. Throughout his Hawaii trip, Andrew's friend and personal trainer Jack Powell attended every session and has incorporated the NKP method into his training philosophy.

High Fives Foundation is a Tahoe-based nonprofit supporting the dreams of mountain action sports athletes by raising injury prevention awareness while providing resources and inspiration to those who suffer life-altering injuries.