



GETTING BACK UP™

"keep working...keep believing...keep Getting Back Up."



2024 IMPACT REPORT

Everyone Deserves a Better Quality of Life

Christopher A.
C5/C7 injury

OUR MISSION

Getting Back Up seeks to help those living with a spinal cord injury improve their quality of life **TODAY** by providing goods and services which can help make a difference in someone's **IMMEDIATE** situation.



Scott Fedor
Founder

A NOTE FROM SCOTT

It's hard to believe it's been over 13 years since Getting Back Up was founded. What started as an idea to provide aid to individuals who were denied assistance for physical therapy by insurance companies, has blossomed into a national nonprofit organization. GBU has successfully been able to provide hundreds of individuals with the exercise-based therapy and adaptable products needed to improve their quality of life!

I am extremely proud of the work that GBU has accomplished, especially considering that we are not a large organization. Most of our funding comes from individual donors who believe in our mission and the work we do. It is the generosity of others that allows us to provide individuals with assistance they might otherwise never receive.

Over the past few years, there has been a substantial increase in demand for the assistance we provide. Unfortunately, injuries are sustained every year, and the cost of supporting those individuals does not go away. Our success continues to depend on the generosity of others. It is my hope you will continue to support the work we do and the difference we aim to make.

Keep working, keep believing, keep getting back up!

INJURY TO INDEPENDENCE

A spinal cord injury is a life-altering event. Medical insurance often fails to provide individuals with the tools needed to truly improve their quality of life.

Getting Back Up exists to help bridge that gap by providing individuals with funding for participation in EXERCISE-BASED RECOVERY PROGRAMS and the purchase of ADAPTABLE PRODUCTS.

Whether it's a vigorous workout to restore one's body, or simply maintain quality health, or the independence that assistive technology and other products can offer, GBU strives to ensure that no one goes without the tools needed to make an immediate difference in his or her situation.

Small things can have big impacts when it comes to helping paralyzed individuals regain their independence.

EXERCISE-BASED
RECOVERY PROGRAMS

ADAPTABLE
PRODUCTS

INJURY



INDEPENDENCE

INITIATIVES THAT MAKE A DIFFERENCE

EXERCISE-BASED RECOVERY



The importance of exercise therapy cannot be stressed enough for those living with spinal cord injuries and paralysis. Exercise-based therapy services are critical to achieve the highest quality of life.

Getting Back Up assists individuals with participation in exercise-based recovery programs that are geared towards improving motor and sensory function as well as maximizing health benefits.

GBU has partnered with accredited organizations across the country dedicated to providing exercise-based therapy programs specifically tailored to individuals with spinal cord injuries.



ADAPTABLE PRODUCTS

Even something small can have a big impact when it comes to helping paralyzed individuals regain their independence.

GBU connects paralyzed individuals with the appropriate products that will assist them in navigating through the everyday tasks that have become more difficult as a result of their injury.

Whether it's a computer loaded with voice navigation software, exercise equipment, or even something more intimate, GBU wants individuals to feel more independence in their everyday lives.



THE QUAD™



One of the biggest challenges a spinal cord injury brings with it is the need for accessible housing. The costs associated with modifying a living space to accommodate someone with paralysis can be staggering. Unfortunately, many individuals have no choice but to remain in nursing facilities, unable to garner the resources needed to convert a residence into an accessible environment.

THE QUAD represents the opportunity for individuals living with a spinal cord injury to cohabitate in a housing facility specifically designed for their needs. GBU seeks to work with organizations to facilitate resource procurement and property development to bring THE QUAD to fruition.

Contact GBU If you are interested in helping make THE QUAD a reality.

EXERCISE-BASED RECOVERY AND THERAPY PROGRAMS

Exercise-based recovery involves an individual working with a trainer to replicate movement throughout the limbs. Constant repetition has been proven to establish neural pattern recognition which in some cases can lead to return of motor and sensory functions.

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\$120 is the average hourly cost for exercise-based therapy incurred by our applicants. Without GBU assistance many would be forced to go without the therapy they need.



30+ the number of accredited facilities across the country that GBU has partnered with to provide exercise-based therapy tailored to individuals with spinal cord injuries



83% of GBU grants are for exercise-based recovery services



With the assistance from Getting Back Up I'm able to attend therapy and become one step closer to achieving my goal of walking across the stage at my graduation! My family and I are extremely grateful for all your support. You truly are an amazing organization!"



Jennifer B.
T10 injury



Ethan K.
L2 injury

ADAPTABLE PRODUCTS

Exercise-based recovery involves an individual working with a trainer to replicate movement throughout the lambs. Constant repetition has been proven to establish neural pattern recognition which in some cases can lead to return of motor and sensory functions.

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\$750 is the average grant amount that GBU provides to its recipients



42 represents the number of states that GBU recipients call home



17% of GBU grants are for the procurement of adaptable products



16,000 new spinal cord injuries in the United States every year

GBU has assisted individuals towards the purchase of such adaptable products as:

- Wheelchairs
- Seat cushions
- Shower chairs
- Ramps
- Lift systems
- FES bicycles and equipment
- Standing frames
- Assisted walking systems
- At home workout equipment
- Cooking equipment
- Computers
- Voice-activated software
- Adjustable beds
- Intimate and romance products



The grant I received from Getting Back Up went toward a Maddiline Crosswind XE handcycle. The Crosswind has been life-changing! I use it almost every day as both a fun activity and an intense workout. I am able to get outside and ride around, something I previously had no way of doing. I was a very active person before my injury, so to have this equipment has meant the world to me. A big thanks to Getting Back Up for their contribution!"

Andrew M.
C7 injury



"I cannot speak highly enough about the level of therapy and support I have received and how it has made my body stronger. I would not be in this position without the support from Getting Back Up!"

Andrew P.
T7 injury

"Even after more than 7 years into my injury, I'm proving that it is possible to improve after being paralyzed from the neck down. It's a slow process, but with the help of therapists, trainers, and organizations like GBU, individuals still have a chance to improve. Thank you for all your help!"

Fred K.
C3 injury



"Thank you so much! I can't express to you how appreciative I am for this grant! It's my dream to be able to move my arms again."

Jordanne M.
C3 injury

"Thank you so much for awarding this grant. This means a lot to me and my continued recovery and support. My family and I are so grateful for the assistance."

Semaje D.
T11 injury





"The scholarship I received from GBU allowed me to afford gym sessions that I otherwise struggled to pay for. These sessions are essential in helping me maintain my health and build strength, which ultimately enables me to live more independently."

Luke S.
C3/C4 injury

"Thank you to your foundation for its generous funding! I'm so excited! I was able to sit up unassisted in my therapy. Thank you for making this happen! So thankful."

Kathleen L.
C2 injury



"Your grant has inspired me to start college to obtain my bachelors in cyber security. And I had to officially thank you once again for the boost I received from GBU. This foundation can help you be a winner and I'm going to be proof!"

Seth M.
T11 injury

"Thank you so much for the grant. It means a lot to me to be able to continue with adaptive exercise and stay as active and as strong as I can!"

Alexis M.
C4 injury



SUPPORTING **GETTING BACK UP** ENHANCES THE QUALITY OF LIFE FOR THOSE WHO NEED IT

76%

of GBU funding
comes from
individual
donations

GBU is able to
accept donations
in the form of
STOCKS
and
BONDS

Most companies
**MATCH YOUR
DONATIONS**
talk with your
employer



Angela J.
C5/C6 injury

Your support can help bridge the **difference**
between **injury** and **independence**
in the lives of our recipients.



Grant D.
C4 injury

www.gettingbackup.org/donate



Getting Back Up is a registered 501(c)(3) nonprofit organization.
All contributions made to it are fully tax-deductible.
The organization operates on a minimal annual budget
with oversight by a voluntary Board of Directors.

gettingbackup.org