

My name is Urama Sunday Emmanuel, I had polio when I was 7months. I started walking at 6months and suddenly started to crawl at 7months. After two years I started walking again limping the right leg. I had no other problem apart from the partial paralysis of the right leg.

At my younger age, I could play football, table tennis, driving manual vehicles including trucks but was using the right leg only for throttle. When I purchased an automatic vehicle, I stopped engaging the right leg. At age 14, one orthopedic surgeon suggested that I should do surgery on my right leg so that I will not be holding my right leg while walking at older age and I vehemently refused to undergo any surgery.

At age 30 after my internship at the orthopedic hospital, I had an accident that broke my hand. I was admitted in the same orthopedic hospital and was given a walking stick to aid movement and prevent bending towards my right leg. At that stage I remembered the doctors advice of surgery to avoid holding my right leg while walking.

Presently now, I am 47, and cannot play football or table tennis or stand up for a long time or walk for a long distance without feeling tired and breathing fast. My weight is high and I need to reduce it.