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Saturday 20th November

was the day, whilst serving in Afghanistan that **Luke** triggered a roadside device that took his legs. Taking the advice of his Steeper prosthetist, Stephen Cox, Luke Sinnott was fitted with the Sidekicks by College Park. After winning Gold at the 2016 Invictus Games and embarking on full-time training for the Rio and Tokyo Olympics, Luke's Sidekicks provide him with the ultimate comfort and the reliable stability he needs.



Case
Study

 **steeper**
Creating life's turning points, together

Case Study

Luke Sinnott



There is no doubt you will get stared at a lot but you learn to accept that you look awesome and most people stare at you because they like what they see.

The story

Most of Luke's friends found the concept of him joining the army quite amusing, but for Luke, he knew it was something he had to try. Joining the army in 2006, he was commissioned into the Corp of Royal Engineers. Whilst on duty in Afghanistan as a Royal Engineer Search Advisor, he was called into a patrol base with his team to clear the local area. Whilst deactivating one device, he triggered a second that took both of his legs. The impact of the explosion was so severe that his left arm was stripped of flesh and the force of the rifle being ripped from his right hand also meant three broken fingers. To this day, Luke credits his team with his life, as without their quick thinking, he believes he would not have made it.

Fourteen days later, Luke awoke in Birmingham Hospital with two stumps for legs, and thankfully, despite not working properly, two hands.

The solution

After seeing the College Park Sidekicks at a prosthetic presentation, Steeper prosthetist, Stephen Cox saw their value immediately. With natural, anatomical ankle motion and a flexible platform for ground compliance, Stephen felt that they were the best product on the market for a bilateral, transfemoral amputee like Luke.

Trusting Stephen's judgement, Luke was eager to try the Sidekicks. From the first moment he tried them, he knew they were right - they were easier to navigate slopes and uneven terrain, and his lower back pain from using other prostheses vanished. Luke was also able to wear his Sidekicks all day, every day, not having to change his prosthesis based on his plan for the day. Not only has his Sidekicks changed his life, but they have made life simpler, as now he just puts them on in the morning and takes them off before bed.

The turning point

Luke's Sidekicks have given him his life back. To wear a stable foot that adjusts to his needs whilst absorbing the shock from walking without knee joints means that he has been able to overcome every challenge put in his way - and there have been a lot! Whilst he finds the every day task of living with prosthetics a challenge, in his opinion, there isn't a challenge that cannot be overcome with the right prosthesis. Luke flies, skis, runs, walks, sails, climbs ladders and wins Gold medals at the Invictus Games.

To find out more about Luke visit www.steepergroup.com