

ROB RODDY

Rob Roddy is the Rehab Specialist for 180 Medical. Rob became friends with Todd Brown, CEO and founder of 180 Medical, in 1994 when they were recuperating from spinal cord injuries (SCI), which left them both paralyzed from the waist down. Together, they spent the next several years participating in marathons, 10Ks and other various competitions. They even participated together in the first advertised wheelchair Super Bowl in 2001.

Rob returned to college after his accident to earn a Bachelor's degree in behavioral science. He then went on to complete his Master's degree from the University of Oklahoma. After school, he has successfully worked for major corporations such as Southwest Airlines, The Dallas Morning News, and taught psychology at El Centro Community College and elementary physical education in Dallas, TX. Rob has 17+ years of personal experience living with SCI combined with decades of knowledge he has gained from his friendships with Todd Brown, Muffy Davis, Bob Hall, Marty Ball, Jeff Adams, Mark Wellman, Randy Snow, Trish Downing and Matt Feeney to name a few. Rob is also a certified Christopher and Dana Reeve Peer Mentor. Rob has traveled the world speaking to groups in such places as Bosnia, London, Mexico, Canada, as well as rehabilitation hospitals, spina bifida camps, and many universities around the country.

He is currently writing his first book titled "365 Great Benefits of Being in a Wheelchair: A New, Great Adventure Every Day to Go Explore." He has an online support group for people with disabilities so that people all over the world can connect, share stories and photos and ask/answer questions they have found since being injured. Rob shares very touching and humorous stories of what it was like when he was first injured and the struggles he went through to get where he is today as an accomplished climber, wheelchair racer, snow skier, wake boarder/water skier, and hand cyclist. He has also played wheelchair basketball, tennis, quad rugby and wheelchair softball. Rob, his wife Christine, and their two children (ages 6 and 7) are dedicated to experiencing life together as a family, whether traveling and speaking to people, or spending time at home.

Rob has accomplished all this and more after his accident. He loves to share about how at first, when the doctors told him he would never walk again, he felt that his life was over, but in reality, he had no idea how it was all really just beginning for him.