

# **KITV4 Island News - Spinal Cord Injury Survivor Speaks Out**

A Big Island man is using his story of recovery from injury to share a message about ocean safety.

Yeah two-thousand fifteen longtime waterman Yurik Resetnikov was slammed to the ocean floor while bodysurfing at Sand Beach.

He fractured his spine and was immediately paralyzed.

After months of physical and psychological rehabilitation, he was able to return home and shares his story and cautionary tale.

What I try to tell people is, to know your abilities one.

Right, know your abilities.

You know how and be honest with yourself.

The ocean didn't take. I don't feel like it took my legs away.

I just changed my perspective on things.

Approximately one hundred fifty people seek medical attention for spinal cord injuries every year in Hawaii.

Ocean activities remain the second leading cause of those injuries following falls.