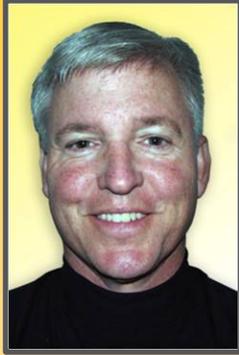


CPT Michael Phillips (Veteran)



"Words cannot begin to explain how honored I feel to be able to represent the United States and serve our country again at the Invictus Games."

Current Location:

Hamilton, Georgia

MOS/Current Occupation:

N/A

Warrior Transition Unit:

Warrior Transition Battalion, Fort Benning, Georgia

Hometown:

Cullowhee, North Carolina

School(s):

Cullowhee High School, North Carolina

Events training for:

Cycling, Archery, Wheelchair Racing, Wheelchair Tennis, Wheelchair Rugby, Rowing

Injury or Illness:

Traumatic brain injury (TBI), spinal cord injury (SCI) with implant



Hanging on the wall next to the front door of retired Capt. Michael Phillips's house are index cards that read, "Hang keys up" and "Empty pockets in the bowl." Another that says, "Feed Tiger," is taped by the coffee pot in the kitchen, a reminder to give his dog breakfast and dinner. Phillips has had trouble keeping track of things like that since sustaining multiple injuries on different deployments, ultimately culminating in a diagnosis of traumatic brain injury (TBI) and severe damage to his spinal cord and nerves.

"I knew I needed to find a way to get better so I could be an example for others," said Phillips. "I survived the war physically, but I have a responsibility to those who gave their lives in these conflicts to continue carrying on."

Phillips uses this motivation to adapt to what he calls his "new normal." Adaptive equipment alleviated the pain he felt while exercising, and he realized he could still be active and athletic. He continues to cycle and practices yoga in order to stay in tune with what his body needs. He engages in other adaptive reconditioning activities, as well, like gardening and hunting.

Crediting these activities and sports with helping him become an athlete again after being injured, Phillips' long-term plan is to develop an adaptive reconditioning program to work with local wounded warriors as they recover.

For now, Phillips is focusing on being a part of the U.S. team at the 2014 Invictus Games. "I thought that I would never be able to serve our great country again," said Phillips. "Words can't begin to explain how honored I feel to be able to represent the United States."

