

2014 ARMY WARRIOR GAMES ATHLETE

NAME

Isaac Rios Jr.

RANK

Staff Sergeant

STATUS

Active

MOS

11B (Infantry)

WARRIOR TRANSITION UNIT

Warrior Transition Battalion,
Joint Base Lewis-McChord, Washington

HOMETOWN

Coney Island, New York

CURRENT LOCATION

Joint Base Lewis-McChord, Washington

SCHOOL(S)

Ross High School, Brentwood, New York

INJURY OR ILLNESS

Damage to right shoulder, injuries to hip, knee, hands, neck, nerve damage, traumatic brain injury (TBI), arthritis and fibromyalgia

LOCATION AND DATE OF INJURY OR ILLNESS

Afghanistan

EVENT(S)

Field, Wheelchair Basketball, Shooting



After sustaining multiple injuries in Afghanistan, Staff Sgt. **Isaac Rios Jr.** had developed a fear of falling and reinjuring himself that kept him from being physically active.

While recovering at his Warrior Transition Battalion at Joint Base Lewis-McChord, Washington, Rios was introduced to adaptive reconditioning by a fellow Soldier and quickly found that adaptive

sports allows him the opportunity to push himself physically in a safe environment. "When I started doing adaptive sports I realized I could still do things, just in a different way," said Rios. "That's the best part."

Adaptive reconditioning helped Rios build strength in muscles that he was once afraid to use. With a long-term goal to overcome his injury and make a career of adaptive reconditioning, Rios' outlook on life has completely changed.

"I want to be one of the people who work with wounded Soldiers, because it's made such a difference for me," Rios said. "I want to do something along those lines to help Soldiers who are in the same spot that I used to be."

As a Warrior Games athlete, Rios hopes to set an example for Soldiers who have been wounded, ill or injured. "I want to show people that injuries do not hold wounded warriors back," said Rios.



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