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Olympic Competitor Training Locally to Win in Huntersville Trials Despite Paralysis

Para-cyclist Billy Lister Determined to make it to Rio

Charlotte, NC – June 2016 –Paralympic hopeful – [Billy Lister](#) has Rio 2016 Olympics in his sights as he heads to the Charlotte, NC area to compete in the U.S. Paralympic Cycling Team Trials. On July 2nd Billy, will be competing in Huntersville, NC in the U.S. Paralympic Cycling Selection Time Trial under classification Men's C1. Lister, who has a paralyzing condition known as foot drop, is able to compete because of the state of the art dynamic response brace he wears on his left leg that he discovered over 15 years ago.

Although this 34 year old has had tremendous obstacles and unexpected occurrences when it came to his health, one thing that remained was his resolution to win. As a teenager, Lister was diagnosed with a rare and acute brain abnormality known as Arteriovenous Malformation (AVM) which resulted in surgery. Although the surgery was a success, he started experiencing swelling on his brain. This swelling led to a rapid loss of function to the entire left side of his body.

Billy made remarkable strides to get his functionality back, but at the age of 17 he suffered a stroke. The stroke caused this once active young adult to lose his ability to perform simple tasks such as typing on a keyboard, brushing his teeth and even walking. The symptoms associated with his stroke eventually subsided, but left his entire left side neurologically paralyzed. This impairment led to him also having a paralyzing condition known as foot drop (or drop foot). This condition is a neurological condition characterized by weakness or paralysis in the foot or ankle that prohibits lifting the front part of the foot. To compensate for this loss of mobility, sufferers tend to over-extend their hip muscles so their foot won't drag, often tripping and falling and causing further injury.

One might think this would be enough for someone who has been an athlete all of their life to hang up their hopes of competing on any level. "I was only surviving life, I wasn't living it at this time." said Lister. He knew that this was a defining moment in his life but it was not going to dictate his future.

Today, Billy is on the Road to Rio to compete in the 2016 Paralympics. How he got here is not by mistake. Billy fought through his fears and limitations and got on a bike for the first time 12 years after he suffered from his stroke. That same tenacity led to him fully dedicating himself to the sport and competing on a grand scale. "I was living small up until this point for such a long time after my diagnosis (trying to hide my disability from others). There came a time in my life when I realized I could live BIG and I've been living a life that is infallible ever since." says Billy.

It's no wonder that he carries out his BIG living in other ways. One of which is by joining the ranks of an incredible group of 13 other individuals (both athletes and non-athletes) as a part of TeamUP – a group dedicated to raising awareness about their Get Back UP Today movement. For the past four years, this group of dynamic individuals encourages others with foot drop paralysis to overcome mobility issues and take back their lives.

Joining Billy at the trials will be two other TeamUP members who also are competing with foot drop in their specific categories, including 2014 ESPY award winning Para-cyclist and Cancer Survivor [Jamie Whitmore](#), and retired New York State Trooper and champion Para-cyclist [Jill Walsh](#), who isn't letting multiple sclerosis and foot drop stop her from competing for Paralympic gold.

Meet [Billy Lister](#) and his [fellow TeamUP](#) members and learn more about their efforts to help others overcome foot drop paralysis by visiting:

For more information about TeamUp and the Get Back UP movement, please visit:

www.GetBackUpToday.com

www.facebook.com/getbackuptoday

www.allardusa.com

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About Allard USA

Allard USA is a subsidiary of Allard International, recognized worldwide as a leader of innovative orthotic devices, privately owned by Peter Allard and based in Helsingborg, Sweden. Allard USA is committed to working together with Orthotic and Prosthetic facilities and medical professionals throughout North America to offer innovative orthotic

About Foot Drop

Foot drop is a neurological condition characterized by weakness or paralysis in the foot or ankle that prohibits lifting the front part of the foot. To compensate for this loss of mobility, sufferers tend to over-extend their hip muscles so their foot won't drag, often tripping and falling and causing further injury. Among the many causes for the paralysis associated with foot drop are partial foot, cerebral palsy, stroke, multiple sclerosis, muscular dystrophy, Charcot-Marie-Tooth Disease (CMT), spinal cord injury and many other conditions.