

Follow Esther's Amazing Journey

...Pan Pacific Para-Swimming Championships in Edmonton, Canada 2011



As you may know, we sponsor Esther Overton, a Paralympic swimmer who was born with a condition called Arthrogryposis-Multiplex Congenita which is a very rare condition characterized by multiple joint contractures, muscle weakness and fibrosis.

In Esther's case, this means she cannot lift her arms more than 40 degrees and cannot straighten her elbows or wrists. She is unable to use her arms or take any weight through them. As a child she had several operations to release contractures so that she is able to kick with her legs.

Her mother who is a nursing sister and Esther's two sisters moved from Victoria to Adelaide specifically to be coached by Kylie Wood. However her coach has now relocated to Melbourne and now Esther has moved to the Burnside Swimming Club.

Esther is studying accountancy at Adelaide University and her means of transport is an electric wheelchair.

At Eastern Sports & Spinal Care, our involvement has been to work with Esther for an hour a week on core stability, trunk and leg strength and endurance. Esther works solidly for an hour a week using the Vibrogym, and Pilates Reformer and Trapeze table working against the resistance of springs, weights and doing ball work and never complains or declines an opportunity to challenge herself with exercise.

In August 2011, Esther competed in the Pan Pacific Para-Swimming Championships in Edmonton, Canada where she won a Bronze medal in the 50m back S1-4 category. Congratulations Esther, this was a fantastic result!

Unfortunately, she injured her knee in the 100m freestyle. Once this settles, she will be back on her quest to get to the London Paralympic Games in 2012.





Below is a list of her achievements since she started competing:

2008 Beijing Paralympic Games

5th 50m backstroke
6th 50m freestyle

2009 Australian Paralympic Games (Youth Games)

Gold medal 50m butterfly
Gold medal 50m freestyle
Silver medal 50m backstroke

2010 Australian Swimming Championships and qualified for the IPC World Championships in Netherlands.

2011 Para Pan Pacific Swimming Championships, Canada

Bronze Medal 50m back S1-4
5th 50m free S1-4
7th 100m free S1-4

Australian Records:

50m butterfly
50m backstroke
50m freestyle
100m backstroke
100m freestyle

Held the following world rankings:

2nd 50m butterfly
5th 50m backstroke
7th 50m freestyle, 100m freestyle



Esther at work in our gym

From the team at Eastern Sports & Spinal Care, Congratulations Esther and good luck with your preparation in the lead up to the London Paralympics!

Performance Focused Physio