

The Rhythm of Teamwork: Getting Your People In Sync

Commit to a Shared Goal

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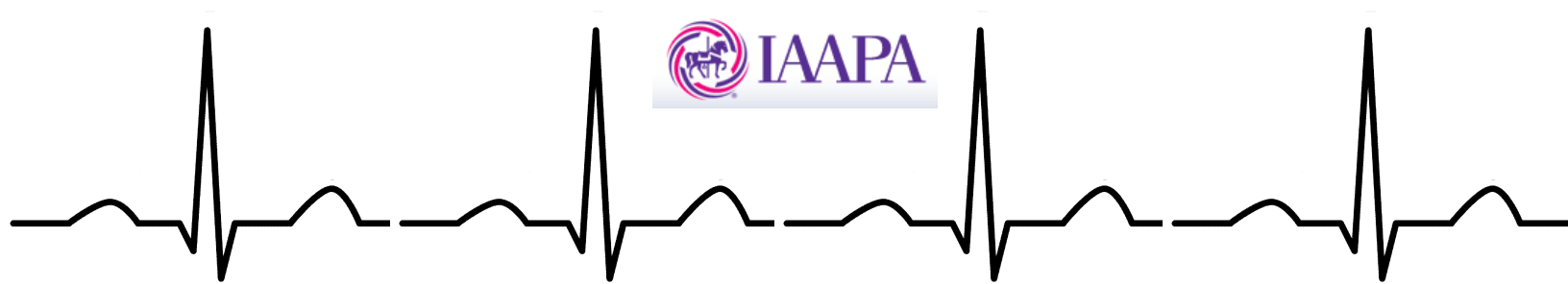
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Do Their Part

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Reclaiming the Rhythm: An Interview With Rick Allen (partial article)

by Christine K. Stevens, MSW, M.A., MT-BC

What would you do if you were suddenly faced with the threat of losing your most important gift? What if regaining it required more effort and willpower than you'd ever imagined and forced you to rely on parts of yourself you never even knew existed?

Rick Allen became a rock star at the early age of 15 as the drummer for the group Def Leppard. After an explosion of success in the early eighties, his world was suddenly turned upside down in 1984, when a violent car accident caused him serious injuries and the loss of his left arm.

After a visit to the Remo (drum) factory in Valencia, California, Rick immediately insisted that his family members join him at a Remo drum circle that evening. Inspired by this experience and the philosophy of Remo's drumming & wellness department -HealthRHYTHMS, Rick agreed to share his personal story and information on his current project, Raven Drum Foundation, in an interview at his home in Malibu, California.

CS—Could you describe your first memories immediately after the accident?

RA—I felt very lost. It was the epitome of chaos. Really in and out of belief and disbelief. But I think we all have an inner strength in times like those. You really can't even say what you would do if it happened to you. But when you're thrown into it – you are amazed at what you can do. The amazing thing was my family and friends. Throughout my hospital stay, I saw people around me dig into sides of themselves I'd never seen before.

CS—When was the first time music came back into the picture for you?

RA—In my first week in the hospital, I started hearing music that just seemed to be playing. I thought it was coming out of the air vents. Then I told my brother, "You've got to go home and get the stereo system and my music collection to see what I can do." So I started listening to Led Zeppelin, Free, Bad Company, T-Rex, David Bowie – just throwing myself back into that whole era I grew up with.

To read more about Rick's recovery: http://www.ubdrumcircles.com/article_rhythm.html

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