



"Polio Paul"

by Dustin Durrett

Paul Richard Alexander, known worldwide as "Polio Paul," was a man whose life embodied resilience, intellect, and determination. Born in Dallas, Texas, in 1946, Alexander contracted polio at just six years old during a devastating outbreak that affected thousands of children across the United States.

The disease left him paralyzed from the neck down and unable to breathe independently, requiring him to live inside an iron lung for most of his life. Doctors initially believed Paul would not survive, and if he did, they expected his life to be severely limited.

Paul proved them wrong. Through determination and adaptive technology, he completed his education, becoming one of the first home schooled students in Dallas. He later attended the University of Texas at Austin, earning both a bachelor's degree & a law degree, and went on to practice law for many years.

In addition to his legal career, Paul became an author & advocate. He wrote: "Three Minutes for a Dog: My Life in an Iron Lung", typing with a stick held in his mouth. In later years, he gained widespread recognition on social media, where millions were inspired by his humor, honesty, and perspective on life with disability.

Paul Richard Alexander





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