



Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected

Stacy Holmes

[Download now](#)

[Click here](#) if your download doesn't start automatically

Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected

Stacy Holmes

Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected Stacy Holmes

After my first year of life I was walking. I used my biped facility to play baseball with great enthusiasm but little skill. I walked thousands of school hallways and campuses as a student, then teacher, principal and superintendent. I walked out of Walpole (NH) Congregational Church with my new bride Lynn on my arm. I carried my baby daughter Emily. We walked through London's Piccadilly Circus, the Coliseum in Rome, the Eiffel Tower, Costa Rican Indian villages, Denali, Cozumel ruins and many Caribbean beaches. I hiked the Appalachian Trail with my wife, son, brother, niece, nephew and lots of my students and summer campers. And Dad. I walked all over the New England and Arizona trails with Dad. In my 61st year of life I walked into the neurosurgery pre-op center at Cedars Sinai Medical Center in Los Angeles. I removed my clothes and got into the hospital gown. I laid down on a gurney, never to walk normally again. In a few hours I awoke from unsuccessful surgery on an intradural melanotic schwannoma at T-11 (about the level of my navel) inside my spinal cord. I was able to use my legs only to wiggle my toes weakly and feebly press my foot down as if on an imaginary car accelerator pedal. In the ensuing five years, I progressed from riding a gurney to walking at about 1/3 normal speed for men of my age with a cane and total attention to my jerky barely balancing legs for distances of up to half a mile and durations up to 45 minutes. This book shares what I, with the many who helped me, did to make a far greater recovery than any physician or physical therapist expected. Some of my physical rehabilitation may have specific relevance only to those with physical disabilities. All of my mental rehabilitation will have relevance to everyone. I write this hoping to give all of you kind enough to visit these pages some valuable insights without your needing to experience paraplegia to discover them.

 [Download Perspectives on Long Term Rehabilitation: How I ma ...pdf](#)

 [Read Online Perspectives on Long Term Rehabilitation: How I ...pdf](#)

Download and Read Free Online Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected Stacy Holmes

From reader reviews:

Heather Goodson:

In this 21st millennium, people become competitive in every single way. By being competitive currently, people have to do something to make these individuals survive, being in the middle of the particular crowded place and notice simply by surrounding. One thing that often many people have underestimated the idea for a while is reading. Yes, by reading a guide your ability to survive improves then having a chance to endure than other is high. To suit your needs who want to start reading a book, we give you this *Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected* book as a beginning and daily reading book. Why, because this book is more than just a book.

Crystal McMullen:

This *Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected* are generally reliable for you who want to certainly be a successful person, why. The reason of this *Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected* can be on the list of great books you must have will be giving you more than just simple reading through food but feed you with information that maybe will shock your prior knowledge. This book is usually handy, you can bring it almost everywhere and whenever your conditions throughout the e-book and printed types. Beside that this *Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected* giving you an enormous of experience including rich vocabulary, giving you a trial of critical thinking that could be useful in your day action. So, let's have it and enjoy reading.

Ryan Young:

Playing with family in a park, coming to see the coastal world or hanging out with friends is a thing that usually you may have done when you have spare time, in that case why you don't try matter that really opposite from that. A single activity that makes you not feeling tired but still relaxing, thrilling like on a roller coaster you already been ride on and with additional info. Even you love *Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected*, you are able to enjoy both. It is a good combination right, you still would like to miss it? What kind of hangout type is it? Oh come on its mind hangout guys. What? Still don't buy it, oh come on its known as reading friends.

Clifford Stoner:

Reading a reserve makes you to get more knowledge as a result. You can take knowledge and information from a book. Book is prepared or printed or outlined from each source that filled with update of news. Within this modern era like currently, many ways to get information are available for anyone. From media social including newspaper, magazines, science e-book, encyclopedia, reference book, book and comic. You can add your knowledge by that book. Are you ready to spend your spare time to spread out your book? Or just

in search of the Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected when you essential it?

Download and Read Online Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected Stacy Holmes #G40A5XLIJKD

Read Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected by Stacy Holmes for online ebook

Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected by Stacy Holmes Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected by Stacy Holmes books to read online.

Online Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected by Stacy Holmes ebook PDF download

Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected by Stacy Holmes Doc

Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected by Stacy Holmes Mobipocket

Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected by Stacy Holmes EPub