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Perspectives On Long Term Rehabilitation: How I Achieved A Far Better Recovery From Spinal Cord Injury Than Anyone Expected

**Perspectives on
Long Term Rehabilitation**

written & read by
Stacy Holmes

**How I Achieved a Far Better
Recovery from Spinal Cord Injury
than Anyone Expected**



Synopsis

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 listen to this book some valuable insights without your needing to experience paraplegia, like I did, to discover them.

Book Information

Audible Audio Edition

Listening Length: 4 hours 16 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Stacy Holmes

Audible.com Release Date: October 10, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01M0PHTD9

Best Sellers Rank: #18 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments >

Spinal Cord Injuries #888 in [Books > Medical Books > Medicine > Internal Medicine > Physical Medicine & Rehabilitation](#) #1023 in [Books > Audible Audiobooks > Science > Medicine](#)

Customer Reviews

Stacy Holmes strong voice comes through loud and clear as he takes us on an unsentimental, intense journey through his personal recovery process from spinal cord surgery injury. Useful to anyone faced with a similar physical and emotional challenge, his book is packed with valuable advice and resources. It's main appeal for many will also be the surprising reminder that we are the architects of our own lives, and not passive receivers. Living fully is a joy we can all experience if we are willing to do the work, which starts with just opening our eyes.

Having a far different challenge (COPD), I was fearful that this book would only make me feel bad about what I cannot do. Instead, I found many details surprisingly useful and affirming.

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