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

**Perspectives on  
Long Term Rehabilitation  
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—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.

## Book Information

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## Customer Reviews

Stacy was an educator in rural, urban, resort island, and suburban districts — in large and small — in 7 different states. He worked for over 40 years in public schools as teacher, coach, principal, professor, superintendent, assistant superintendent, consultant, and county superintendent. Stacy served on the founding boards of 2 foundations and for a county high school for science, math and technology. He participated in the White House Children's Forum at the invitation of President and Hillary Clinton. Stacy earned his doctorate at Rutgers University Law School where he was moot court teaching assistant. He is admitted to the bar in New York and New Jersey. He is also a graduate of Boston University, Keene State College and Antioch College. Stacy makes rehabilitation his number one job in retirement. He shares his progress recovering from spinal cord surgery September 2010 on his blog at CaringBridge.org. A community theater actor, director and playwright, Stacy sits on the governing Board of The Attic Community Theater in Santa Ana, California. He will continue service with Fundacion de los Ninos de la Calle con Wendy, a foundation established to continue the work of Wendy Trujillo, a Kaiser teacher killed in a car accident during the time Stacy was principal at that school. Stacy and his wife Lynn live in Mission Viejo, California where they enjoy their grandchildren and community service projects.

Really enjoyed it! Stacy is an amazing person and an amazing author. Part memoir, part managerial how-to handbook, this is a great book for people with or without disabilities including those currently doing rehabilitation, but also those helping a loved one facing any kind of disability or long term therapy. Very well written and to the point, there is a lot of great information packed into its brief 123 pages!

I just finished Stacy's book. I think it will be of great help to those looking for specific actions they can take to restore not just their body, but also their mind and spirit. I particularly liked the inclusion of all of the references at the back of each chapter with the reminder that it was all available on his website. All in all, a great resource I'm happy to recommend.

My hero has written a book. Stacy Holmes' remarkable recovery from spinal cord injury is a story of pure guts and determination. I had the chance to see early drafts of this book and can recommend it

without reservation. It's honest, inspiring, practical and funny, with insights useful for almost anyone facing a serious challenge or just plain life. Congratulations, Stacy.

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