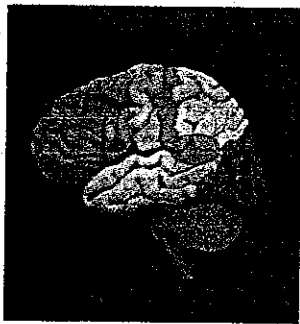


Making Gains

**REHABILITATION FROM TRAUMATIC
BRAIN INJURY COMBINES A
VARIETY OF METHODS**

Bill Heidelberg calls his daughter's recovery from traumatic brain injury "truly a miracle of God." His daughter Jennifer Johnson, 28, was driving home from work as a special education teacher when her car skidded on a wet road, causing her to lose control. The May 1993 accident caused five subdural hematomas on her right side, damaged her thalamus and herniated her brain. Johnson also sustained a fracture at the C1 and C2 vertebrae, broke several ribs and suffered other injuries.



"The doctors thought she would die. They talked to us about organ donation," Heidelberg recalls.

But Johnson did survive. Prayer and a massive dose of medication reduced the swelling in her brain, according to her father. She was in a coma for 12 days and spent weeks in the University of Maryland Shock Trauma Unit in Baltimore. Jennifer, who could do nothing for herself, began physical and speech therapy in an attempt to relearn what her body had seemed to forget. She made good gains during the four months spent at a Mount Vernon, Va., rehabilitation center, thanks to the physicians and therapeutic staff. However,

debilitating jaw pain, caused by the halo brace she wore for months, threatened her progress.

"No one knew what to do for her," Heidelberg says, "until one of the therapists suggested myofascial work and CranioSacral Therapy. After about a week of therapy, the pain was gone. That was our introduction to alternative therapies."

CranioSacral Therapy (CST) is a form of bodywork that involves the body's craniosacral system, which includes the brain and spinal cord. This gentle therapy seeks to determine the cause of pain and dysfunction, and by working with the body's self-correcting abilities release the source of the problem.

Heidelberg emphasizes that it was a combination of conventional and so-called alternative or complementary therapies that helped his daughter recover.

"God's grace absolutely manifested itself in putting us in touch with the right need at the right time," Heidelberg says.

While enrolled in an outpatient rehabil-

itation program, Johnson encountered a physical therapist who combined conventional methods with CranioSacral Therapy. Her condition continued to improve. The therapist suggested intensive CranioSacral Therapy at The Upledger Institute, Inc. HealthPlex Clinical Services in Palm Beach Gardens, Fla. Heidelberger had read about the facility in a physical therapy publication. After hearing a lecture by The Institute's founder John Upledger, DO, OMM, and receiving a first-hand recommendation from a family friend, the Heidelbergers brought Johnson to the institute for an intensive two-week therapy program in January.

"We arrived not knowing what to expect," Heidelberger recalls. "We got

"Each time we notice improvements, like an increase in his attention span. We feel that there is more in life for him."

**— Linda Rice,
mother of Paul Rice**

something we weren't looking for. Jennifer gained emotional stability and clarity of thought. My wife and I feel that she is functioning at a much higher level."

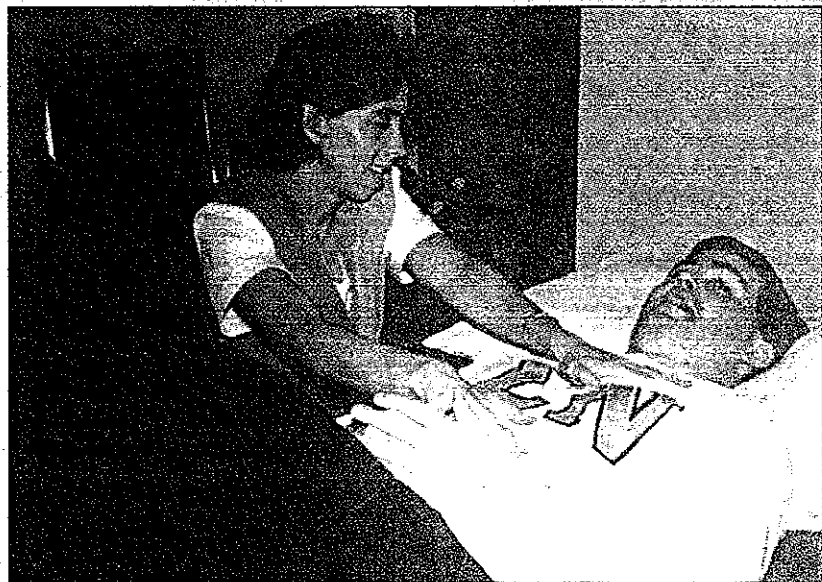
They credit this progress to SomatoEmotional Release® (SER), an offshoot of CranioSacral Therapy. This hands-on technique is used to rid the mind and body of residual effects of past injuries and negative experiences locked in body tissue. CST and SER are the mainstays of the institute's intensive therapy programs, which are supplemented by acupuncture, counseling and other manual therapies. Program Administrator Cathy Bischof, PT, notes that these therapies address the complicated issues of traumatic brain injury, including the body, mind and spirit.

Physically, we see changes like



Courtesy of the Upledger Institute

Jennifer Johnson with sister Judy in Washington, D.C., and (below) during a trip to Colorado Springs, Colo.



Chiropractor Lisa Upledger works with Paul Rice.

continued from previous page

increased range of motion or improved balance and emotionally the patients often become more self-responsible and opti-

For another patient, Paul Rice, daily living has improved after therapy at The Upledger Institute, according to his mother Linda. She says that the behavioral and

During the program, Rice's behavior improved and continued to get better weeks after they returned to Michigan. They since have traveled to the institute



Jennifer Johnson and her nephew, Will.

mistic," Pliscof says. "It is particularly exciting to watch patients who are 10 or even 20 years post injury making gains. These improvements help make their lives and those of their caregivers easier."

emotional changes in her son, who sustained a brain injury six years ago, have helped him function more comfortably in society.

Rice was just 20 when, as a result of an auto accident, he sustained a head injury that took his vision, broke three ribs and caused internal bleeding. He spent five weeks in a coma-like state. After four weeks in a neurologic intensive care unit, Rice spent eight months in a rehabilitation hospital receiving physical and occupational therapies. He was able to learn once again to walk, feed and bathe himself, but blindness and residual pain in his right arm and leg remained.

Linda Rice says that when her son lost his vision, he developed a fear of men and would react intensely when he encountered a male in public or among his professional caregivers. He also was acutely aware of repetitive sounds, like the ticking of a clock or the sound of a fan, and would become extremely annoyed. Rice's doctors wanted to try Ritalin and other medications, but his parents were reluctant to embark on prolonged drug therapy.

A contact at the Michigan Head Injury Association suggested CranioSacral Therapy and suggested a local therapist, which led to Rice participating in The Upledger Institute's intensive therapy program.

"I wish we had found it sooner," his mother says.

"Jennifer has made outstanding gains in the quality of her life. Although her injury was devastating, there are still so many things she can enjoy."

— Jennifer Johnson's mother, Nina

four times — for another two-week intensive program and on other occasions for a series of clinical appointments.

"Each time we notice improvements, like an increase in his attention span," Linda Rice says. "We feel that there is more in life for him."

Rice works two jobs at sheltered workshops and he gets around on his own by taxi. He receives weekly CST and consults health-care professionals — both conventional and complementary — for the pain on his right side.

Like Rice, Jennifer Johnson also has gained more independence. Although physical therapy is still a big part of her life, Johnson no longer uses a wheelchair. She is active with her interests and likes to spend time with family and friends, who supported her through her recovery.

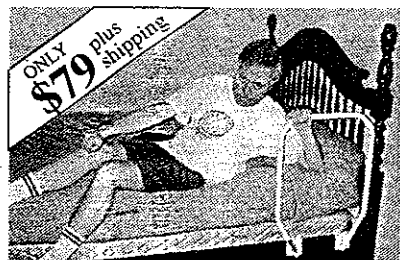
"I relax, read or go out shopping for groceries and things for the house," Johnson says. "Tonight, I'm taking my sister-in-law out to dinner and a movie."

Her mother Nina adds, "Jennifer has made outstanding gains in the quality of her life. Although her injury was devastating, there are still so many things she can enjoy."

— Courtesy of The Upledger Institute.

For more information about The Upledger Institute, Inc. HealthPlex Clinical Services or the intensive therapy programs, call the institute at (561) 622-4706, extension 9387.

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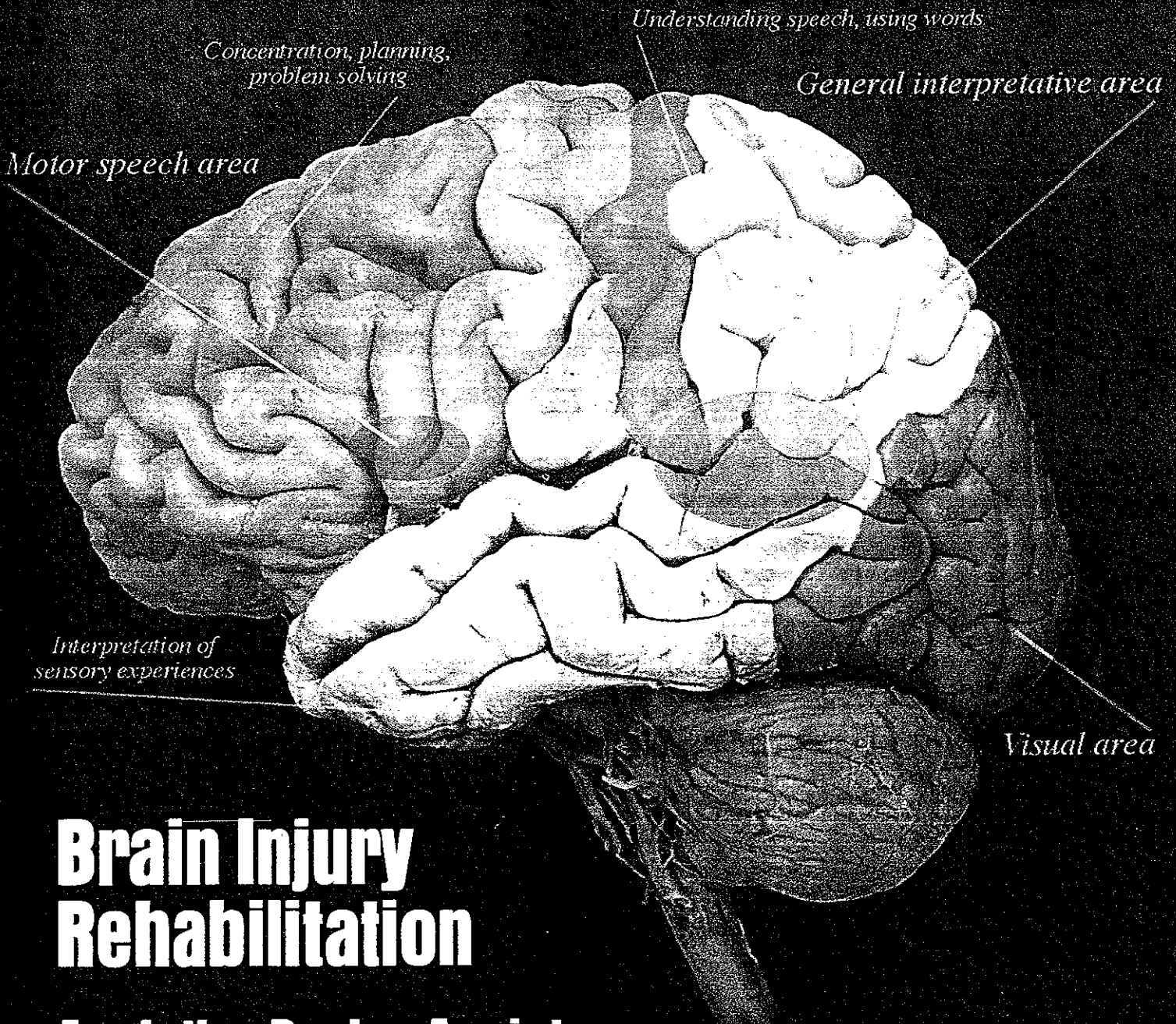
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