

Devin P story of overcoming obstacles (June 2020)



If you ask Devin P a little over a year ago would his day-to-day routine be learning how to walk again, his answer would be “No Way”.

Devin, 22 yrs old was getting ready to start a new job within a few weeks but life turned out very differently on April 7, 2019. One of his close friends accidentally shot him, leaving Devin with an incomplete spinal cord injury. After multiple surgeries to his kidneys, lower spine and closed fracture of the lumbar, Devin was diagnosed with acute traumatic paraplegia. He spent a month in an Inpatient Rehab & was discharged to home. There he had to adjust to life in a wheelchair. Prior to his accident, Devin was living alone, but once he got home his Mom had to help him do most of his daily activities.

Devin started at Baton Rouge Rehab outpatient therapy last summer. His first couple of therapy visits he told his OT, Allison Prestridge Cutrer, “I can’t do you that, that’s not the way I do it!” Allison stated “when Devin started therapy he could only wiggle a toe. We worked on dressing, standing, just basics of putting on socks and shoes.” In Physical Therapy, he worked on core strength, knee control, and taking a few steps.

Over the months, Devin and his therapists could see his progress and attitude changing. He stated, “one day while walking in the hallway it was like a switch turned on, I had a new mental and physical attitude”. “This started to help me increase my confidence & movement”. He admits there were times where he was feeling down but he would have a conversation with his COTA, Anne Elise Manning. “She would encourage me to get out of the bed, get out of the house and try and spend time with my friends”.

After a lot of hard work, Devin is seeing the benefits of sticking with therapy. He went from riding in a wheelchair to now walking himself into therapy with a walker. He said he drew himself a picture of a ladder and listed the goals he wanted to reach on each rung. It started at the bottom with standing, then using a walker, walking with two canes, walking with one straight cane & his final goal is to walk unassisted.

Devin is still working in Outpatient with stretching & walking. He said he is waiting on approval for Botox injections to help with decrease of tone in his legs.

“It has been exciting to see Devin progress over these months”, states Courtney Stears Boyle, PT, DPT NCS. When Devin is not in therapy, he says he spends his time in gaming tournaments online & playing wheelchair basketball. “If it wasn’t for all the therapists here at Baton Rouge Rehab, I would still be only working on wiggling my toe. Courtney & her voodoo attitude makes me a better person!!!”, stated Devin.

Cheers to Devin for all of the great progress he has made & will continue to make. Look forward to him walking unassisted soon. Keep you posted...

