

CARLOS ROJAS GARCIA

Carlos Rojas Garcia was working in construction when he fell nine feet off a roof. He was taken immediately to Memorial Hospital for acute care then transferred to Brooks Rehabilitation Hospital - University Campus for intensive spinal cord injury rehabilitation. Carlos broke his back at T 5-6 so his two months of inpatient care consisted of learning how to care for himself when he couldn't feel or move from the chest down.

Carlos had to wear a back brace for a year after his injury per guidance from his workers compensation physician. While limited in what he could do, he attended outpatient therapy with Brooks and the independent program at the Neuro Recovery Center to promote neurological recovery and cardiovascular strength/endurance.

Once his brace came off, he attended the Spinal Cord Injury and Related Disorders Day (SCI/D) Treatment program. He had to learn how to move without the support of his brace, as well as learn to do personal care independently. At the end of 12 weeks in the SCI/D Day program, Carlos met his independence goals and was even able to transfer to the riding lawn mower to cut his own lawn.

