

# THE SUCCESS STORY OF THE YEAR



**W**e love to hear success stories - especially when it concerns people who learn to walk again after a crippling accident. This year thanks to WaterART Master Trainer, Dorie Shore and her team at the Statesville Family YMCA in Statesville North Carolina, Manuel Coranado is now taking steps on his own. Here is his story as told by Nelson Proano who acts as a Spanish translator for Dorie at the YMCA.

While working on a roof nearly 2 1/2 years ago, Manuel fell from height of 35 ft. He landed on his feet, breaking bones in his heels, ankles, the femur in his left leg, both knees, lower back, right forearm and both shoulders. In other words he broke nearly every major bone in his body. These joints have been fused back together with metal plates and screws.

In December of 2012 he started coming to the pool. He arrived in a wheelchair and, being a non-swimmer with a lot of fear of drowning, was very afraid of working in the pool. At first he was floated into the water equipped with three buoyancy belts and supported with two noodles. As he progressed he began to feel more confident in the water and slowly he was able to get rid of all the floatation equipment. At this point, he was able to stand up by himself in the 4 foot side of the therapy pool. At first there was total lack of balance and he was not able to walk unaided but, with time and encouragement, Manuel is now walking unassisted in 3 feet of water. Additionally, Manuel has learned to swim on his back, and is now able to accomplish a mile in an hour and a half.

Since participating in the aquatic rehabilitation, Manuel has been able to get rid of the wheelchair and has started to walk slowly using a walker. He is also able to walk in and out of the pool on his own. As of today (2 1/2 years after the accident), Manuel continues to progress and really understands and appreciates the therapeutic benefits of water exercise.

We also send Kudos to Nelson Proano as he has a success story of his own. Since helping Dorie with translation he became interested in WaterART Rehabilitation. has now become a fully Qualified and Certified WaterART Senior Instructor who continues to assist Dorie and the people who come to her for help.

We truly admire their hard work and determination to help people who others will not reach out to. Thank You Statesville Family YMCA - you are helping us to create positive change!



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