

MICHAEL CARTER

January 2012

Client Spotlight



Where were you employed before your injury? What were your interests?

I served nearly 10 years in the United States Marine Corp. I fix satellite terminals as a primary specialty. I also fix all other forms of communication equipment as a secondary specialty. I'm a Sergeant, that has deployed to Iraq, Afghanistan, Honduras, and Korea. I served my overseas duty station in Okinawa, Japan as well.

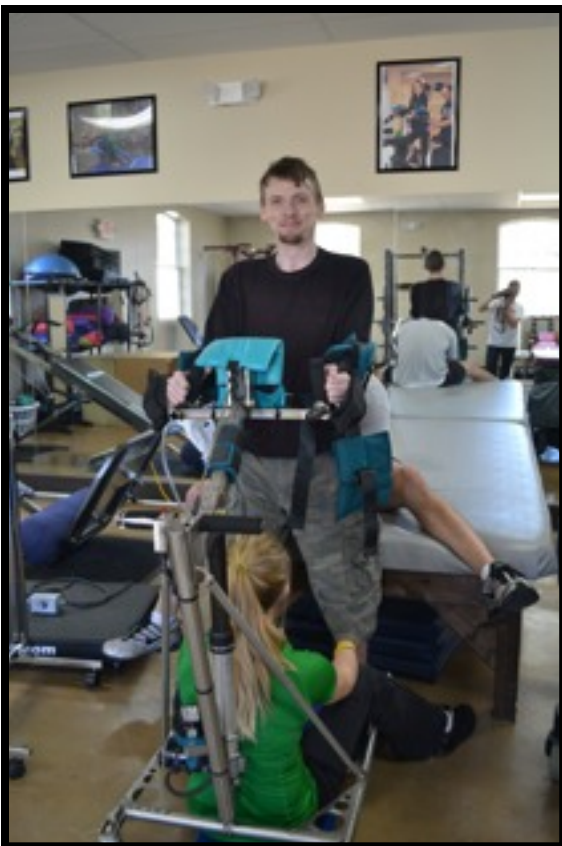
Were my interests? Haha, everything is still the same. It is a matter of...["adapt and overcome."](#) I enjoy working on cars, playing the electric guitar, photography, digital art, and computer program modifications.

How were you injured? What was your prognosis?

I'm driving home one night in May of 2010, when a bunch of Bosozoku (motorcycle gangs) decided to start driving close chasing me with long poles hitting my car; then several more of these guys started chasing me. I sped up trying to get away, but their bikes kept up and they kept harassing me.

Me trying not to get hit by them or hitting them myself, I hit the median, where I was knocked out. The car kept going, and eventually fish-tailed and wrapped around the end of concrete wall. Keep in mind, I'm a Marine so purposely hitting them would result in being my fault and an international incident.

Obviously, I was told I wouldn't gain any functions back as a C5 complete, ASIA A. Since therapy started, I've regained in my left triceps. And just these past 2 months, I am able to make small contractions in my right leg and left knee. Although not strong enough to move them yet, it is just that...strengthening the contractions so that I will move my legs on my own.



How did you hear about Project Walk Orlando?

After arriving to the Shepherd Center, my wife and I began searching alternative therapies. We came across Project Walk in Carlsbad, and began creating connections to other clients.

What makes Project Walk Orlando special and how has PWO changed your life?

[Project Walk Orlando offers hope](#), the motivated trainers and staff make it worth while, and hanging out with other clients with like-minds further make the experience special. With my previous statement, these qualities shows me it's not the end of the world.

Did u have any preconceptions about PWO before you came? Has it met your expectations?

Being a Marine, I have that mentality, "[don't knock it, 'till you try it.](#)" Seeing the huge amounts of videos of clients doing what I hope to be doing instills that PWO is the right choice. Recovery and rehabilitation is non-stop, and you only get what you and the trainers help put in. Expectations here are above the bar.

What are your goals?

What other clients eventually want; [to walk unassisted](#). But I only want this because I owe it to my son, and wife. I want to be that dad that can throw the ball, have a job other than desk work, and pick the lady up over the door's threshold, etc.

As a baby grows, they take steps in life. I'm somewhat back to that point; so right now, my short term goals is [increasing upper body strength and core](#) so I can transfer to anything confidently without assistance.

Michael's progress since first coming to Project Walk Orlando in March 2011:

Dan: For the past two and a half months, I have seen tremendous strides in Michael's progress- especially in upper body strength! The first time I worked with Michael he lacked stability in his left arm and shoulder to the point where he couldn't support himself on his elbows for any length of time. Now Michael is able to perform assisted pull-ups and [unassisted](#) push-ups in the hands and knees position. Needless to say I am very impressed.

Brooke: Michael is an extremely dedicated client! Lately, he has had much more control over the "tone" (muscle spasms) in his lower body. Michael has almost doubled the time he is able to stand with assistance and is making dramatic progress with his (low) blood pressure. I always look forward to my next session with Michael.



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