

**FROG (“Fully Rely on God”) is Elizabeth C’s life’s motto. (July 2020)**



Elizabeth is in our Aquatics Maintenance class after completing PT last summer. “I look forward to getting in the warm water. It helps me physically, mentally and spiritually. Especially since I’m unable to get down in a tub due to my amputation. I use a regular prosthetic leg in the water, it just doesn’t have the cosmetic look. I usually use the stairs to get in the pool but it’s nice to have the option of the chair with a lift if my knees are hurting on the days that I come for the Maintenance class”.

Elizabeth was at Baton Rouge Rehab as an Inpatient & then Outpatient in 2018 after falling at church & breaking her tibia on the same side as her amputation. Then again in 2019 after her abdominal surgery for cancer.

She had her amputation in 2005 due to a bone infection. Elizabeth was a nurse at the time she had her amputation & used her nursing experience to teach herself how to regain her independence. With the help of her brother & her children she was able to walk with her prosthesis.

Elizabeth has always enjoyed being in the pool. She is a member of the Cajun Crushers Team (a team for athletes with physical disabilities). She had competed at the Endeavor Games in Oklahoma & won lots of gold medals 🏆🏆🏆 & a few 🥈🥉 in swimming, shot put, discus, javelin, and air rifles over the past few years. She very involved in different ministries with her church & is a volunteer at the library. She also enjoys crafts, working with flowers and hanging out with her 🐶 Lucy and her 🐱 Willow...

At BRRH, our heated pool is used to help improve muscle strength, range of motion, improve balance and coordination, while decreasing pain and stress.

