

STORIES OF IMPACT

Lawrence Wamboldt

A bridge back to life

Lawrence Wamboldt credits Runnymede's new Active Rehab Program with getting him back to his life after an unexpected fall and surgery.

He fell on the last day of his family vacation in Cayo Coco, Cuba, and needed to have his knee wrapped at the resort's medical station so he'd be able to fly home.

"The pain brought me to tears," Lawrence said.

His knee had swollen to three times its normal size. The Wamboldts were sure it was broken. But a scan at the emergency room upon his return to Canada showed no broken bones.

His condition worsened over the next two weeks. He started to lose feeling in his hands. After a number of hospital visits and tests, Lawrence got his diagnosis: he had injured his neck in the fall. He needed emergency surgery to fuse his cervical vertebrae.

After a successful surgery, Lawrence needed rehab to regain his lost strength and function.

"Dad just wants to go back to being active," his son John said. "Our goal is for him to get back to being independent. He hates asking for help."

Lawrence was transferred to Runnymede from acute care in February 2019. He was the first patient to be admitted to the hospital's Active Rehab Program.

Lawrence's therapists supported his dedication to his recovery and gave him extra therapy that he gladly took on.

"I was game for anything," Lawrence said. "All I wanted was to get better, and you helped me get there. You listened to me and pushed me to do more."

After spending just over two weeks at Runnymede, Lawrence returned home, confident in his ability to continue building on his progress.

"I learned more things here than I would ever learn at home. I know what I need to do to keep in shape. I have everything ready to go and I'm going to continue with my exercises," Lawrence said. "I'm grateful for what my therapists taught me and I'm going to do everything they said."

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