

Nikola and her Successes

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Introduction

In this story I want to tell about my beloved daughter Nikola, who has cerebral palsy, and her step-by-step success in neurodevelopment with MNRI®.

Nikola was born at 41 weeks (2 days late) with an APGAR score of 9 (1 point less for her skin color). She was discharged from the hospital as a healthy girl.

When she was 4 months old, I noticed that her right-hand was often clamped in a fist. When asleep her hand was relaxed but not completely straight. Kicking with her right foot was also noticeably weaker than with her left.

The doctor (during a vaccination) also pointed out that she tended to bend her body in the shape of a letter S, and I got a referral to a neurologist.

I went to several neurologists but everyone said something different:

“It is normal that she has her hand clamped in a fist.”

“The majority of children do the same thing.”

“She will grow out of it.”

“In the womb she was on her right side, and hence this side is weaker.”

None of the doctors thought that this was a serious matter. I, as a mother, believed them, or rather, I just wanted to believe that my child was all right, even though some inner voice told me that it was not so. I also saw that she grabbed her toys with one hand instead of two. She was not using her right hand at all.

But what is this disease? Where did it come from? Why did it happen to Nikola? What should I do? How can we treat her? There were a lot of questions in my head, and I did not know the answers to any of them. However, when my daughter was eight months of age, we began therapy for Nicola with the Bobath method.



Nikola playing.



Diagnosis and Therapies

At the age of nine months, Nikola had an MRI scan, and the diagnosis was cerebral palsy – right side hemiparesis. For me, it sounded almost like a death sentence. My heart stopped beating.

The neurologist told me, “now only therapy, therapy, therapy” was the step to take, and that in a few years the paralysis should not be visible. He also told me that the baby’s brain has great plasticity because she is still very young. I knew I had to struggle for the health of my child but internally I was devastated.

Nikola was still receiving Bobath therapy and when she turned 11 months old, we started using Dr. S. Masgutova’s therapy method. Later we used only Masgutova therapy after seeing its effective results for Nikola. At that point she could turn from back to belly, sit herself up by leaning on the healthy left hand, and remain sitting. However, she seemed to forget that she had a right hand.

Results

After three months of rehabilitation using Dr. S. Masgutova’s therapy and six months of the Bobath method, Nikola could grab her right hand with her healthy left hand and play with it. She then developed feeling in her right hand and started to use it. She would reach out both hands to be picked up and would support herself easily on both elbows.

After four months, she was able to stretch her hands to the front, pull up her knees slightly, and bring her bottom up. Her right hand continues to get better. With Dr. Masgutova’s therapy, her hand is released from the clenched fist, and above all, the thumb is on the outside. She uses her more healthy hand when she eats with a fork and wants to eat by herself. She can take a cup by its handle and drink juice.

In June 2012, she took her pacifier with three fingers of her right hand and raised it to her mouth (although it dropped)! She used to sleep only on her back or side. Since April 2012, she sleeps almost the entire night on her stomach and turns her head from side to side. Through July and August, I was giving Nikola MNRI® therapy treatments myself, and in July 2012, she walked two steps. Since August she has been using her right hand to prop herself up more often.

Since September 2012 she has been receiving rehabilitation using only Dr. S. Masgutova’s method twice a week for two hours (with MNRI® Core Specialist Malgorzata Koczyk from Poland).

After ten months of rehabilitation she began to get up on her feet on her own, and now she can get down from the couch on her stomach. After 11 months of rehabilitation she began to crawl on all fours; the first moves were clumsy and on a clenched fist. Now it’s better and you can say that she uses her open right hand to prop herself.

Most importantly, she almost never gets sick, and when she does, it is a slight cold, and she gets over it quickly. It is obvious that MNRI® also helps Nikola’s immune system. Each of Nikola’s new steps is a happy event for us and we are full of enthusiasm for her future. We plan to continue Nikola’s MNRI® treatments and will do everything possible for her recovery and to maximize her neurodevelopment.



Nikola with her sister, above.



Nikola enjoying splashing.



We express joy and congratulate little Nikola for her excellent results! Let positive changes come daily in her life by supporting her learning and strengths! Thank you to her Mom – an amazing and caring Mom! – MNRI® Specialist Team from Poland