

Finding your Inner Metamorphosis

Tania Lemus, High School Student, El Salvador, Central America



This is the story of a caterpillar called Tania Lemus; 16 years old, from El Salvador, Central America.

I was born at 28 weeks of gestation; thus my condition of Cerebral Palsy (CP) and Spastic Diplegia made me have a different life style from the rest of my family.

I spent my first two months in an incubator. Fortunately, the consequences of being so premature merely affected my motor skills, impeding me to walk independently.

I started physical therapy (Neuro-developmental treatment) at 4 months old on a daily basis. It was a slow process, but bit by bit, I learned how to lift my head, sit up, crawl, and stand up. My greatest obstacle has always been my gait. I use a wheelchair for long distances and a posterior walker for short ones. My family has been very supportive in providing me with different approaches and taking me abroad to find better ways to improve my condition. When I was 8 years old I underwent surgery (Selective Dorsal Rhizotomy), which helped me release much of my spasticity.

My school life, however, has been pretty much normal. I attend a regular bilingual school in San Salvador, in which I learned to speak English besides my native language, Spanish. Currently I am in the middle of my Junior year in high school (11th grade).

Despite all the efforts made by my therapists, parents and myself, there was a moment where my improvements were not significant anymore. Therefore, my parents started to consider about another surgery as a possibility, but I always refused to the idea. It was then that we found MNRI®.

The first conference I attended was in June 2012, in West Palm Beach, Florida. Everything in this treatment was new for me, but I had the privilege of being accompanied by my mom and therapist. We were impressed to see such amazing changes in my body when practicing the exercises learned in this program. Since then, I have continued doing them at therapy and at home and I can proudly say it helped me get rid of the wheelchair in school and instead, use my walker all the time, even for very long distances.

MNRI® has not only helped me improve my gait, but also has made me more aware of my body. Now, my handwriting is smoother and I do it faster. I also have more symmetry in my face and I have improved my art



Tania Lemus at work with her art.

skills, which has been my passion since a little girl.

I am currently taking the AP Art course in school, which demands a lot of hours of dedication and has time limits. This makes it even harder for me due to the fact that I take longer in completing tasks than everyone else, besides all the rest of homework I have to comply with from other courses. However, I made the decision to take AP Art because, since I receive MNRI®, I have the ability to move and work quicker.

In my AP Art class, I have had the opportunity to work on many different pieces using all kinds of media, such as acrylic paint, color pencils, pen, permanent markers, etc. One of the main themes of my art pieces is comparing the metamorphosis of butterflies to human growth and development, as an inspiration of finding the real secret of the metamorphosis for every single human being. In fact, since I was little I always thought to myself that I was born as a caterpillar which eventually would become a butterfly. Now, I can proudly state that I am on the verge of becoming one! 😊



Examples of Tania's artwork.



We congratulate Tania for her great results in gross and fine motor coordination and freeing herself for creativity and an amazing journey into art and life! We wish you much success, Tania! And thank you to her dear parents who have supported Tania so well for her future growth and happiness!
– MNRI® Team