

The Healing Beat

By Christina LaGamma

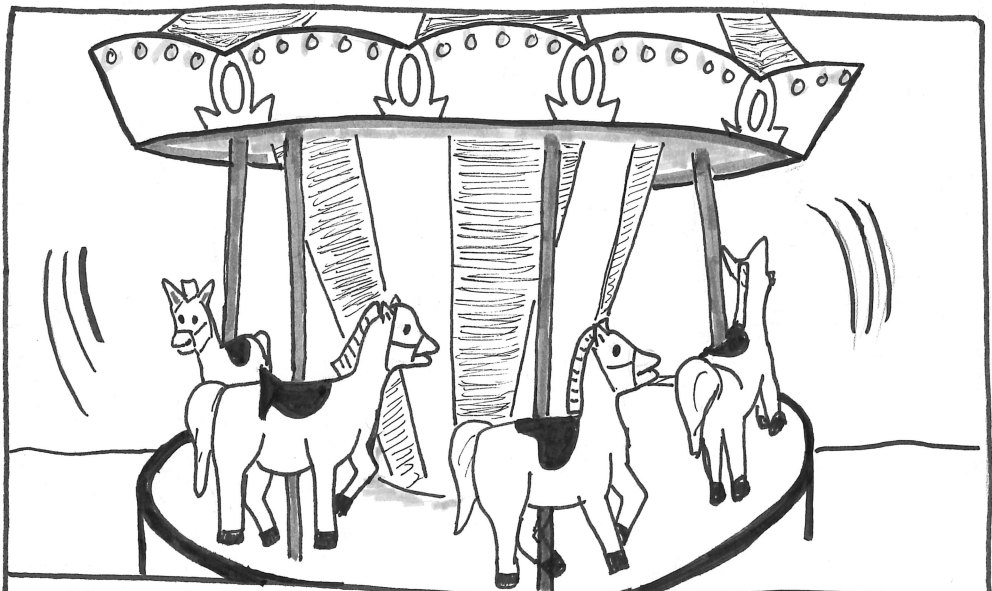
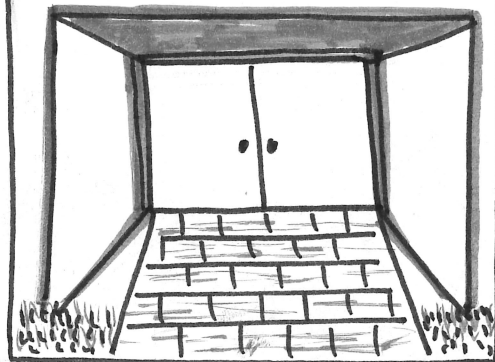


MUSIC FILLED MY MORNINGS



UNTIL I ARRIVED
AT CLINIC

REHAB
HOSPITAL



THERE WERE SO MANY PATIENTS TO SEE

SOME WE COULD CURE

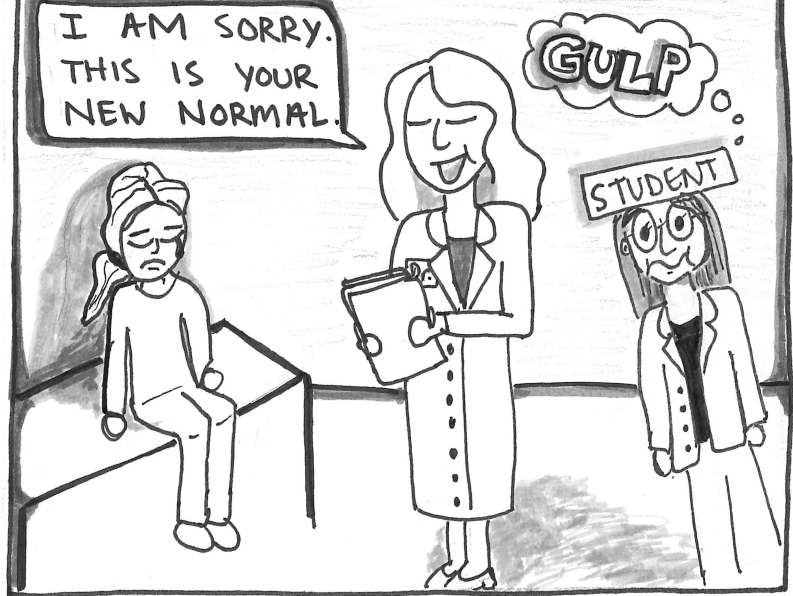
YOUR RESULTS
LOOK GREAT!



OTHERS WE COULD NOT

I AM SORRY.
THIS IS YOUR
NEW NORMAL.

GULP

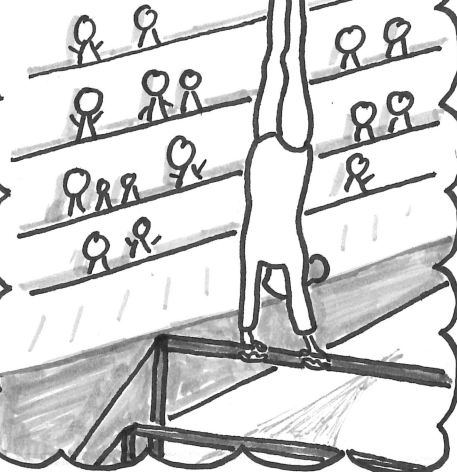


INTERACTING WITH SOME OF THESE PATIENTS REMINDED ME OF MY ... YOUNGER SELF

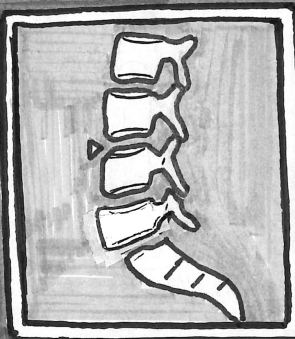
I WAS A GYMNAST FOR YEARS UNTIL....

WILL THEY EVER WALK AGAIN?

I COULD BE PARALYZED?



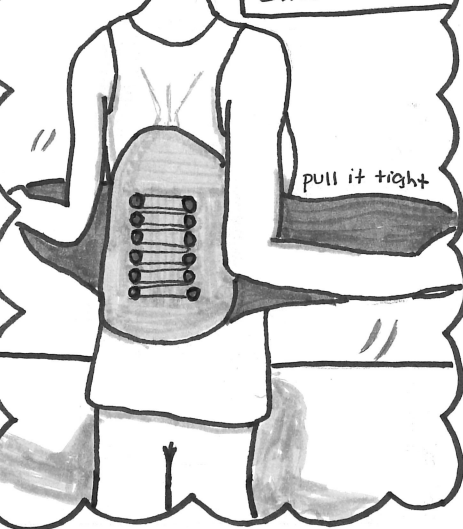
WERE YOU IN A CAR ACCIDENT?



UH NO

FRACTURED? SPINE?

MY NEW BRACE FELT LIKE A JAIL



YOU COULD BE PARALYZED.

HOW LONG ON BED REST?

YOU NEED PT.

YOU MAY NOT WALK!

LOOK OUT FOR INNER THIGH NUMBNESS.

BLAH BLAH QUIT GYMNASTICS.

HOW LONG IN THIS BACK BRACE?

YOU MAY NEED SPINAL SURGERY.



OVER TIME TO RECOVER



I BEGAN

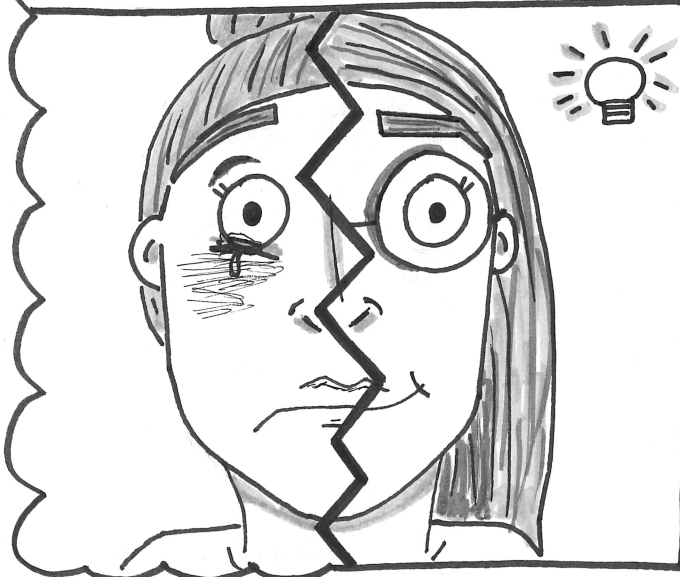
AFTER YEARS OF PHYSICAL THERAPY I STOPPED GYMNASTICS AND BEGAN BALLROOM DANCING.

I SAW THE BENEFITS **DANCE** HAD IN MY LIFE.

IF IT HELPED ME MAYBE **IT** CAN HELP OTHERS.



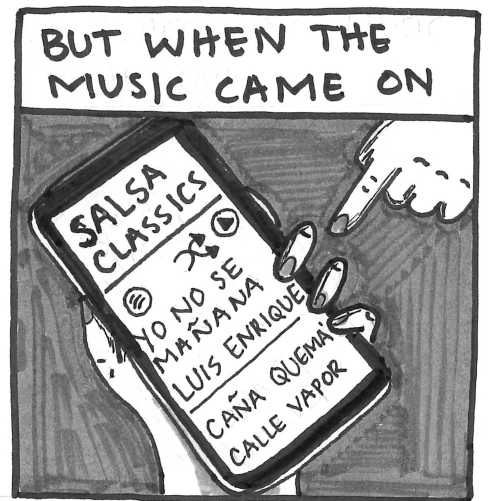
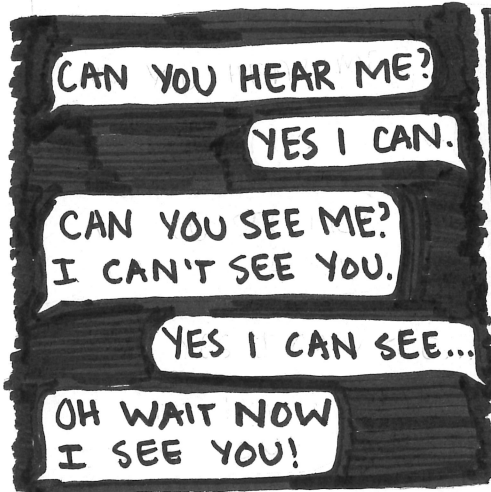
MAYBE **I** CAN HELP OTHERS

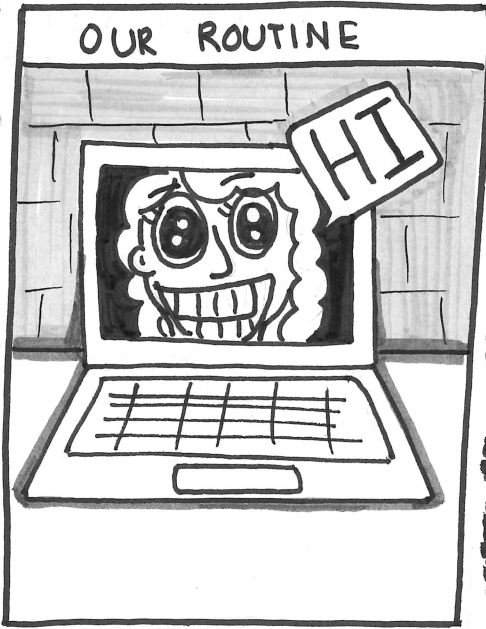
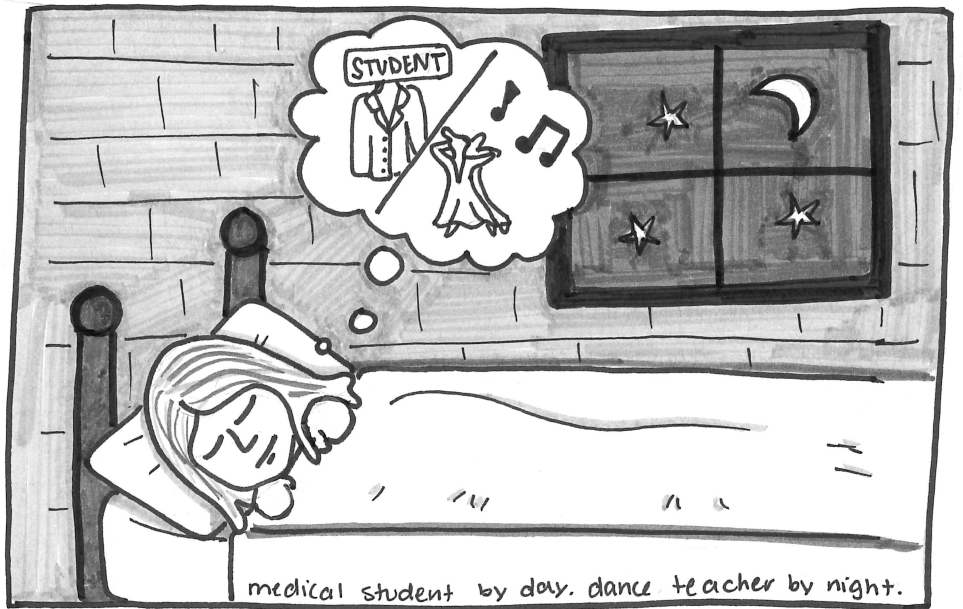


Inbox : dance therapy program

Dear Christina,

Congratulations! You have been awarded a grant to teach adaptive dance therapy to patients at the rehab hospital.





Inbox: dance therapy June 2021

Dear Christina,
Thank you for
teaching such
a fun class series.
This is the best
I have felt since
before my injury!

Yours truly,



Dedication:

To all the patients who teach,
help, and inspire me more than they know.
Thank you. Keep dancing.