

Sophie  ING
Courage / Persévérance

Defined as:

The ability to overcome
insurmountable odds

Défini comme:

La capacité de surmonter des
obstacles insurmontables



A story of hope, courage,
perseverance and tenacity

Une histoire d'espoir, de
courage, de persévérance
et de ténacité

It started with symptoms of a sore neck and ear pain but was actually vertebral artery dissection (arteries caving in)

Ça a commencé avec des symptômes de douleurs au cou et aux oreilles, mais il s'agissait en fait d'une dissection des artères vertébrales (ou les artères s'effondrent)



Jun 16, 2020 - Day 1

Initially “locked in”, unable to speak or move but fully aware

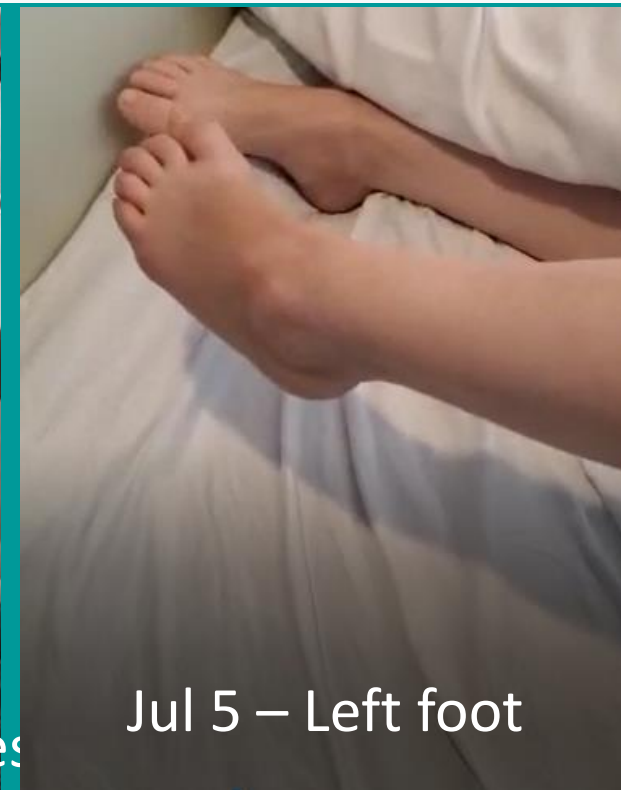


Jun 16, 2020

Jun 25 – Left hand



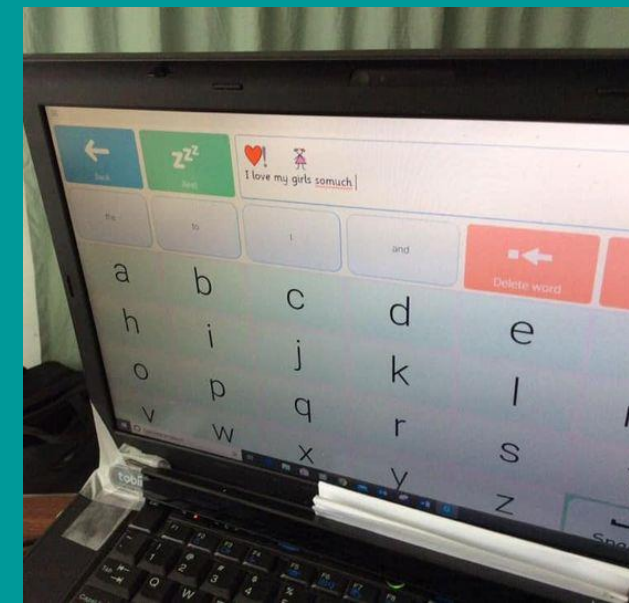
Jun 27 – Nodding Responses



Jul 5 – Left foot



Month 1 – The will to fight
1^{er} mois – La volonté de continuer



Month 1 Accomplishments:

- Holding her eyes open
- Frowning, wincing, raising her eyebrows and winking
- Breathing on her own
- Nodding her head
- Mouthing words
- Left fingers and hand movement
- Left foot movement
- Right leg involuntary movement
- Sitting up without assistance

Month 1 Milestones:

- Moved out of ICU
- Feeding tube
- Blurred vision and dizziness
- First speech therapy
- First physio / OT

Month 2:

- Visit from the girls
- Haircut
- Swallowing
- Left arm above her head
- Left finger typing
- Right shoulder
- Right hand movement
- Speaking valve
- Sits in a wheelchair
- Able to watch TV
- Able to go outside



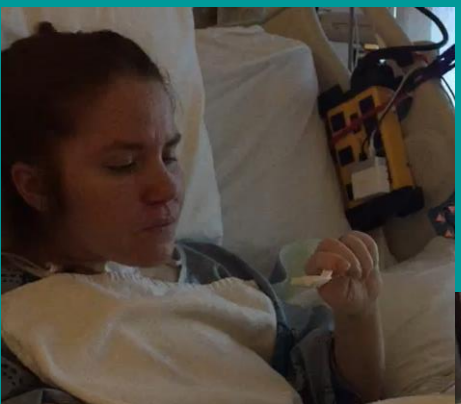
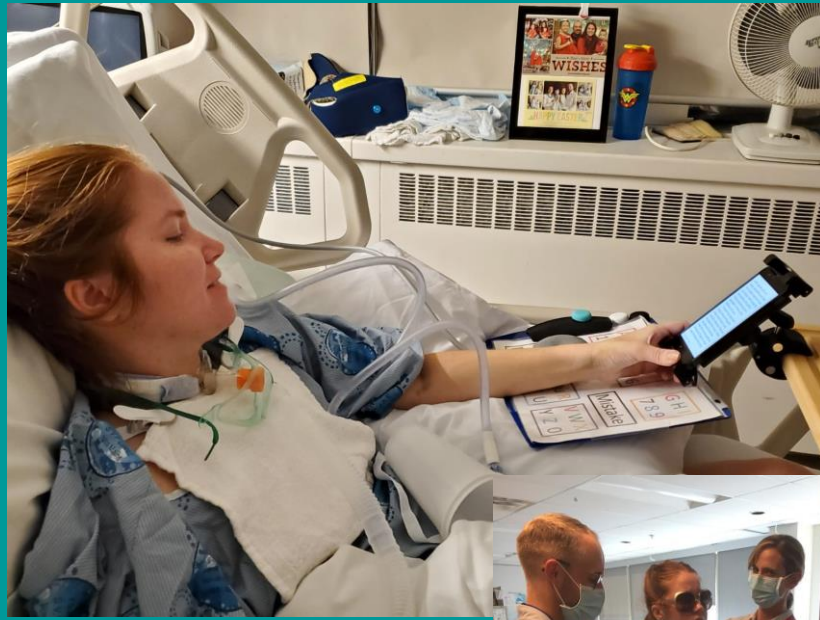
Jul 20 – Family visit



Aug 2– Family visit

The journey to recovery,
overcoming every
stumbling block

Le chemin vers le
rétablissement, surmonter
tous les obstacles



Month 3:

- Moved out of NACU
- Trach removed
- Started eating
- Reading from her phone
- Right hand movement
- Right foot movement
- Pull herself up
- Standing with assistance
- Fine motor skills

The perseverance to push
through the difficult times

La persévérance pour se
pousser à travers les
moments difficiles

Month 4:

- NACU and back out
- New glasses
- Controlled movements of her right limbs
- More sensation
- First shower
- Transition without a lift (stand and pivot)
- Writing with her left
- First steps
- Moves her wheelchair





Month 5:

- Moved to rehab
- Standing self-assisted
- Rolling wheelchair
- Stairs
- Biking
- Painting



The courage to never give
up

Le courage de ne jamais
abandonner

Month 6:

- Treadmill
- Visual rehab
- Getting in a car
- Mastering the stairs
- Coming home!





Month 7:

- Celebrating with family
- Pulling yourself to standing
- Stairs with assistance
- Rolling around your house
- Transferring yourself
- Building strength

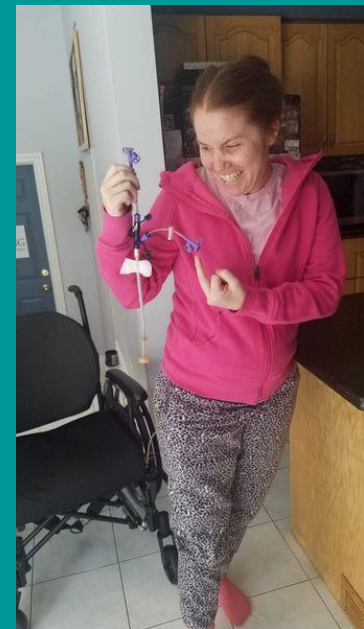
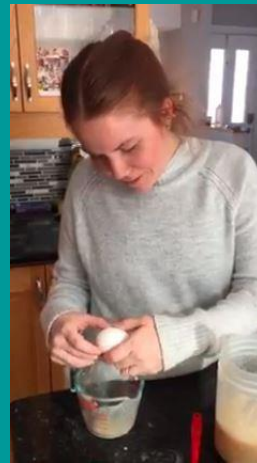
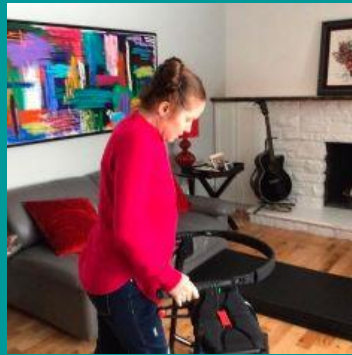


The ability to focus on the positives and strive towards ones goals

La capacité de se concentrer sur les aspects positifs et de s'efforcer d'atteindre ses objectifs

Month 8:

- Integrating rehab
- Establishing a routine
- Improving swallow
- Stairs on her own
- Overcoming right foot drop
- Feeding tube removed!
- Improved dexterity





Month 9:

- Building strength
- Virtual lab
- First bath
- Few steps unassisted
- Walking with a walker
- Folding/hanging clothes
- Hanging

Being motivated by
impatience and the drive to
push harder, faster, longer

Être motivé par
l'impatience et la volonté
de pousser plus fort, plus
vite, plus longtemps

Month 10:

- So much physio
- Improved balance
- Assisted squats
- Car ride without pseudo- seizure
- First facebook post
- Improved mobility on her right
- Mastering the play structure





Month 11:

- Walking unassisted
- Working on drinking liquids
- Unassisted squat challenge
- First solo shower
- 9th wedding anniversary
- Did her nails
- Stayed home on her own!

Month 12:

- Sweeping solo
- Put on heels
- Made it to the cottage
- Birthday month
- Stationary bike
- Removed ramps
- Went in the pool
- Walking distances with little or no assistance



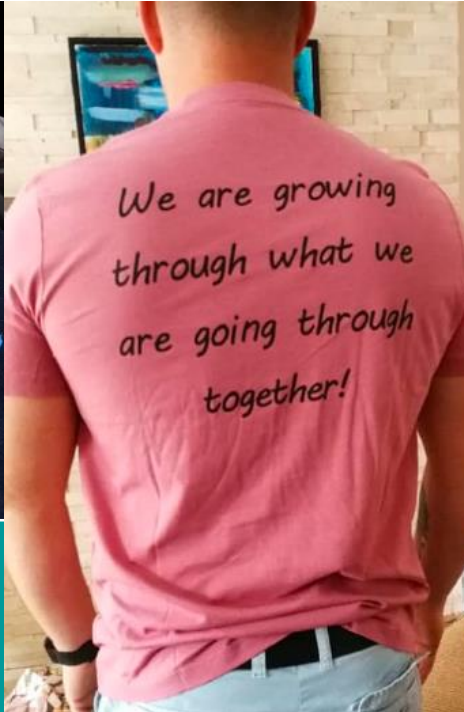
The ability to inspire others

La capacité d'inspirer les
autres



Strength
FOR
Sophie

#SophieING



Sophie LeBlond Robert Fundraiser



TEAM FUNDRAISER
Francine Boily and 2 others are organizing this fundraiser on behalf of Martin Robert.



Courage
FOR
Sophie



Updates for Sophie

Private group · 299 members



+ Invite

#SophieING