



BACKGROUND AND INJURY

Todd was a Cum Laude graduate of Harvard, a prestigious attorney in Chicago, and an avid bicyclist. In January of 2015, his life changed. Todd was on vacation in Arizona when he sustained a severe traumatic brain injury and multiple fractures following a bicycle crash. He was riding with a group of cyclists, when he lost control, veered off and crashed on the side of the road. His wife, also a prominent attorney and their large network of family and friends were instrumental in securing the medical and rehabilitation care that led to his successful recovery.

MEDICAL CARE

By the time the emergency medical team had arrived at the scene, Todd had regained consciousness. His injuries included a right temporal fracture extending into the right sphenoid, zygomatic arch fracture, extensive bilateral temporal and inferior frontal intraparenchymal contusion, diffuse axonal injury, and scattered subarachnoid hemorrhages; worse on the left.

In addition, he sustained multiple rib fractures, clavicle fracture, right scapular body fracture and right pneumothorax. Once stable, Todd was airlifted from Arizona to the Rehabilitation Institute of Chicago. Initially, Todd demonstrated decreased physical endurance, expressive aphasia, lack of insight, and hyper verbosity. His nighttime sleep was only 2-3 hours. He displayed behavioral excesses including motor restlessness, agitation when basic needs/wants were unmet, and verbal aggression. In short, Todd presented as someone in a full hypomanic state, which is consistent with inferior frontal and temporal lobe injuries.

REHABILITATION AND RECOVERY

Todd was admitted to LSNI-West on March 2, 2015. Initially, the main goal was to regulate his circadian rhythms (disruption of sleep cycles is very common in TBI) in order to restore adequate sleep and to quell his mania. Following medication adjustments and restoration of his sleep cycle, Todd was able to participate in Physical, Occupational, Speech Therapies and psychological counseling to work on his cognitive deficits. With a history of running and biking, similar exercise was incorporated into his rehabilitation program to enhance his neurological functioning and to combat his agitation. Todd required 24/7 structure, redirection and consistency to manage his hyper verbosity and argumentative nature. The team was able to stay very consistent as Todd began to clear and recognize his deficits. Later in his stay, Todd was shown a video of his 1st day and

problematic interactions. He was shocked at the way he was talking and his aggressive presentation. As Todd progressed, he became very complimentary of the therapy team and worked on a presentation to the management staff on how to promote the clinical expertise of the team. Prior to discharge, Todd completed an independent living trial in a condominium in close proximity to the program. The independent living trial was invaluable to his recovery as it helped Todd gain confidence in his independent abilities.

OUTCOME

On May 5, 2015, Todd successfully returned home with his wife Paula. Since being home, Todd has resumed his active and busy lifestyle. His intellectual, cognitive and memory abilities have recovered. He is back participating in favorite leisure activities such as long distance running and tennis. As a lifelong learner, Todd is avidly reading and attending history and Talmud classes. Most importantly, he is enjoying spending time with his friends and family while he explores new opportunities for endeavors so that, as he puts it, he can give back to others. Todd and his wife have maintained contact with the LSNI-West team and they hope to visit Colorado and the program in the near future.



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Neurobehavioral Institutes or to make a referral,
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