

Weighing in at only one pound seven ounces, Omira was born at just 25 weeks of gestation (Babies are not considered full-term until 37 weeks). Omira spent the first three months of her life in an incubator, and was in the hospital for a total of four months before finally getting to come home.



While in the hospital, a great deal of damage was done to Omira's vocal cords. The doctors informed Adelina, Omira's mother, that Omira would never be able to talk. In fact, Adelina was given a long list of 'nevers'... things that Omira would never be able to accomplish... walking, talking, potty training... Even with this bleak prognosis of what her life would be like and despite exhibiting all of the telltale developmental delays, it wasn't until Omira was 2 years old that she was finally diagnosed with spastic cerebral palsy.

Omira immediately began receiving the traditional treatment for cerebral palsy – physical and occupational therapy – one to two times each week. This went on for long years, with the family seeing very little progress in Omira's development.

Finally, when Omira was 3½ years old and about to enter preschool, she was referred to the Conductive Education Program at Sara's Garden by school administrators. When she arrived at Sara's Garden to attend her first CE session, her little body was curled up into itself. She was completely unable to bear any weight on her legs or use them purposefully. She did not speak... in fact, she actually cried for the entirety of her first session (2 hours a day, 4 days a week for 4 whole weeks). She showed no interest in peers, teachers, or participating in any physical activity.

Then an amazing thing happened, Omira began to change. She stuck with the program and began to develop in every aspect – socially, emotionally, intellectually, and physically. The crying stopped too. Omira began to use short, two-word phrases to express her wants and needs. She began showing interest and excitement toward attempting new physical tasks. After one year in the Conductive Education program, Omira's mother commented, "Now I can see my daughter."

This child who came to Sara's Garden with a list of 'nevers' continues to learn and develop and cross items off that 'never' list she was given... her mother is constantly amazed and says, "She has learned to do things that we never expected her to do."



Omira now stands behind a ladder supporting her own body weight with only minimal supervision. She is in the early stages of learning to take steps with the help of an adult. She sits independently on a stool with no supports or straps. She now speaks in complete, polite sentences like, "I would like the pink cup, please." Omira participates fully in the group routine and enjoys taking on a leader role. She has developed facial expressions and uses them appropriately.

"We are very pleased to be in a special place like this," Omira's mother has commented. Since we started coming to Sara's Garden, I love it here. They have worked with her very well and she has progressed a lot!"

Thanks to Conductive Education at Sara's Garden, Omira has a much brighter future. No matter what you've been told, there is hope... and Conductive Education can help you find it.

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Hyperbaric Oxygen Therapy &
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