



MEET LOUIS

For STEPtember 2023, we asked our coaches from last year if they want to embark on the same adventure with us again. They all answered yes. We asked them a few questions to hear how they have been over the past year. Thanks to Marion, Louis's mom, for taking the time to respond to our questions.

How was this past year for Louis?

Louis had a tough year. In late October he underwent an operation for lengthening his muscles, which had retracted. It was pretty difficult for him. For 3 weeks, he had to remain immobilized with his legs in plaster casts. He then gradually started moving again with his "new legs." For more than 4 months, he was in a lot of pain. His brain had to relearn to walk with these longer muscles and adjusted feet.

His walking is better now than it was before, but it was difficult to adapt to, even 7 months after the surgery. During the Easter break, we went to Poland for an intensive 2-week workshop where he worked a lot on his back posture, since his back is becoming more and more arched and we'd like to avoid scoliosis... We've resumed CME Medek physical therapy, which is helping him a lot, especially with balance.

What impact has STEPtember had on Louis and your family?

STEPtember had a wonderful effect on Louis. We frequently received photos of him on posters. This motivated him to reach some of his goals: walking a few steps by himself, using a cane to get from the car and into his school...

Did you meet your objectives for the year? If not, how did you bounce back?

The goal of 10,000 steps per day was reached on average over the month. And for the second time, I was able to put together multiple teams, raising more awareness about cerebral palsy. My financial goal wasn't reached.

How has cerebral palsy affected this last year?

The cerebral palsy is still troubling, even after six years. Louis is starting to get impatient with his appointments and his disability. He says things like "I don't want to be disabled all my life" and "I want to run with my friends like normal." Mom and Dad's morale has dipped, but we're staying strong and encouraging him each day. Even though it's wearing on us, cerebral palsy has also brought us wonderful opportunities to meet families, professionals, and other people involved with this condition, such as at the recent world championship Joëlette race with Louis's psychomotor therapist and her friends. It was a special time of sharing and overcoming for a good cause.



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Bougeons ensemble pour la paralysie cérébrale

Thank you Meagan Mason for the translation.