

Ocean City High School Athlete on the Road to Recovery with the Help of Cape Regional Physical Therapy

Written by Virginia Millar, DPT, Outpatient Manager at Cape Regional Physical Therapy



Georgie Meyers works hard in a physical therapy session with Ginger Millar, DPT.

It was a cold October day for Fall soccer at Ocean City High School in an intense game with rival Saint Augustine Prep High School. The ball was down the defensive end of Ocean City. Georgie Meyers was a full back going full force for the ball and, at the same time, a player from Saint Augustine was coming at him with the same intensity. Georgie got to the ball and, as he followed through, he was pummeled with the kick of the Saint Augustine player, who thought he was kicking the soccer ball. The contact was like an explosion – a loud crack followed by a hurtful scream of agony. The crowd was in awe and knew right away that something was broken.

Georgie had a complex tibia-fibula fracture. He was transported by

ambulance to Cape Regional Medical Center where x-rays showed the extent of damage. He was transferred to Children's Hospital of Philadelphia and underwent ten surgeries.

On December 4, 2012, Georgie started physical therapy at Cape Regional Physical Therapy. He had an external fixator and was on crutches. After his tenth surgery, during which they replaced the fixator with a tibial rod, Georgie started to see some progress! The nerves in his lower extremities were damaged and did not have much feeling, but he had an excruciating amount of pain. He was put in a walking boot and on crutches. The team at Cape Regional PT cared for a skin graft while also working to improve the range of motion in his foot. A foot brace was ordered in anticipation he would have 'foot drop,' which is when the nerve is damaged and the patient drags the foot.

My heart would break for Georgie, whom I had seen play soccer with the vibrancy and energy that only a few of the best athletes contain. My dream of becoming a Physical Therapist was to help restore patients to their normal activity or as close as they can get. I knew it was part of my calling to work with Georgie to get him back to the level of play he experienced before this catastrophic injury.

Georgie is a hard-working and motivated young man. He came to therapy 2-3 hours, three days a week and on his days off he would stretch and attempt to get off his crutches. By the end of January, he

was able to bear weight without his crutches. He was planning to return to school by the end of February, and set his goals high.

Georgie wanted to go back to school without crutches and without a boot; his determination and drive paid off. He was able to return to school not only without crutches and a boot, but also able to wear a regular shoe. His skin graft has now healed. We never had to use the foot brace because Georgie was able to recover from his foot drop. He can now lift his toes on his own.

Georgie is working in therapy now to get back to running and jumping. His goal is to return to soccer. His orthopedic surgeon is amazed at his recovery; he did not expect Georgie to return again to the sport he loves. His hard work and determination is making all the difference in his rehabilitation. We hope to see Georgie Meyers on the field again in the Fall. We are so proud of his recovery at Cape Regional Physical Therapy; we had to share his story.

My heart would break for Georgie, whom I had seen play soccer with the vibrancy and energy that only a few of the best athletes contain.

Cape Regional Physical Therapy is a full service physical therapy provider with three offices conveniently located in Cape May Court House and Seaville. For more information, please visit their website at www.CapeRegionalPT.com or call 609-536-4995 to speak with Ginger Millar, DPT.