

# CAROL

RECIPIENT OF: LIGAMENT ALLOGRAFT



## TISSUE RECIPIENT RIDES AGAIN AFTER TRANSPLANT

When Carol tore her ACL while horseback riding, her lifestyle changed drastically. The active and energetic woman refused to let the injury prevent her from doing the things she loved.

Carol tried physical therapy for several months after her injury, but was still unhappy with her rehabilitation progress. Little things she used to enjoy daily, like walking her dogs, became a challenge.

*“The doctor told me that without surgery I would have to accept the fact that there were several activities I would never be able to participate in,”* Carol said. *“While there are things I may not ever try, I could not accept being told ‘never’. He said he didn’t see me as a couch potato kind of person and neither did I.”*



When her doctor explained her surgical options, Carol opted for a ligament allograft, tissue provided by a generous donor.

Carol’s doctor told her that donated ligaments generally come from younger donors. As a mother of three, she could

not imagine the pain of losing a child and making the brave decision to donate his or her tissue.

*“It took my brain a few days to get used to the thought of having a part of someone else in my body,”* she said. *“It’s not every day we imagine that we might be faced with needing it.”*

Carol’s surgery went well, and she faced her intense physical therapy with determination. Her dedication to heal impressed her doctors and physical therapists.

*“Since my transplant, my life has returned to normal,”* Carol said. *“I went back to horseback riding and in celebration adopted a horse. Without my ACL repair, I would never be enjoying time in the saddle.”*



Carol’s experience receiving donated tissue reinforced her strong belief in organ and tissue donation.

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*“Over the years I have lost people in my life who had also made the decision to donate,” she explained. “I know as difficult as the loss was for the families, there was always this amazing sense of peace in knowing their loved ones have made a difference in the lives of others.”*

Carol is grateful every day for the donor who helped her get back in the saddle. When asked what she would say to her donor, if she could, the answer is easy.

*“My donor knows what I would say, because I talk to him or her often in my mind - when I am out on the trails enjoying a sunny day ride with my horse, or pedaling the trails with my family on our bikes. While my heart at times feels heavy for their loss, I try to smile and remind myself that they are with me making these things possible.”*

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