



Bright Light Foundation

Jeff Meyers

2009 BLF Recipient



Jeff Meyers was injured while diving during a boating trip with family on Labor Day weekend on August 30, 2008. Due to this accident, he is paralyzed from the neck down, suffering a cervical (C5) spinal cord injury. His diagnosis is Tetraparesis/Plegia, but he likes to call it “neurologically challenged.”

Prior to Jeff’s accident, he was the department manager for a materials engineering company in Houston, TX. Jeff was responsible for the construction materials department and does expect to go back to work after his rehabilitation goals have been met. Jeff’s wife, Colleen, was an on-site travel consultant at M-I SWACO at the time of the accident (employed through a separate travel consulting firm) but is currently unemployed. Jeff has two children. His daughter, Kayden, will be four in December and his son, Jacob, is 10. Jacob was diagnosed with Stage One (insulin dependent) Diabetes at 10 months of age.

He has utilized an insulin pump since age five and is controlling his blood sugar very well.

Initially, Jeff’s prognosis was very grim, and he was not expected to have movement from the shoulder down. Within the first few months, he started to regain his ability to move his shoulders and arms and within six months he was moving his middle finger on his left hand, and he wiggled his toes.

Jeff has been in both in-patient and out-patient therapy at The Institute for Rehabilitation and Research (TIRR) to help in his rehabilitation. The rehabilitation has helped him regain some function in his left hand, mobility in his lower trunk, and movement in his legs. The trunk and leg movement was greatly improved by the Reeve Foundation's NeuroRecovery Network (NRN) Step Training using Body Weight Support on a Treadmill (BWST) and manual assistance. Jeff has completed two phases of the program and is hoping to receive enough funds to start the third phase.

Jeff has kept a positive outlook and is very grateful for the support he has received thus far. Any assistance from the Bright Light Foundation and their supporters/contributors would be greatly appreciated.