

NEXUS CHAMPION

# NICO FRESCAS



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When Nico Frescas sustained a traumatic brain injury while riding an ATV near his home in El Paso, Texas, he was given a 15% chance of survival. Even if he did make it, he was likely to require assistive care for the rest of his life.

After 18 days in ICU, Nico was transferred to Nexus Children's Hospital in Houston, Texas, where he re-learned how to walk, talk, and read. His medical and therapy teams helped him to regain muscle strength, range of motion, and mastery over basic functions, such as using the restroom and swallowing food.

Defying the odds of his initial prognosis, Nico was discharged on December 24, 2021 — about three weeks sooner than expected.

**“In the moment, rehab felt really long,”** said Nico, **“But looking back on it now, it blows my mind how fast I was able to recover.”**

Nico credits his astonishing recovery to the support of his interdisciplinary team and the tranquil atmosphere at Nexus Children's Hospital.

**“The Nexus team worked magic and was able to revive me through physical, occupational, and speech therapy,”** said Nico. **“Nexus provided a home-like vibe where it was comfortable for family members to visit.”**

Indeed, Nico's parents visited daily throughout his rehabilitation, and were particularly grateful for the attentive staff and soothing environment at Nexus.

**“The less anxiety, the better,”** said Nico's father of the recovery journey. **“As confusing, hard, and unbelievable as it was, Nexus was the only stability my wife and I had. The staff cared and were truly professional in everything they did. Our experience was A+.”**

Since returning home, Nico has regained the ability to engage in physical activities such as strength training, running, and even ATV riding. He reentered (and aced) his AP classes, and was accepted into Texas Tech University. His long-term goal is to attend medical school and become a pediatrician.

**“Becoming a pediatrician was always my dream,”** said Nico, **“but the accident reinforced it by showing me how much drive I have to accomplish my goals.”**

In the meantime, Nico is enjoying a deeper sense of gratitude for the small things in life, such as honey barbecue chicken sandwiches from Whataburger — his first back-to-normal meal after learning to eat again.

**“From being at an 85% chance of dying to where I am now — enjoying life, driving, getting accepted into college — it's fantastic,”** said Nico.



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CHILDREN'S HOSPITAL

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