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**Transcript: A mom moves past pain and finds joy: Nikki's story**

**From the series "My health story" Learning to fly**

When I was growing up, the front of my legs grew at an angle. From then on, I had multiple knee dislocations all through my life, and it never seemed to heal. I had pain...excruciating pain.

So I went to go see a doctor. And he said, "You're never going to heal." I started having a lot of anxiety and depression. I couldn't stand to fix meals. I couldn't stand up to brush my teeth, fix my hair. I couldn't play with my kids. I wanted to be an active mom. So I reached out to Aetna and got counseling with Summer.

Summer helped me see that it's not the end of the world. She just made me so comfortable. I'm probably more comfortable with myself now than I've ever been. I thought, you know, what's something maybe that I could still get out there and do with my kids that they enjoy. And they've always enjoyed riding bikes.

When I ride bikes with my kids, I feel like I'm flying. On my bike, I don't have pain. And my kids are giggling and enjoying being outside, and I'm enjoying it. It's almost surreal. I feel like now I'm making it to the other side. I can tell by my kids that I'm a different mom than I was, because I have a totally different attitude on life.