

Helen Meeks Horstmann, M.D. '59

Orthopedic Surgeon



ROSEMONT, PA

Rosemont School of the Holy Child is as close to home for Helen Meeks Horstmann as one could imagine. She vividly remembers the day she was touring the Main Line area with her newly-relocated family and their Realtor. The Meeks' car passed by our campus while a group of Rosemont School students in uniforms crossed Montgomery Avenue and Helen's mother said to the Realtor, "That's the school; now let's find the house!" Shortly thereafter, Helen attended RSHC with her siblings: Tom '57, Caroline '58, and Mary '61. She easily recalls her days here filled with happiness and "lots of encouragement."

Walking into the Tudor Building, Helen is also reminded of the inspiring example that was set for her and her classmates by the Holy Child sisters: "The Holy Child sisters were dedicated professionals, not only to the works of God, but also to their profession. They inspired me to pursue whatever profession I desired." With this mindset and her own determination, Helen did just that.

Helen's legacy of achievement and giving back is extensive both inside and outside of the medical profession. Most notably, she is a fellow and former president of the American Academy for Cerebral Palsy and Developmental Medicine; published a textbook in 2007 on cerebral palsy management; served on the Board of Trustees at Rosemont College for 15 years; and currently is making an impact at Villanova University where she has served on the Board since 2012.

The mother of six daughters, Helen and her husband John have found a new title to add to this impressive list - grandparent! Currently at five grandchildren and counting, Helen's love for her family like all other areas of her life is full of dedication and exuberance. ✚

"It would be **ideal** for every child to have a Holy Child education."

Celebrating over 40 years in her profession, Helen is one of the top orthopedic surgeons in the Philadelphia area. Throughout her career she has held positions at the Hospital of the University of Pennsylvania, Children's Hospital of Pennsylvania (CHOP), Drexel University College of Medicine, and Thomas Jefferson University. Currently she has decided to work full time at CHOP. "As I think of RSHC as a home for me, I feel the same way about CHOP," claims Helen. Her niche in the orthopedic world and true passion is working with young cerebral palsy patients. She credits her mother who worked as a physical therapist for fueling her passion to work with children who have disabilities.

