

**IT DOESN'T MATTER IF WE
LOOK FUNNY...
LET'S GET OUT AND GO**

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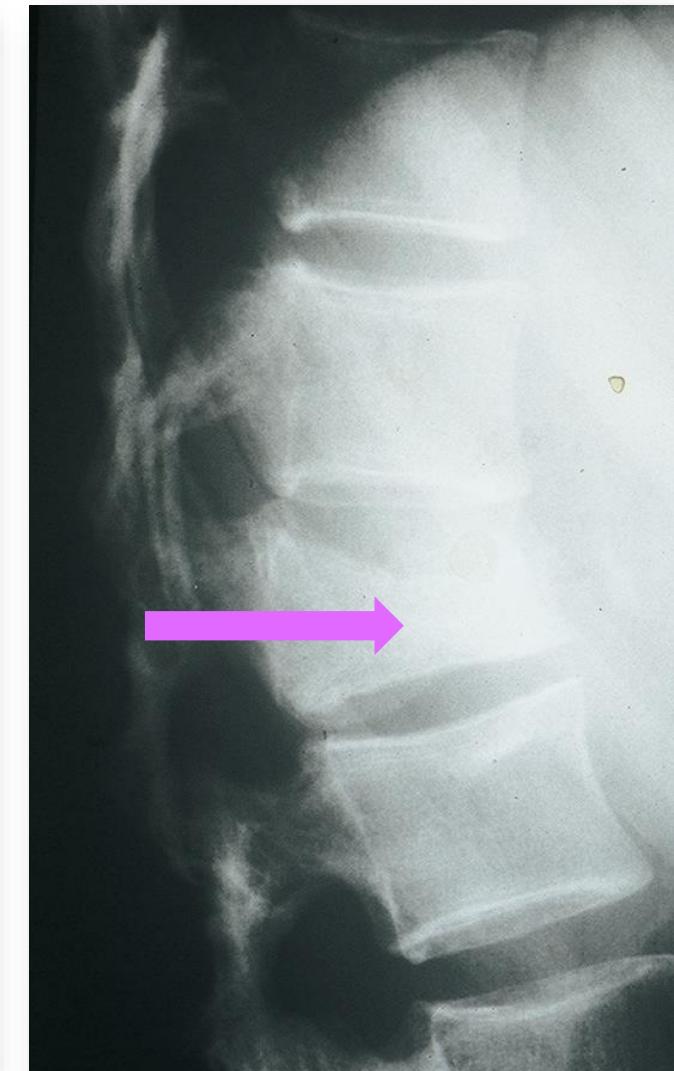
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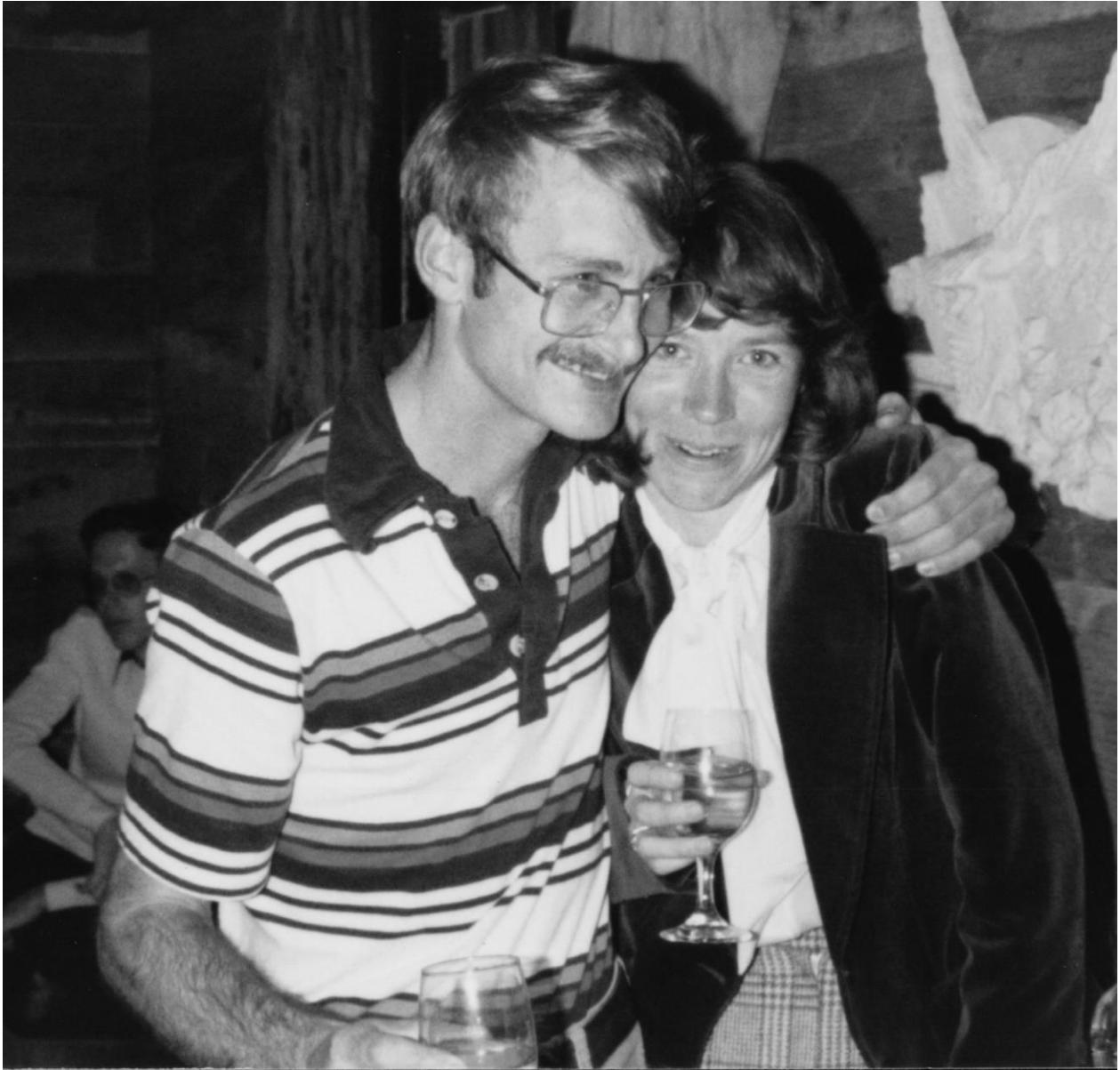
RT ARM
severed



LEG X-RAYS
debris in soft tissues



T-SPINE
compression fracture



COMMITMENT
To have and to hold...

ACCEPT

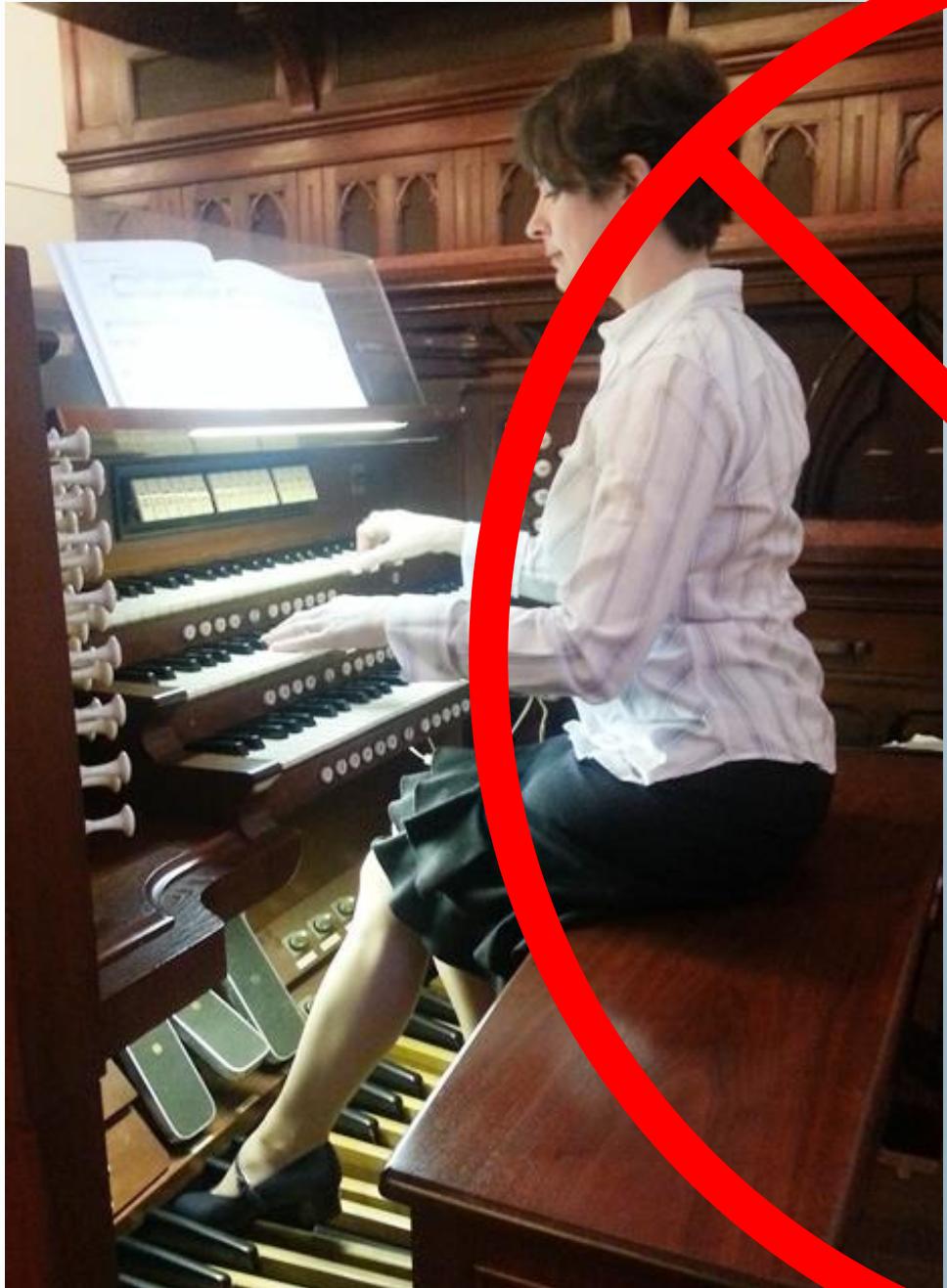




Healing Spirits

A color photograph of four people laughing together outdoors. In the foreground, a woman with dark curly hair, wearing a white lace-trimmed top, is seated in a chair, smiling broadly. Behind her stands a woman in a black and white polka-dot dress, also smiling. To the right, a man with a mustache and a woman with blonde hair wearing sunglasses on her head are laughing. They are all positioned in front of a building with trees and flowers in the background.

Laugh Anyway



Problems to solve:

① PLACE TO LIVE IN SAN DIEGO

② TRANSPORTATION

③ BATHING, TOILET

④ COMMUNICATION

⑤ KITCHEN

Personal

Rehabilitation

where
OT - household
PT

Prosthetic

Handwriting - 1st grade
~~Independence~~

Socially

Marital

Family

Psychological adjustment

Sports Activities

~~Occupational adjustments~~

Desirable goals - drive

Personal

Rehabilitation

where
OT - household
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Professional
Prostheisis
Handwriting - 1st grade
Independence

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Marital

Family

Psychological adjustment

Sports Activities

~~Occupational adjustments~~

Desirable goals - drive

MARITAL

Remember that even though I'm going to have lean on Dave, I don't allow myself to feel so indebted to him that it cripples our relationship. Verbal communication is going to be of extreme importance. Maintain our very different personalities.

SOCIALY

Maintain friendship with our close friends, not to close them out just because we think we're dealing with such a large task. Several of our friends will actually be very beneficial, especially in helping me to realize that I'm the same person. I'm sure there will be times I'll be so wrapped up in strengthening my muscles that I'll appreciate being reminded of who I am.

I would like to be able to resume our hobby of gourmet cooking & entertaining small groups of friends.

You can all allow a big favor
Salzburg Mozartdenkmal
W.A. Mozart (1756-1791)
Dedicated to the memory of
Salzburg, The Mozart-Monument
W. A. Mozart (1756-1791)



cjs

Bergwelt-Verlag C. Jurischek - Salzburg - Paris

London

- Straße 71 343

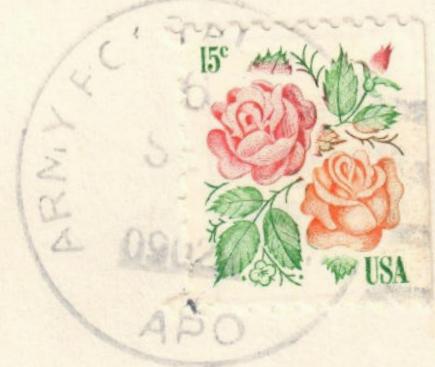
Lore Linke

Dear Rad Gang,
I couldn't have found
a prettier town to have
been incarcerated in.

They have let me look
at my X-rays before I
go to the operating room.
An excellent thing.

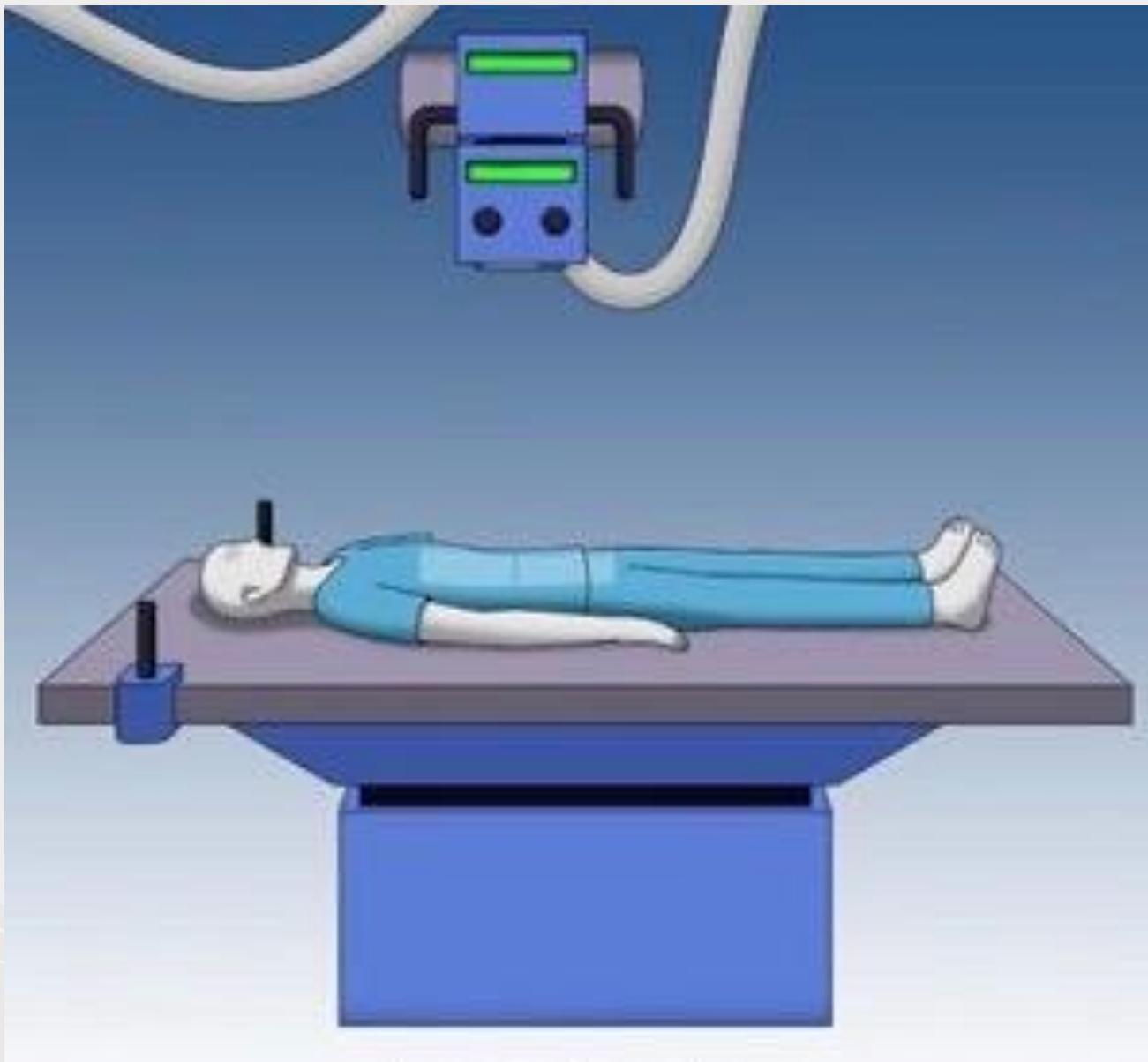
This is one of 6 hospitals
in Austria for trauma only.
We've had excellent care.

S 552 Nachdruck verboten



Radiology Dept
1720 Brooklyn Ave

Los Angeles, CA
90023











WITH A LITTLE HELP FROM MY FRIENDS



Bionic Woman's Team

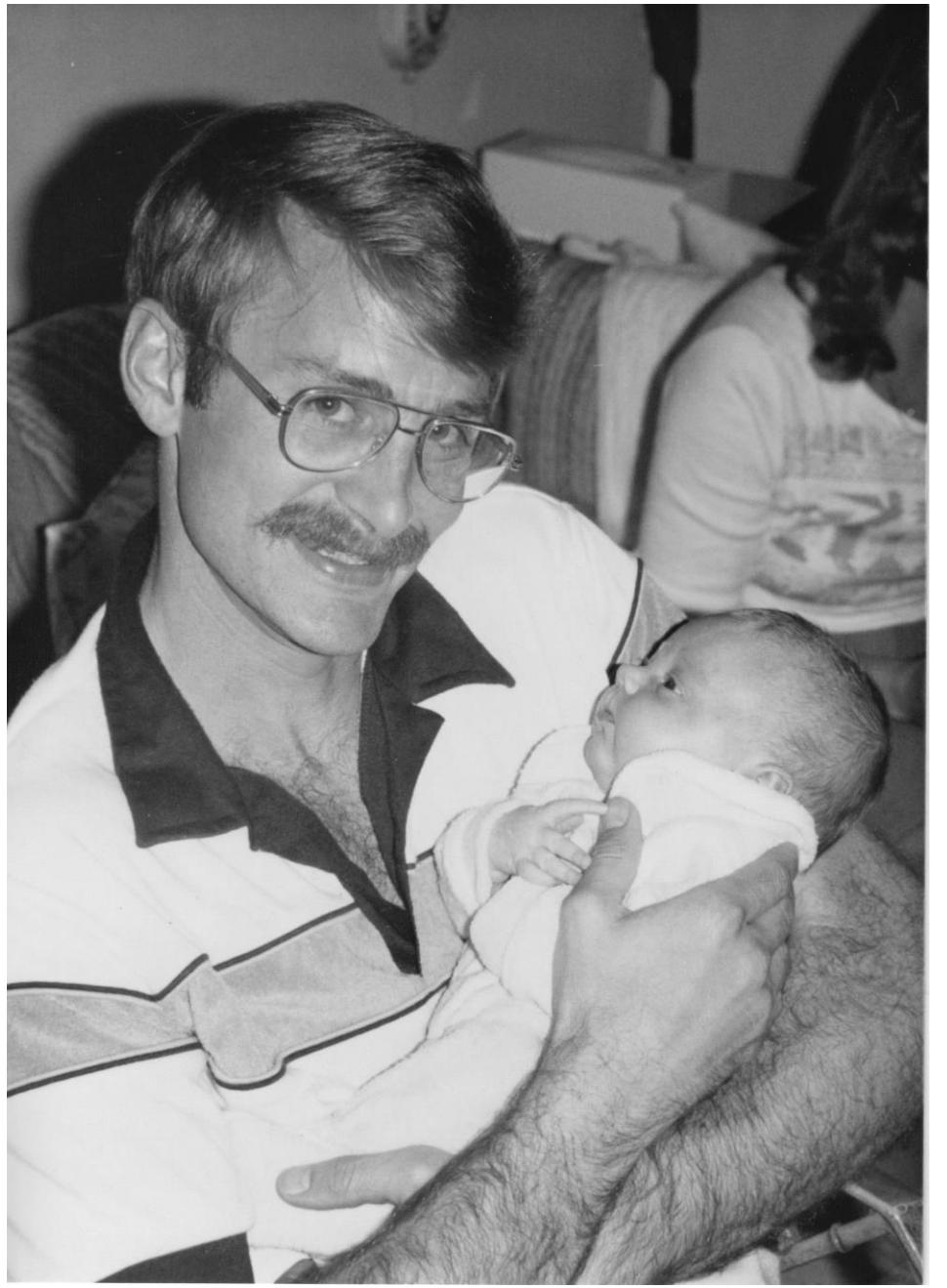
Zugspitze, Germany

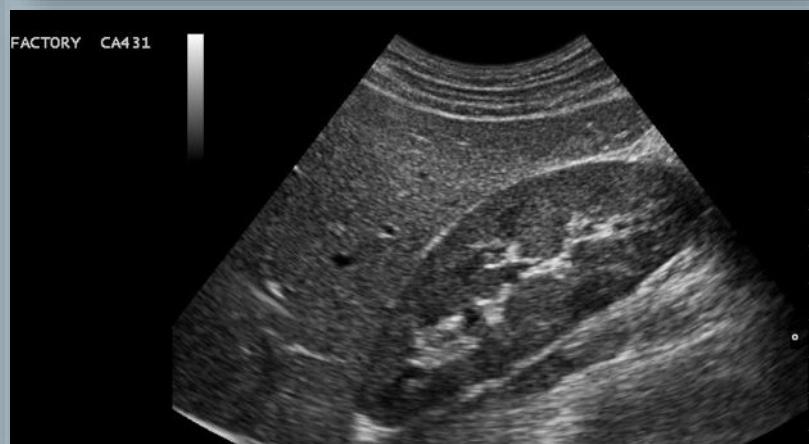


Oops...

How'd this happen?









Life's a beach





We-no-nah

Trout Tales





High-tech kitchen



Portage

bribe







The missing other half

A photograph of a man and a woman hiking in a mountainous landscape. The man, in the foreground, wears a dark cap and glasses, and holds a trekking pole. The woman, behind him, wears a purple jacket and also has a trekking pole. They are both smiling. In the background, the iconic granite dome of Half Dome is visible in Yosemite National Park. The sky is clear and blue.

INNOVATE

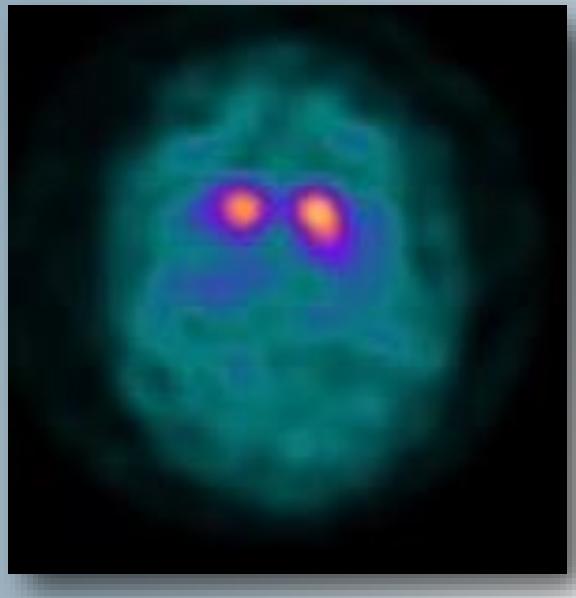




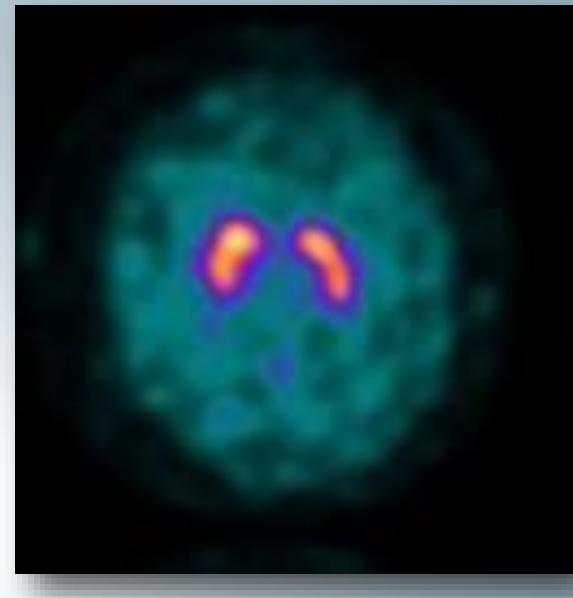








Me



Normal



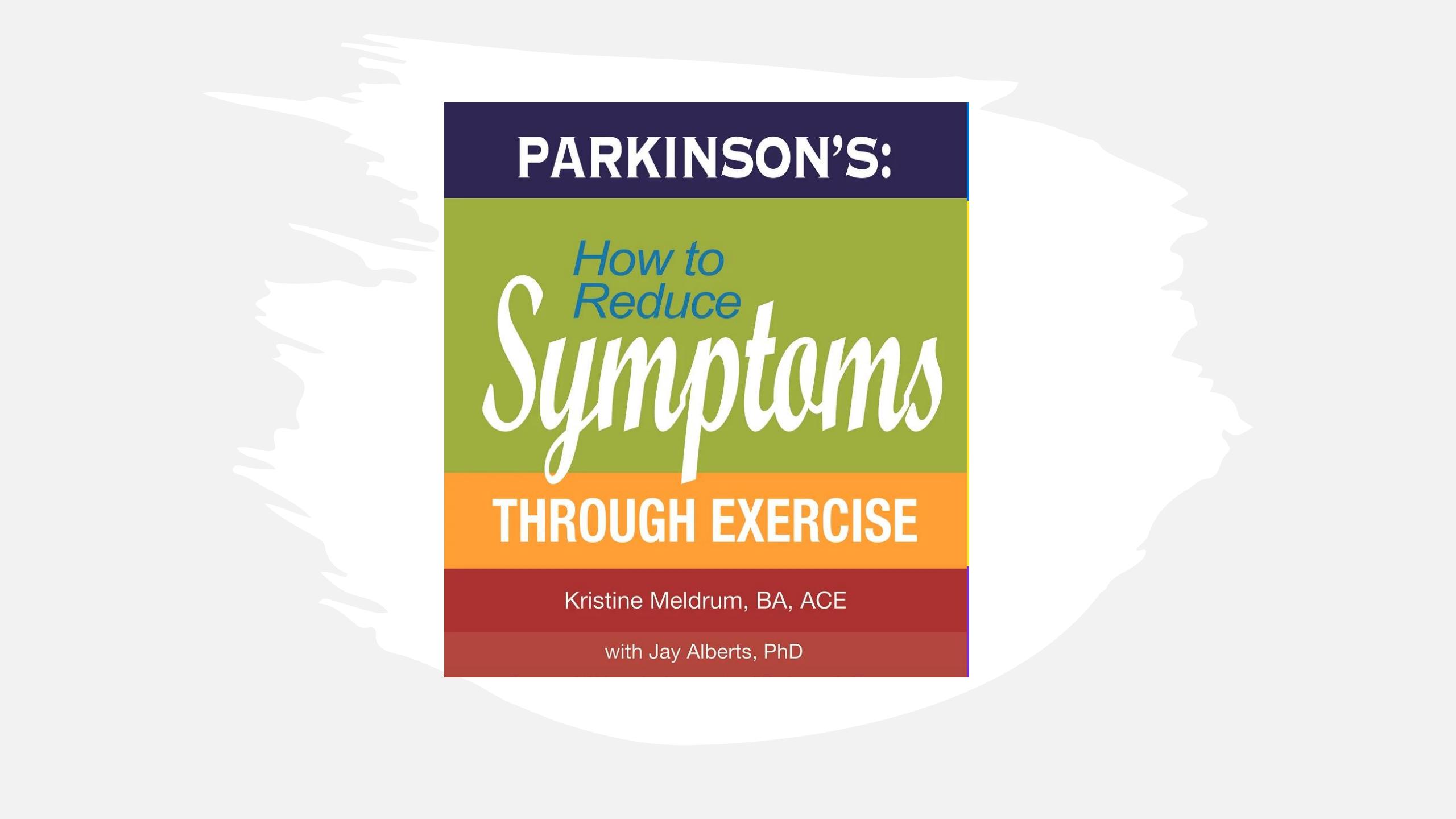


CHAIR CARDIO INTERVAL WORKOUT



*caroline jordan
fitness*





PARKINSON'S:

*How to
Reduce*
Symptoms

THROUGH EXERCISE

Kristine Meldrum, BA, ACE

with Jay Alberts, PhD



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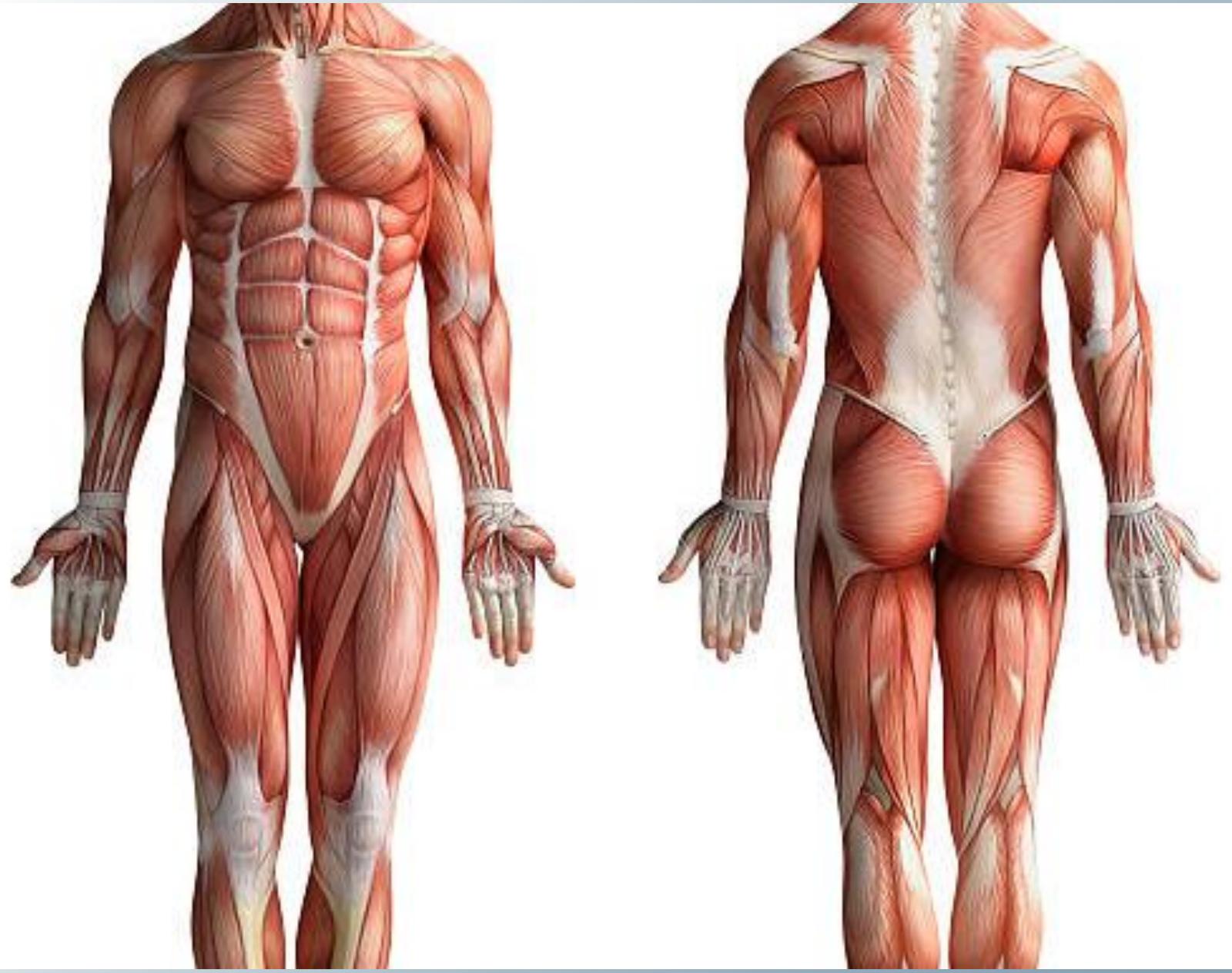
Try 7

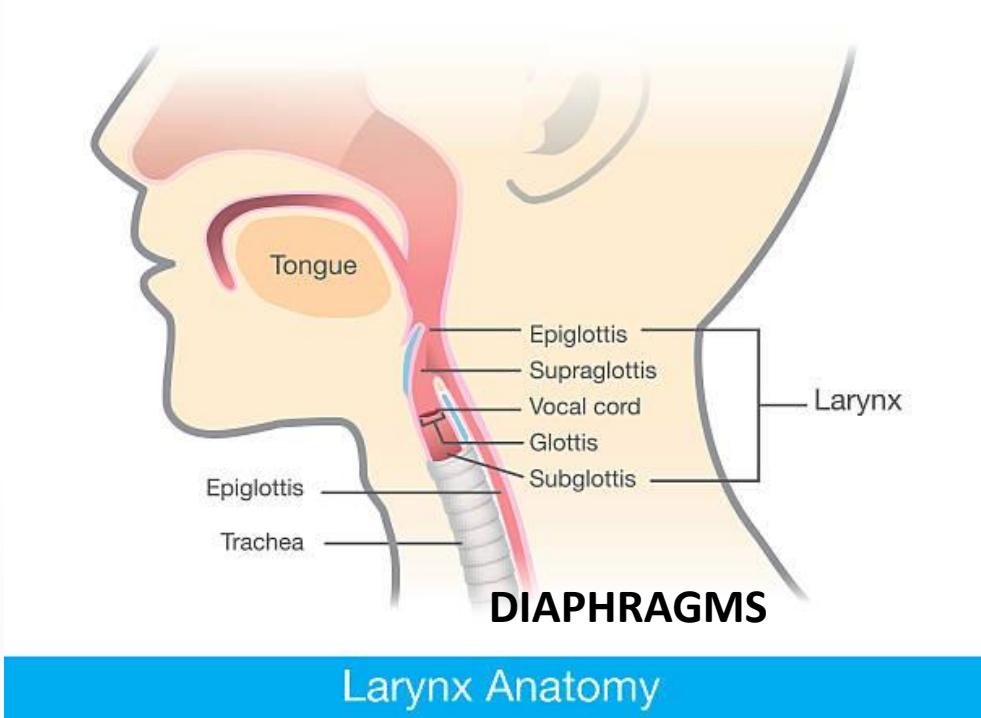
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LET'S KEEP MOVING!

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Yoga for 50+
Feel Better Today!

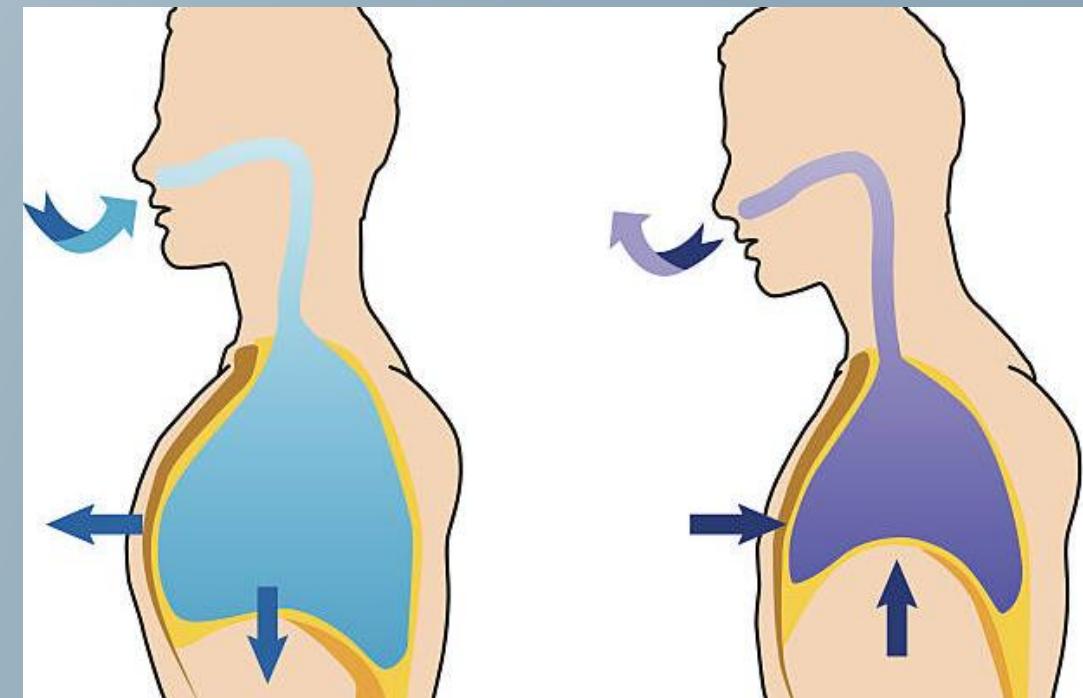






DIAPHRAGMS

VOCAL CORDS & SWALLOWING



A nonprofit
specializing in
speech therapy
for people with
Parkinson's



Parkinson Voice Project

12K followers • 275 following

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Professional Training Institute

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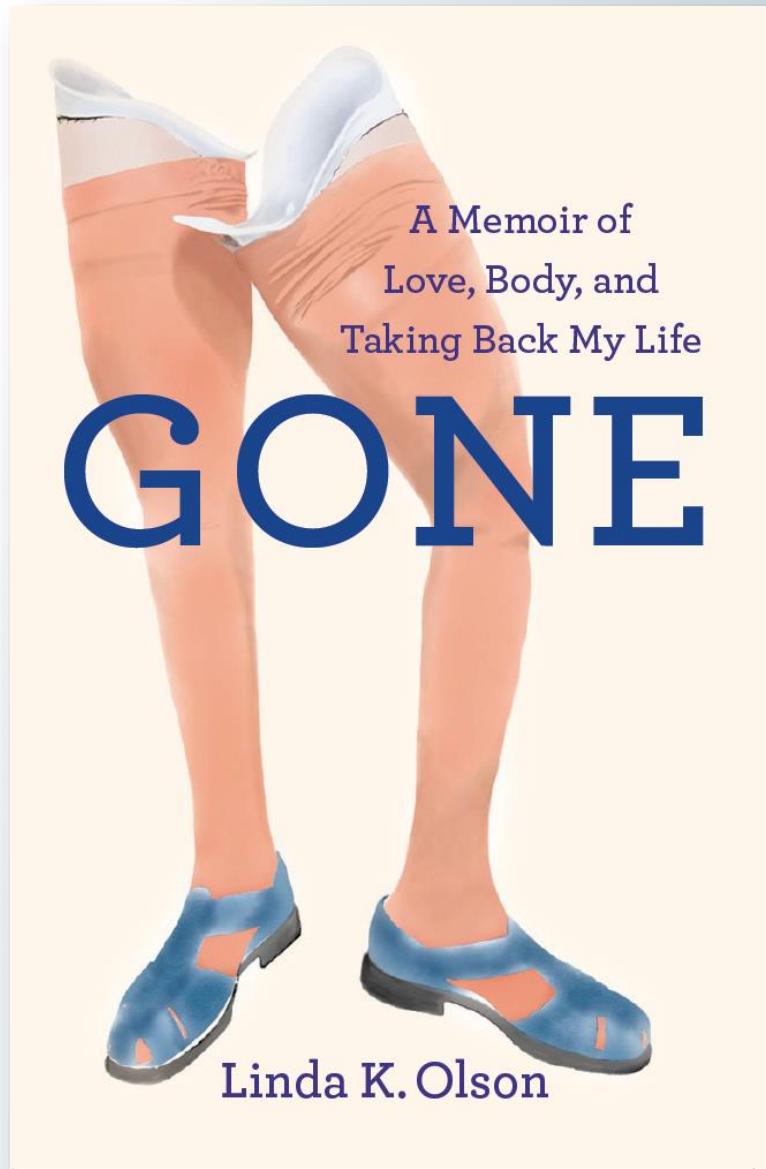
Center for Mindfulness





ACCEPT
ADAPT
INNOVATE





EXTRA SLIDES

CHAIR CARDIO

SWIM



BOXING



WALK



RUN



PILATES

SING



TAI CHI

DANCE



CYCLING



LSVT

YOGA





1



2



3



4



5



6



7



8