

Your Self-Care Guide



After Hip and Knee Surgery with Falls Prevention



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Tools You May Need



Zip Ties



Pill Organizer



Sock Aid



Shoe Horn



Sponge Stick



Night Light



Dressing Stick



Walker Bag



Whistle



Reacher

Nine Basics of Balance

All this talk about “safety” at home. To stop the talk—and stay independent—master the Basics of Balance:

① A Hazard-Free Home

② A Clear Head

③ Sharp Eyes

④ Keen Ears

⑤ Body Mass

⑥ Strong Muscles

⑦ Solid Bones

⑧ A Firm Step

⑨ Freedom Tools



The rest of this booklet shows how to train for each one of these, the nine **Basics of Balance**.

1 A Hazard-Free Home

To keep your independence, do the Home Safety Check.

When you live with a certain chair or rug every day, you don't notice how worn out it's getting or how "in the way" it really is. Be brutally honest, as if you were a stranger thinking about buying this home, seeing it for the first time.

Here are ideas others have found fixed their problems:

Floors

- Add nightlights on the way to the toilet.
- If you just can't part with a rug, use double-sided tape to stick all the edges to the floor.



Furniture

- Move furniture so you don't need extension cords.
- Use the twist ties in the kit to hold cords together.
- Add a firm cushion to soft chairs where you "sink in."



Kitchen

- Nail up a pegboard for utensils and pots—anything you use often.
- Put rubber mats by the sink and stove.



Lights

- Make clear paths to all light switches.
- Replace light switch panels with glow-in-the-dark ones.
- Store flashlights in easy-to-find places in case the power goes out.



Phones

- Get a desk phone with big numbers.
- Keep a cell phone in your pocket. Keep it charged up and ON.
- Or use Alert System.



Bedroom

- Add a light you can reach lying down.
- Keep a walking aid by the bed, even if you don't need it the rest of the day.
- Consider a bedside commode.



Home Safety Check: Where Do People Lose Their Balance?

Walk from room to room and ask yourself:

- Is there an open path to important places?
- Does everything work?
- Any clear hazards?
- Is it easy to do things in this room?
- Would some balance tools help?

If you see a problem, fix it now or write what you will do to fix it.

	Problem Spotted	How to Fix It

Bathroom

- One of the biggest hazards at home is hurrying to the bathroom --and then not making it in time. A wet floor is slippery.
- Talk to the doctor about pills to help.
- Try hiding a pad in your underwear. (Buying a box of OB menstrual pads looks like you're buying for a daughter or granddaughter.)



Stairs

- Put handrails on both sides.
- Use reflective or brightly colored tape on stairs.
- Install a light switch at both the top and bottom.



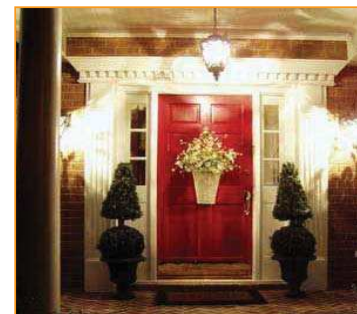
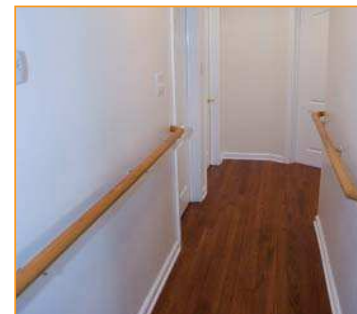
Hallways

- Screw metal handles into walls next to doorknobs. You'll have more leverage!
- Install handrails.



Outside

- Add handrails or posts along a pathways
- Add lights to doorways so there are no shadows



Other Ideas

- Consider an emergency response button on a chain.
- Bell the cat (or dog) so you can hear it coming.
- Replace the rubber on the bottom of old walking aids.



2 Clear Head

To keep your independence, clear your mind.

Do you ever get dizzy? Do you have mood swings? Are you sometimes forgetful, or do people say you are “touchy?” Is it sometimes hard to fall asleep?

Don't just chalk it up to “age.” Check out two other reasons: First, it might be blood pressure or blood sugar. When these go up, they can make you dizzy. Now more than ever, you want a clear head! Go back and get tighter control of blood pressure and sugar.

Next, it might be side effects from your medicines! Get tighter control like this:

1. Fill out the Medicine List on the Wallet Card in the Kit.
2. Take the list and the *Medicine Cross Check* to the doctor. See if you can cut down to just four medicines or fewer.
3. Ask if the medicines you'll still be taking ever make people dizzy--and what to do if the answer is yes.



4. Tell the doctor if you are taking things for health without prescriptions, like cold remedies, vitamin supplements or herbs. They might make side effects when they mix with medicines.
5. Ask the doctor or pharmacist:
 - If drinking alcohol affects any of your medicines
 - About medicines that don't work well together
 - Ask if there are any drinks or foods that don't get well with these medicines
6. When you get your final list, tuck it in your purse or wallet.
7. Update the list any time your prescriptions change.

3 Sharp Eyes

To keep your independence, feed your eyes.

Don't just let your eyes go! Eat the “magic eyes formula” on the *Feed Your Eyes* Poster in the Kit. Put the Poster in your kitchen to remind you every day.

You may want vitamins instead of some foods for the full Magic Eyes Formula. Careful: A “one-a-day” pill is not enough! Match the amount **on the pill bottle** you buy to the amount **that the Poster says you need.**

	Amount Per Serving	% Daily Value
Vitamin B12	6 mcg	100%
Biotin	30 mcg	10%
Pantothenic Acid	5 mg	50%
Calcium (elemental)	450 mg	45%
Iron	18 mg	100%
Magnesium	50 mg	13%
Zinc	15 mg	100%
Selenium	20 mcg	29%
Copper	2 mg	100%
Manganese	2 mg	100%
Chromium	120 mcg	100%

*Percent Daily Values are based on a 2,000 calorie diet.



Get your eyes checked once a year. Schedule the visit around your birthday to help remember.

- Ask the eye doctor for tips on steps and curbs.
- When you get those new glasses, wear them! Give old ones to the Lions Club.
- Clean the lenses every day.

If glasses aren't enough, ask about services in your town, like a Senior Shuttle Bus.

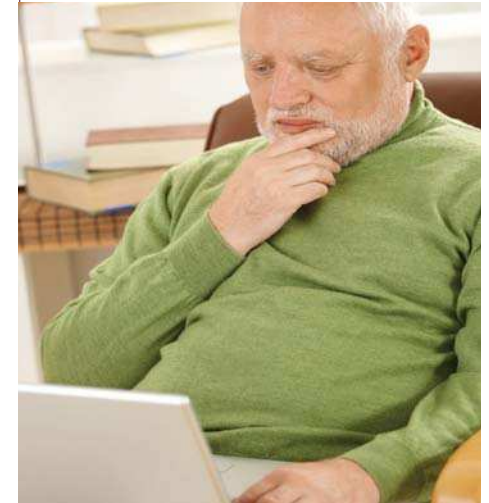


4 Keen Ears

To keep your independence, believe your ears.

Do you agree...

- People today mumble and whisper.
- There's no point in going out because it's too hard to hear what's going on.
- People make too much noise when I'm listening to the TV.
- Restaurants today are so loud you can't hear your own table.



If you agree with any of these, you might be curious to find out, privately, if you can hear all you should be able to hear.

On the Internet, go to www.freehearingtest.com. Follow the steps to listen to each sound.

If the on-line test doesn't come out as well as you'd like, ask the doctor to give you a hearing test in the office. *You might only need to have your ears cleaned out!*



5 Body Mass

If you're like most people, all your adult life you've tried to lose weight. Now the tide has turned: Don't let yourself get too thin!

To keep your independence—and keep the busybodies off your back—you have to eat.

If you live alone, it's tempting to eat nothing but cereal. But cereal is mostly *carbs*. That's not enough to build body mass.



It's *protein* that builds body mass and strength: **Beef, pork, chicken, turkey, fish, shellfish, cheese, yogurt and beans.**

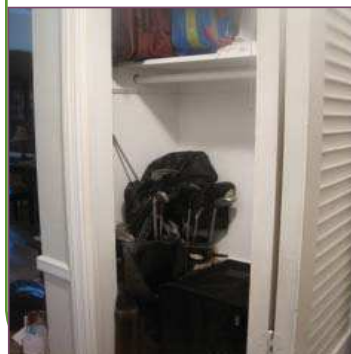
Yes, beans. But we're not talking *green* beans—beans that have protein are small and round: Soybeans, lentils, kidney beans, black beans, red beans, pigeon peas, Navy beans.

Plan at least one meal a day with a protein. You don't need much, really. One serving about the size of your palm is enough for anyone up to 250 pounds.



6 Strong Muscles

To keep your independence, surprise them all with how strong you are. *You'll never do that just sitting on the couch.*



Stand up!

A muscle gets stronger when you lift weight. A bone gets stronger when it lifts weight, too.

So stand up! Put some weight on those bones! When you brush your teeth or wash the dishes, put your full weight on one leg for a while and then the other.

Once you're standing, you can do three kinds of exercise:

Stretch

Warm up your muscles so you can make them stronger. Find a stretching class in your town--most any task is better when you can do it with someone. Or, ask the therapist how to use the stretch band.

Walk

Walking is the best exercise and also the simplest. See one good plan on the Poster, "Three Kinds of Exercise." Talk to your therapist about a plan that's right for you.

Lift

People probably want to help you, but assert your independence! Lift your own grocery bags, suitcases.

Even pushing furniture around puts good weight on your arm bones (as long as the weight is not *too* heavy).

To complete your exercise, lift weights. The Poster, "Three Kinds of Exercise" shows exercises to stretch and lift.

Ask your therapist:

- "What's the right way to do this exercise?" A small mistake in the way you hold your body or move your limbs can make things worse instead of better!
- "Should I avoid activities that make me twist or bend?" It may be that golf, sit-ups, and toe touches are off limits, at least for a while.

7 Solid Bones

Bones have got to be strong to stay independent. Some say, "You don't fall and break a bone, but instead your bone breaks and that's why you fall." Five Action Steps make bones strong:

1. Eat Enough Calcium

Aim for at least 1,200mg a day. Your body uses the calcium best if you give it about 500mg at a time. The *Feed Your Eyes and Bones* Poster shows how to get it right.

2. Get Enough Vitamin D

Calcium needs Vitamin D to reach your bones. You need at least 1000 IU every day. Some people need up to 2,000 a day—ask your doctor if you're one of them. Vitamin D comes from two sources:

Sunlight. Get outdoors before 10 in the morning or after 2 in the afternoon (not when the sun is right overhead). Early morning and late afternoon are perfect times for a walk. Make it at least five days a week.

Food. Vitamin D is in

- Oily fish like mackerel and salmon
- Margarine
- Egg yolks

If you're not getting enough from food and sunlight, then a bottle of Vitamin D3 is a good buy. Tell your doctor how much of these foods you eat. The doctor will tell you if that's enough!

3. Limit Salt

They've probably been telling you to cut out salt for your heart. Now you've got another reason: Salt sucks calcium out of your bones.

4. Limit Alcohol

One or two glasses of wine or beer a day may actually make bones stronger. But more than a glass or two weakens bones. Hard liquor weakens bones.

5. Quit Smoking

Yet another reason to stop smoking: Smoke is full of poison gas. It blocks calcium and oxygen from reaching the bones.



8 Firm Step



Balance is a skill all by itself. Tai Chi and Therapy are two kinds of Balance Training:

Tai Chi

These Chinese exercises teach you how to keep your balance as you lean and stretch in different directions. You may want to enroll in a class or buy a DVD.



Therapy

The Exercise Poster in this kit shows how to use the lifting exercises for balance training.

Your therapist will have more ideas.



Feet are the most important tools for balance. You give yourself a Balance Advantage by giving your feet the best support:

- Shoes and slippers with backs. Loose or worn-out footwear, bare feet and even stocking feet raise the risk of slip and trip.
- Laces or Velcro® give more support than slip-ons.
- Non-slip sock or shoes will let you take a firm step with more confidence.

Velcro® is a registered trademark of Velcro USA, Inc.



Feet change size and shape from morning to night. Shop for shoes in the evening when feet are usually a bit swollen. Feet change from year to year so let a salesperson measure your feet.

A woman who can't find shoes that are wide enough can try men's casual shoes. *Everything is "unisex" today!*

9 Freedom Tools

“Freedom Tools?” Yes, that name might make you roll your eyes. Maybe you’d rather laugh and call them “Geezer Gear.” Maybe you hate them.

But these gizmos will let you to keep on with a normal life. What some people do, instead, is hide, make excuses and sink into a more limited life. Listen to what people say who decided to use the “Freedom Tools.”

REACHER

“When my husband passed away, I got a little dog for company. I loved to play “Fetch” with him.

When it was too hard to pick up his toy, I thought I would give up the game. Now I use the reacher, and we keep on playing!”



SOCK AID

“All summer I told people I was ‘in style,’ not wearing socks. But then summer was over. I had a choice: I could stay indoors like a bear in a den, sleeping, all winter. Or I could use the sock aid.”



“It was a pain in the you-know-where to learn to use. But after a while, I got the hang of it. Now I go everywhere with warm feet.”

ELECTRICAL CORD TWIST TIES

“When you live someplace a long time, you don’t even notice, after a while, how things have gotten out of hand. It wasn’t until that nurse showed me, when she made me really look at them, that I even saw all the cords on the floor.



I used the twist ties two ways: First, to hold the cords together. Then to hold them behind the furniture.”

WHISTLE

“I love to garden. I live in a senior center now, so there aren’t very many places I can plant my own flowers. I have to walk a ways.

I hate the whistle. It makes me feel, I don’t know, somehow, less human. But it’s true I always forget to take my cell phone.

I fell behind a little hill. I couldn’t get up. A neighbor found me--now my wife insists on the whistle. So I think of myself as a referee, on the way to a game!



SHOE HORN

“What’s the big deal about using a shoe horn? I’m fine with it.

Just watch old movies with high class people-- even when they have butlers, they still all have shoe horns!”



DRESSING STICK

“This was the last thing I learned to use. It seemed so awkward.

Then it hit me: This is why so many women my age just wear muu-muus! They can’t get anything else on! I decided that’s not going to be me.”



SPONGE STICK

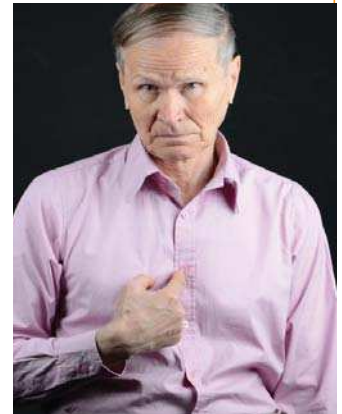
“The sponge was the first thing I adopted. I mean, it’s either *that* or *fooling myself* that a once-over only on the parts I can reach is clean enough.”



NIGHT LIGHT

“I live with my son and his family. I didn’t want to be a bother to them. But I would wake up my grandson when I went to the bathroom at night, bumping into things on the way.

Finally, he said to me, ‘Grampa, let’s plug in the night light. Then you won’t be a *Thing That Goes Bump in the Night!*’ ”



ANYTHING ELSE?

Your therapist may bring or tell you about other Freedom Tools you can use.

“I don’t really need it, but the walker does make me stand up straighter. And I find if I move a little faster, I keep my balance better.

I don’t like the way it makes me look, but hey:

Everything in life is a trade-off. To get something, you give up something. That’s just the way it is.”



After surgery, the Doctor will say not to bend your hips more than 45° like you usually do. How can you keep things in reach?

First, wear clothes with elastic waists.

You'll be getting dressed and undressed in stages. Elastic holds the clothes in place between stages. And remember that raised toilet seat: When you pull your pants down, elastic holds them around your knees. Without elastic, they fall to the floor. Then what?



Second, these tools may be helpful.

You'll be able to:

- Dress and undress
- Keep clean
- Carry things
- Get around at night
- Call for help



To take PJs, Pants or Skirts OFF



1 Stand near the bed and drop them to the floor.



2 Sit on the bed. With a **Reacher**, push off one leg, then the other.



3 Pick them up with the **Reacher**.

To take Socks OFF



1 Hook a **Reacher** in the top of the sock.



2 Push the sock down and over your heel.



3 Pinch between your toes and lift off the sock.

To Put PJs, Pants or Skirts ON



1 Grab the waist band with a **Reacher**.



2 Put one leg through the waist into the leg hole, then the other.



3 Pull up with the **Reacher**. Grab with your hands to finish.

To Put Socks ON



1 Scrunch a sock but leave 2 inches of toe. Tuck the smooth side of a **Sock Aid** under your chin, straps up.



2 Roll the two bottom edges together and push them into the sock.



3 Push the **Sock Aid** in only as far as the scrunches, not all the way to the toe. *All the way makes the sock too tight when you finish.*



4 Grab a strap in each hand. Stick your foot in the **Sock Aid** like a shoe.



5 Pull the straps. Wrap them around your hands as you pull up.



6 Let one strap go. Pull the other strap to bring the **Sock Aid** back up on the bed.

* Brand names are the property of their respective owners.

To Put Shoes ON



1 Slide half your foot into the shoe.



2 Put a **Shoe Horn** into the shoe behind your heel.



3 Push your foot the rest of the way in. Pull the **Horn** out.

To Put Sweaters, Jackets, etc. ON



1 Use the big end of a **Dressing Stick** to catch and pull whatever you need to.



2 Use the small end to hook a zipper. If the hole is too small, add a key ring.



3 Pull the **Dressing Stick** to close the zipper.

To Keep Clean

Dip a **Sponge Stick** in soapy water and scrub yourself everywhere.



To Carry Things Around



1 Drape a **Walker Bag** over the bar.



2 Attach it to the bar.



3 Load up the bag! Cell phone, mad money, glasses and a **Reacher**.

To See Where You're Going at Night



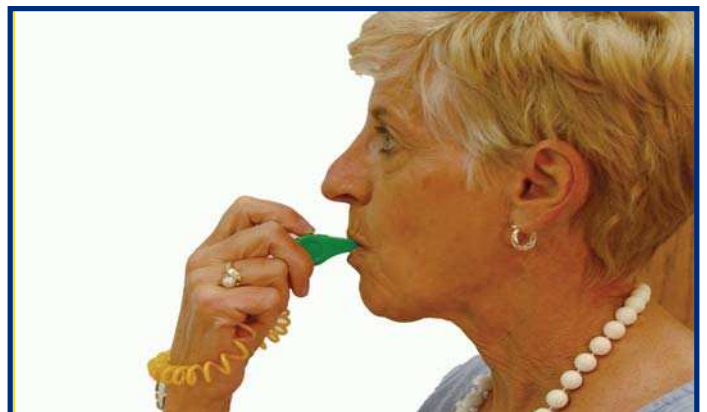
1 Decide where you might be walking at night. Find an electrical outlet. Plug in a night light. Clear away any curtains, furniture or clutter that could trip you.



2 If the outlet is down by the floor, keep your leg straight, like the doctor told you--if it seems too hard, ask for help!

To Call for Help

A **Whistle** around your neck or on your wrist could be a lifesaver.



Medicine Cross Checklist

The Danger of Dizziness

No surprise here: **Feeling dizzy makes it harder to stay steady on your feet.**

If you feel dizzy, you might need tighter control of your blood pressure or blood sugar. Or you have an ear infection. Or alcohol affects you more than it used to--especially when it mixes with your medicine. **OR...**

Maybe medicine itself is making you dizzy. *But if you just stop taking pills on your own, you could feel a lot worse--or your health could slip out of control.*

You and your doctor, together, can try different ways to get rid of the dizziness:

- **Fewer Pills** If you take more than 4 medicines, ask the doctor if you could stop taking any of them.
- **Doubtful Pills** Are you taking any pills on this list? These are the ones most likely to start new side effects, like dizziness, as you age. Ask your doctor if they still work for you?



GENERIC NAMES	BRAND NAMES
glyburide	Diabeta*
	Micronase*
cyclobenzaprine	Flexaril*
	Amrix*
	Fexmid*
zolpidem	Ambien*
eszopiclone	Lunesta*
zaleplon	Sonata*
nitrofurantoin	Furadantin*
	Macrochantin*
	Macrobid*
estrogen	(pill or patch only)



- **Dizzy Pills** Bring all your medicine bottles to the table. On the other side of this page, you'll see a list of drug names. Are any of your drugs on this list? These are the ones most likely to make a person dizzy. Talk over whether you could stop taking any of them.

*Trademarks are the property of their respective owners.

Drugs to decide if you still need:

BRAND NAMES			Over-the-Counter
Ambien CR*	Klonopin*	Requip*	Allegra*
Amytal*	Klonopin*	Restoril*	Benadryl*
Atacand*	Lanoxin*	Restoril*	Chlor-Trimeton*
Ativan*	Lasix*	Risperdal*	Claritin*
Avalide*	Lexapro*	Rozerem*	Mepyramine*
Avapro*	Librium*	Serentil*	Vistaril*
Brevital*	Lipitor*	Seroquel*	Zyrtec*
Celexa*	Lovenox*	Sonata*	Add here anything else you take for your health: vitamins, teas, herbs
Clopixol*	Lunesta*	Stelazine*	
Clozaril*	Luvox*	Thorazine*	
Compazine*	Mebaral*	Trilafon*	
Cozaar*	Mellaril*	Valium*	
Crestor*	Minizide*	Vesparax*	
Dalmane*	Mirapex*	Vytorin*	
Dalmane*	Navane*	Xanax*	
Desyrel*	Niravam*	Zoloft*	
Diastat*	Paxil*	Zyprexa*	
Diovan*	Phenergan*		
Elavil*	Plavix*		
Fiorinal,Fioricet*	Priligy*		
Geodon*	Prolixin*		
Halcion*	Prosom*		
Halcion*	Prozac*		
Haldol*			
Hydrodiuril*			

GENERIC NAMES			Over-the-Counter
alprazolam	fluphenazine	quetiapine	cetirizine
alprazolam	flurazepam	ramelteon	chlorpheniramine maleate
amitriptylline	flurazepam	risperidone	diphenhydramine
amobarbital	fluvoxamine	ropinirole	fexofenadine
atorvastatin	furosemide	rosuvastatin	hydroxyzine
brallobartial	haloperidol	sertraline	loratadine
butalbital	hydrochlorothiazide	temazepam	pyrilamine
candesartan	ilrbesartan	temazepam	
chlordiazepoxide	ilrbesartan	thioridazine	
chlorpromazine	lorazepam	thiothixene	
citalopram	losartan	trazodone	
clonazepam	mephobarbital	triazolam	
clonazepam	mesoridazine	triazolam	
clopidogrel	methohexital	trifluoperazine	
clozapine	olanzapine	valsartan	
dapoxetine	paroxetine	zaleplon	
diazepam	perphenazine	ziprasidone	
digoxin	pramipexole	zolpidem	
enoxaparin	prazosin	zuclopenthixol	
escitalopram	prochlorperazine		
estazolam	promethazine		
eszopiclone			
ezetimibe/simvastatin			
fluoxetine			

*Trademarks are the property of their respective owners.



CUT ON DOTTED LINE

What You Need in an Emergency



CUT ON DOTTED LINE

CUT ON DOTTED LINE

Emergency Contacts

Meds List

Dose

When

Name

Number _____

Doctor

Specialty

Number _____

Doctor

Specialty

Number _____

Doctor

Specialty

Number _____

FOLD HERE



CUT ON DOTTED LINE

CUT ON DOTTED LINE

Emergency Card

If I can't tell you what's wrong,

Please call **911** or

my emergency number.

____ - ____ - _____



Allergies: _____

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CUT ON DOTTED LINE

Home Safety Check: *Where Do People Lose Their Balance?*

Walk from room to room and ask yourself:

- *Is there an open path to important places?*
- *Does everything work?*
- *Any clear hazards?*
- *Is it easy to do things in this room?*
- *Would some balance tools help?*

If you see a problem, fix it now or write what you will do to fix it.

<i>Problem Spotted</i>	<i>How to Fix It</i>

To look for in Living Areas

<i>Problem Spotted</i>	<i>How to Fix It</i>

Open Paths: Rugs, cords, clutter, furniture...
Everything Works: Smoke alarms, CO detector
Clear Hazards: Broken chairs, space heaters
Is it easy to: Stand up from the TV chair?
Balance Tools: More light, extra phone

To look for in Sleeping Areas

<i>Problem Spotted</i>	<i>How to Fix It</i>

Open Paths: Rugs, cords, clutter, laundry...
Everything Works: Drawers slide easily
Clear Hazards: Smoking in bed, worn stairs
Is it easy to: Climb stairs, reach in closets
Balance Tools: Escape route, phone, bed rail

To look for in the Kitchen

<i>Problem Spotted</i>	<i>How to Fix It</i>

Open Paths: Rugs, cords, clutter, puddles...
Everything Works: Fire extinguisher
Clear Hazards: Cloth near burners
Is it easy to: Open cans, turn faucets
Balance Tools: Heavy things on lower shelves

To look for in the Bathroom

<i>Problem Spotted</i>	<i>How to Fix It</i>

Open Paths: Cords, clutter, puddles...
Everything Works: Plumbing
Clear Hazards: Rug without rubber back
Is it easy to: Get in and out of tub or shower
Balance Tools: Grab bars, raised toilet seat

To look for Outside

<i>Problem Spotted</i>	<i>How to Fix It</i>

Open Paths: Overgrown bushes, clutter...
Everything Works: Lights, doorbell, locks...
Clear Hazards: Broken sidewalk, slippery steps
Is it easy to: Bring in mail/paper, move garbage
Balance Tools: Railings on steps, cane by the door

Kitchen Cabinet Food Guide

Feed Your Eyes

You have the best chance of keeping your vision if you have **Vitamins A, E, C** plus **zinc** and **copper** every day. Here's how:

Vitamin A Beta Carotene 15 mg

Eat one of these:

- Carrot
- Sweet Potato
- Slice of Cantaloupe



-AND-

Vitamin E 400 iu

Eat one of these:

- Almonds, 2 1/2 ounces
- Sunflower seeds, 3 ounces
- Hazelnuts, 4 ounces



-AND-

Vitamin C 500 mg

Eat 7 oranges

-OR-

Take a Vitamin C tablet



-AND-

Zinc 80 mg

Eat 4 ounces of oysters

-OR-

Take 50 mg and 30 mg size zinc tablets. (50+30 makes 80)



-AND-

Copper 2 mg

Eat 9 ounces of crab

-OR-

Take a copper tablet



Feed Your Bones

You have the best chance of keeping your bones strong if you have **calcium** and **Vitamin D** every day. Here's how:

Calcium 1200 iu Vitamin D 800 iu

Drink 4 cups of milk:



A glass of milk with each meal and one before bed can seem like too much. **Instead of any one of those cups of milk,** you could have:

- 1 cup yogurt



-OR-

- 1/4 cup cheddar or mozzarella cheese



-OR-

- 1 1/2 cups orange juice



-OR-

- 1 cup salmon, pudding, spinach, or frozen yogurt



-OR-

- 3 cups kale



-OR-

- 1 1/2 cups turnip greens or ice cream



Keep this poster handy to make shopping lists.

Of course you won't, but just in case...

What to Do If You Fall

Check if anything hurts. Ignore anyone saying, "Are you OK?" until you are sure.



If someone comes to help, their first impulse will be to pull you up. Tell them, "No, I'll do it myself."

Read the *Help* side of the Magnet Board now so you know what to tell them they can do.

If you do fall, swallow your pride and tell the doctor—there could be something hurt inside even if you feel OK.



If Something Hurts

Don't try to get up.
You could make it worse.

If you are alone, try to attract attention. Is there something to bang on? Keep up the noise as long as you can: People take a long time to decide to check a noise. If help comes, have them call 911—don't let them pull you up!

Call 911 if you can reach a phone.

While you wait, get comfortable. Cover yourself with whatever you can reach, like a tablecloth or a rug, to keep warm.

Squeeze arm and leg muscles to keep blood flowing. Don't worry if you wet yourself. Just roll away from the damp spot.



If Nothing Hurts

Get up. Study the Seven Steps right now, before anything happens. They may surprise you! Put the Magnet Board up to remind you of the steps and show any helper what to do.

- 1** Roll on your side
- 2** Roll to your hands and knees
- 3** Crawl to a chair with arms.
- 4** Put your elbows on the seat.
- 5** Bring one foot up, foot flat on the floor.
- 6** Bring the other foot up.
- 7** Move two hands to one chair arm; turn and sit.



Three Kinds of Exercise



1. Stretch before and after other kinds of exercise for 5 minutes, or whenever you're tense
2. Stride five times a week, for 30 minutes
3. Strengthen two times a week for 30 minutes

Pick a regular time to exercise every day. Hang this Poster to see good form for Stretch and Strengthen.

5 minutes Stretch
 30 minutes Stride or Strengthen
 5 minutes Stretch
40 Minutes Total, every day

Check with your doctor before you start an exercise program.

2. Stride

For 30 minutes, get out and move: dance, cycle, play a sport or go walking.

If you're like most people, you haven't walked much lately. Use this chart to get started again. Walk 7 minutes out and 7 back.

If you can't do 7 at first, use this Walking Plan chart:



Walking Plan

Week	Walk Slow	Walk Fast	Turn Back	Walk Fast	Walk Slow	Total Time
1	1 minute	1 minute		1 minute	1 minute	4 minutes
2	1	2		2	1	6 minutes
3	2	2		2	2	8 minutes
4	2	3		3	2	10 minutes
5	3	3		3	3	12 minutes
6	3	4		4	3	14 minutes

When you hit 14 minutes total, add another minute each day or so. You should feel a little winded, but not out of breath. Soon you'll be up to 15 minutes out and 15 back, your full 30 minutes.

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1. Stretch Before and After

Neck

Sit up straight with your arms at your side. Shake them down and let your shoulders drop. Look as far as you can over your left shoulder. Look as far as you can over your right shoulder. Look forward. Slowly let your head fall to the left. Slowly let your head fall to the right. Press your shoulders back. Tilt your chin to your chest.



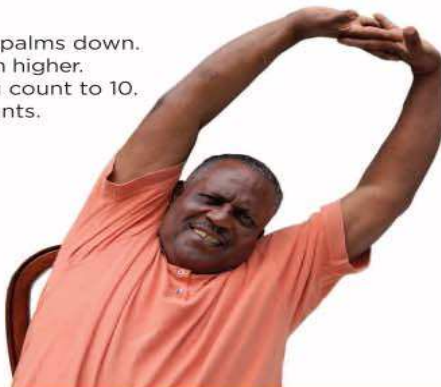
Shoulders

Lift your shoulders up and drop them down. Roll your arms and shoulders back, chest out, palms facing forward. Roll to shoulders forward —palms back. Let your chest sink in.



Arms

Lace your fingers. Reach to the ceiling, palms down. Turn palms up. Reach higher. Lean right while you count to 10. Lean left for ten counts.



Legs

Lift your legs, ankles touching. Point your toes backward and hold for 5 seconds.



Lift one leg straight. Circle to the right with your foot. Then to the left. Put your leg down. Repeat with the other.



Breathe while you stretch. **Resist** the impulse to hold your breath.

For all the standing exercises, place each foot directly under a shoulder. Whether standing or sitting, keep your back straight.

Repeat each exercise so that each arm or leg moves at least 10 times but no more than 15 times.

3. Strengthen

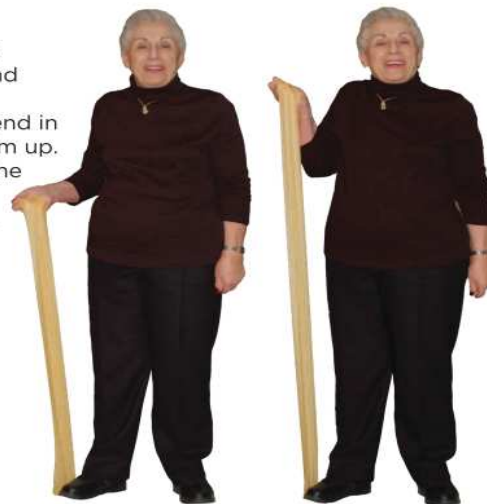
Strong Hips

Lift one leg to the side, as far as you can. Hold your foot like you're trying to touch the ceiling with your heel (keep the toes forward). Repeat with the other leg.



Strong Arms

Stand on one end of the band. Hold the other end in your hand, palm up. Lift the end of the band toward your shoulder, as far as you can go.



Strong Upper Legs and Balance

Lift one knee up as far as you can. Point your toes up so your foot is flat. Repeat with the other knee.



Strong Lower Legs and Balance

Go up on your toes, as high as you can. Lift your hands off the chair back. How long can you stay up?



Strong Arms and Legs Together

Sit with the band under one foot. Lift your foot and stretch out your leg. Pull the band back toward your shoulder, as far as you can go.



The TEST

Without using your hands, stand up. How many times can you do it in 30 seconds? The goal is at least ten times.



Practice all these exercises until you can do it!
You can find many, many other exercises to make your arms and legs strong on line, in books and magazines and from your own therapist.