

You can't pull the main switch for a month or two and then start up again. The human body must function at least in low gear to stay in good condition.



Muscles, particularly, depend on use to **REMAIN HEALTHY**. Use develops them. . .

...and with disuse they soften and shrivel up. Joints also, even uninjured ones, become stiff if they aren't moved.



Wounds in healing contract or shorten so that fingers, knees, elbows, and all other joints become bent. . . .



Now, broken bones have to be **SPLINTED** in order to knit together.



Therefore. . if you just lie in bed and vegetate until your injuries are healed, you will have stiffened and bent-up joints which your disused muscles won't be able to straighten out again. The only way to keep your joints and muscles supple is to never let them get stiff.



This means that for a while the adjacent joints will not move. We don't like this, but we can't avoid it. However, we'll tie up those joints for the shortest possible time consistent with healing. We'll watch the fracture with X-rays (and otherwise) and remove the splints as soon as we can.

