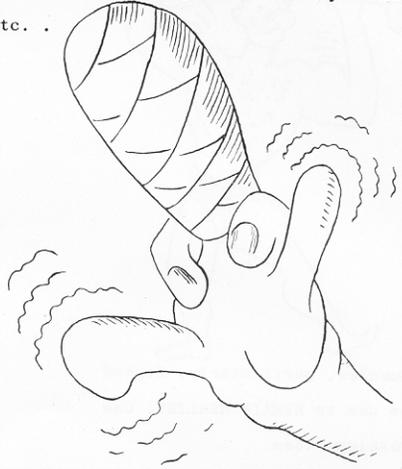


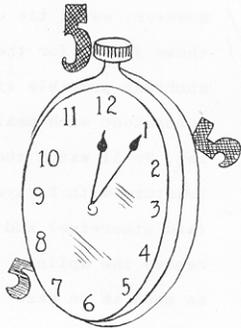
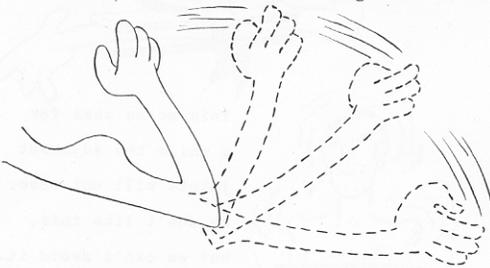


During this period you can still keep the muscles strong by "SETTING" them even though they don't actually move the joints. The ward personnel will show you how to do this.

All joints that are not tied up must be kept moving. Move everything that isn't tied down. This means that if your wrist is in a splint, keep on moving your fingers and elbow and shoulder. If your middle finger is tied up, move your thumb and your other fingers. . . and your wrist, etc. .



. and move them not just a LITTLE WIGGLE, but over the full range of motion.



Five minutes out of every hour throughout the day must be spent in setting muscles and in exercising joints.

Then when a joint is removed from fixation you are going to have to limber it up. Don't be discouraged when you find out that it won't move at first, and don't try to do it all the first day.