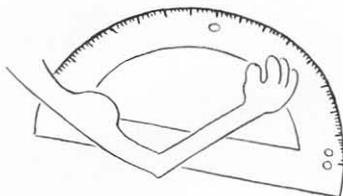


It takes days,
weeks, and
sometimes months,
to get full motion
. . . but this
is done by con-
stantly, hour by

hour, gaining a fraction of a degree at
a time which adds up to a full
range of motion.



Everyone on the surgical
service from the tech-
nician on the ward to the
Chief of Surgery on rounds
will be constantly urging
you to move those joints. . . .



Don't say. . . .
"I can't...IT HURTS
ME..." They know
that. If you do it

gradually, but constantly, it won't hurt very
much and even if it does, it has to
be done. The more you postpone it the harder
it will be to do.

The test of a good result
is whether you are in
BETTER shape when you are dis-
charged from the hospital than
you were before you got hurt.

We want good results
as much as you do
and we'll help you all
we can, but there are
some things that only
YOU can do, so . . .

Keeep 'em moving and
we'll all be happy.

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