

## Footloose and Fancy Free

Contributed by Administrator  
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A note from Sam & Ashley:

Sam has been home for a month now and continues to work hard in Physical Therapy several times a week. He remains focused and driven to succeed at recovery. While talking to his good friend, Sarah, the other day on the phone (via his nifty bluetooth headset--thanks Mike) she commented on how nice it is that he can spend so much time at home with Ashley and Benjamin. Sam replied, "Whatever! Just because I'm paralyzed doesn't mean I'm gonna sit around on my butt the rest of my life!" Upon further reflection, he added, "Ok, so maybe I am gonna sit on my butt for a while, but I'm not gonna sit around the house; that butt's going places!"

From Ashley:

We love having Sam home. He makes Benjamin laugh. He teases Whitney relentlessly (Whitney is my little sister who is helping us out this summer). Last, but not least, he makes us all stronger. Literally. We're getting some great biceps and quads.

Whitney and I did a car transfer ourselves last week--for the first time--without the help of any big strong men. One day one of our aides didn't come to take Sam to therapy so Whitney took matters into her own hands. When the aide arrived a few hours later and inquired about how she was able to transfer Sam, Whitney said, flexing her biceps "I got him with these big guns." (For those of you who don't know Whitney, she's about 5'4".)

Sam is getting stronger, too. One month ago, he couldn't set the right brake on his wheelchair. Now he can put the brake on and take it off with ease. He also figured out how to open the fridge using a towel, his teeth, and a little creativity. In therapy he's working on the preliminary skill set required for rolling over and transferring himself. Sam is in a tight race with Benjamin to see who can roll over first. As of now, Benjamin seems to have a slight advantage, although Sam's motivation is clearly higher. Whenever Benjamin gets frustrated on his tummy he just sucks on his hand. Silly boy.