

April 7, 1977

Dear Uncle Cec and Aunt Alma,

That was a pleasant surprise to receive your phone call. Was sorry to hear Cec was still having a "stiff upper neck." I guess you can't do much with the collar but keep it stiff though.

They tell me I'm doing well but everything comes so slow. It takes so long to do anything. Comparing it to no movement, everything I do is improvement. Yesterday I tried to type write. Man, that's terrific with your fingers between the keys — you especially spell some strange words that way. At least, that's a new exercise now.

My Occupational Therapist is a young guy who had to go into the Army before he finished college so we swap those overseas stories and see who can lie the best. He's really terrific though. He designs braces and splints for his patients as to their needs. He just returned from a meeting in Plika and he presented some equipment they will be using all over the country. I'm really sold on Therapy as they control muscle return and you don't have a strong muscle overpowering the weaker ones until they respond. I'm wearing a "dorsi assist support" a few hours a day now he designed that fits around my leg just under the knee. It has two rubber hoses from it that connects to a strap that fits around my foot just behind the toes and keeps the point of my shoe up so it doesn't dig into