

6 TIPS TO PREVENT SUMMER SLIPPAGE

1

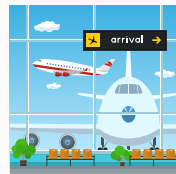
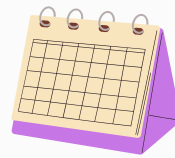
NOMINATE SOMEONE
TO BE YOUR
THERAPY BUDDY



2
STAY IN CONTACT
WITH YOUR
HEALTHCARE TEAM

3

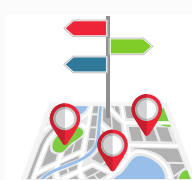
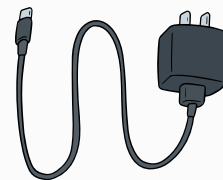
MAKE A REGULAR
REHABILITATION
SCHEDULE



4
DO CONSTANT THERAPY
DURING DOWNTIME

5

MAKE A PACKING LIST
WITH THERAPY
MUST-HAVES



6
INTEGRATE
THERAPY SKILLS INTO
SUMMER ACTIVITIES