

UP FOR THE CHALLENGE

THE MIKE LAMB STORY



Name: Mike Lamb

Primary Diagnosis: SCI T11-12

Date of Onset: March 2004

Residence: Yreka, California

Height: 5'8"

Stander: EasyStand Evolv – Basic unit

Standing Since: March 2006

Mike Lamb, 43, has always been an active individual, and an accident while doing a good deed (cutting his neighbor's tree) has not stopped him. He finds himself doing things he would have never imagined after he was injured. He looks back, "When I was first in ICU, I remember thinking that I would be spending the rest of my life in the nursing home. Now I just adapt. I enjoy the challenge. I still garden, but now I take my electric 4-wheeler up the steep property instead of walking." He remembers, "I was lucky to have friends who showed me how independent I could be. Watching the 'Life After SCI' video was also very encouraging. I have passed several of the videos on to my friends, too." Mike was first introduced to standing when he was in rehab in 2004, but he did not get a stander at that time. Thinking back, he remembers, "My only regret is not starting a standing program a long time ago. I know it is good for me, that's common sense, because of the stretch and reducing pressures sores." When Mike called AMI customer service and learned that he could buy a new EasyStand Evolv for a few hundred dollars more than a used EasyStand 5000 for sale by a private party, he jumped at the chance to have a new Evolv.



“Last night I stood while talking to my wife before we went to bed. It is nice to get in a different position besides sitting and lying.”



“I don’t have to sit in my wheelchair all day. When I am tired of sitting, I can stand.”

ANTICIPATING STANDING

“I was thrilled when my Evolv came so fast. I was so excited that I put it together that night.” He continues, “When I first stood in the Evolv, I felt like I was 9 feet tall! I am only 5’8” but my whole perspective changed because I was so used to sitting in my wheelchair.” Now a couple months later, he is still ecstatic about his Evolv stander. He exclaims, “The ease of use of the EasyStand Evolv is tremendous.”

PICKING THE RIGHT OPTIONS

Mike’s stander of choice is a basic EasyStand Evolv, which does not come standard with a back support. “Since I was used to my wheelchair having a back, it was weird at first. But now I like not having the back. I rock back and forth to loosen up my muscles and really get a good stretch.” The EasyStand Evolv allows different configurations to be added later. Mike comments, “It would be neat to have a mobility option or the Glider, but I am happy with what I have for now.” Since the Evolv has casters, Mike moves it to different rooms on the main level of his house. “It rolls easy on my carpet,” he continues, “I like the look of the Evolv, it’s attractive and fits nicely in my living room.” He uses it mostly in his bedroom and his living room, “Last night I stood while talking to my wife before we went to bed. It is nice to get in a different position besides sitting and lying.”

STAYING HEALTHY FOR POSSIBLE BREAKTHROUGHS

“I want to stay healthy in case there is a medical breakthrough, because you never know,” Mike says hopefully. Now that he has an EasyStand, he revolves standing with weight lifting and using his cardiovascular exercise bike. His plan for staying healthy is to do one of these three activities every evening. Mike usually stands for about an hour at a time at least every 3 days. He stands so he can feel better on a day to day basis. He notes, “I may be tight at first, then my back loosens and the tightness melts away.” But even more important are the long term effects of standing. Mike explains, “Standing has huge benefits, but you might not see them right away. It’s kind of like fertilizing your garden, it may take months to see the benefits, but it’s worth it.”

CHALLENGE: DEVELOP A PLAN FOR STAYING HEALTHY.

SOLUTION: EACH DAY, DO ONE ACTIVITY: STANDING, WEIGHTLIFTING, OR BIKING.

CHALLENGE: HAVE ALTERNATIVE TO SITTING OR LYING POSITION.

SOLUTION: THE EASYSTAND ALLOWS MIKE TO DISTRIBUTE WEIGHT ON HIS SPINE, LEGS, AND FEET.



“I don’t feel ‘locked in’ to the EasyStand because it is so easy to get in and out of. It’s not complicated at all... beyond simple.”

AN ALTERNATIVE TO SITTING

Having an alternative to sitting is important to Mike, “When you are in a wheelchair, you have limited options: you can sit in your chair, lie in bed, or sit in bed. Now that I have a stander, I have one more option.” He continues, “I don’t have to sit in my wheelchair all day. When I am tired of sitting, I can stand.” He admits, “I don’t stand everyday, but when I do stand I stand for a while. Usually I will stand while reading the Bible or a disability magazine. Standing helps me with my spasms and just makes me feel better.”

COMMITTED TO GOOD HABITS

Now that Mike has his Evolv, he is committed to making standing a habit. He admits, “I don’t like to buy things and not use them.” The ease of use of the EasyStand Evolv helps Mike fit standing into his day. He comments, “It’s not a big process to stand because it’s fast and easy. Even if dinner is in fifteen minutes, I can still hop in my stander and get some standing time in.” When Mike is ready to stand, he usually collects all his necessities so they are nearby: the phone, reading material, and a beverage. But he knows that if he has to get out of his stander to get something, it’s easy, “I don’t feel ‘locked in’ to the EasyStand because it is so easy to get in and out of. It’s not complicated at all... beyond simple.”

WHY NOT STAND?

Mike continues to be up for the challenge. When it comes to excuses not to stand, he doesn’t have any. He explains, “When you are in a wheelchair, what is the difference if you sit or stand? If you are going to sit around and read or watch a movie, you might as well do it standing up!” He goes on, “if you read for an hour in your stander, the time goes by so fast! It’s great to stand, I really look forward to it.”



Mike’s electric 4-Wheeler is a Gorilla Vehicle. More info at www.gorillavehicles.com

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STANDING PROGRAM:

EVERY 1-3 DAYS
ABOUT AN HOUR

HEALTH BENEFITS:

LOOSEN UP MUSCLES & STRETCH
MINIMIZE SPASMS
REDUCE PRESSURE SORES

FUNCTIONAL BENEFITS:

STANDER ROLLS EASY FROM ROOM TO ROOM
EASY TO GET IN AND OUT OF
COMPLIMENTS WEIGHT LIFTING AND
CARDIOVASCULAR WORKOUTS

PSYCHOLOGICAL BENEFITS:

FEELS GOOD TO BE ABLE TO DO IT YOURSELF
WHEN YOU’RE BORED OF SITTING,
YOU CAN STAND

STANDING ACTIVITIES:

WHILE READING THE BIBLE OR MAGAZINE
WHILE WATCHING A MOVIE
STAND IN THE EVENING

