

Before	After
<b>Physical Limitations</b>	
No weight restrictions	Restricted to lifting 10 pounds or less (light duty)
Did most everything right handed	Arthritis in thumb worsened by the collision Had to learn to do many things with her left hand, like painting walls, carrying groceries, opening medicine bottles, zippers & buttons
Arm, wrist and hand were pain free	Pains shoot through hand, experiences itchiness, tingling, numbness in scar area, pain in wrist, in particular with weather changes – extra pain due to a plate which sticks up in her right wrist
<b>Family</b>	
Cared for her husband who was already injured	Unable to care for him during his recuperation/rehab period – relied on family and fellow club members for meals, household chores, dressing of her husband's wounds, etc.
Was a very active, happy person	Suffers from depression, frustration and fear of reinjury
Coordinated and cooked feasts for family birthdays and holidays	Needs help with cooking and cleanup
<b>Household Activities</b>	
Drove frequently	Could not drive for 4 months, now has trouble starting car and fears intersections
Cooked with ease	Has a difficult time lifting pots and pans while cooking and draining noodles
Mowed grass with both a riding and push mower	Vibrations now cause pain and swelling in her arm when mowing
Could use a mechanical can opener with ease	Cannot move fingers to operate mechanical can opener
Carried grocery sacks with ease	Cannot carry heavy sacks or anything over 10 pounds—has a permanent weight restriction
Could easily cut with a knife, use a potato peeler, scoop coffee into the coffeemaker and use a spatula	Cannot use a knife or use a potato peeler anymore because she cannot grip them tightly enough –relies on her husband to do that and has trouble using a spatula
Opened bottles, jars with ease	Cannot open kitchen jars
Lifted bags of feed for horses and cared for them	Unable to lift feed for horses or anything over 10 pounds
Vacuumed house with ease	Has trouble maneuvering vacuum and must use left hand
Made beds easily	Cannot lift mattress to tuck corners of sheets in



**Recreation**

Typed rental contracts and emailed family	Unable to use keyboard to type
Enjoyed working in her flower garden	Cannot use gardening tools
Enjoyed sewing, quilting, knitting and other arts & crafts	Sewing has become tedious and the loss of mobility in her dominant right hand has made arts & crafts less than pleasurable
Rode bicycle daily in nice weather	Cannot ride due to fear of reinjury

**Personal Care**

Dressed self with ease	Trouble fastening a bra, struggles with zippers and experiences pain in wrist when pulling up pants
Could open a bottle of medicine	Relies on husband to remove childproof caps
Set hair in rollers	Can not set hair in rollers or put in bobby pins
Liked to wear jewelry	Cannot clasp necklaces and bracelets; must wear a watch that slips over hand rather than one she has to fasten