

# *Introduction*

I fell 4 floors from my apartment, that is a height of 11 meters (36 feet).

Following this accident, I was in a coma for 6.5 weeks. When I woke from it, I was afflicted by numerous handicaps. As a consequence, I had to rehabilitate in 4 domains :

- **WALK**            I could no longer walk, because I had lost almost all balance due to my half-destroyed cerebellum (the cerebellum is an organ under the brain. It is connected to nerves and manages all body functions including balance, speech and writing).
- **SPEECH**        My speech was scarcely understandable, because I had had :
  - The tongue severed (then sewn up).
  - The lower jaw entirely broken (then reconstructed).
  - A brain lesion called a Cerebral Vascular Accident (CVA). It resulted in dysarthria (partial loss of the capacity to speak due to neurological problems).
  - The cerebellum damaged. This caused a marked deterioration in the control of the amplitude (strength and pitch) of my speech.
- **WRITING**        My writing ability was nil, because the right wrist was fractured and the cerebellum damaged.
- **INTELLECT**      My reasoning ability and my memory were both weakened, because of the CVA and a high pressure in the skull while I was in a coma.

**AS A CONSEQUENCE OF THE LESIONS RESULTING FROM MY ACCIDENT, I FACED NUMEROUS OBSTACLES TO LIVE.**

**I DID NOT REFUSE THE CONDITION OF HANDICAPPED PERSON, BUT WHAT IT ENTAILED FOR ME :**

**A VERY LIMITED LIFE, PHYSICALLY AND MENTALLY.**

**I DECIDED I WOULD CARRY OUT A REHABILITATION AS COMPLETE AS POSSIBLE. I WANTED IT TO BE COMPLETE, AND I WAS ALONE IN CONSIDERING THIS GOAL REALISTIC.**

**I CARRIED OUT SUCH A REHABILITATION.**

**I personally took charge of my rehabilitation, and I carried it out intensely over 5 years.**

Rehabilitation made me go through, with accelerated rhythm, all the development phases of a human being.

I had to re-learn things a baby (to eat and to drink, to control hands, to defecate and urinate upon will), a child (to walk, to speak, to write), and an adolescent (to think), do.

*Experience taught me that the way a rehabilitation is conducted has a crucial impact on its result.*

I describe the way I rehabilitated by the term “rehabilitation optimization”.

I decided during my rehabilitation that, when I had completed it, I would write for each person who wants to rehabilitate a book to help her optimize her rehabilitation.

Therefore, just after my rehabilitation, I wrote a guide composed of 2 books : this book 1 about rehabilitation practice, and book 2 for precise rehabilitation help.