

teacher goes in for shoulder surgery

teacher goes in for shoulder surgery, it marks a significant event that impacts not only the teacher's health but also their professional and personal life. Shoulder surgery, often necessary due to injuries or chronic conditions, requires careful planning, recovery, and adjustment. For educators, understanding the implications of such a procedure is crucial since it affects their ability to perform daily teaching tasks. This article explores the reasons behind shoulder surgery, the types of procedures involved, the recovery process, and the accommodations schools can provide during this period. Additionally, it highlights the importance of physical therapy and strategies for managing classroom responsibilities while healing. The following sections provide a comprehensive overview of what happens when a teacher goes in for shoulder surgery and how to navigate the journey effectively.

- Reasons for Shoulder Surgery in Teachers
- Common Types of Shoulder Surgery
- Pre-Surgery Preparation
- Post-Surgery Recovery and Rehabilitation
- Impact on Teaching and Workplace Accommodations
- Physical Therapy and Long-Term Care

Reasons for Shoulder Surgery in Teachers

Teachers often engage in activities that involve repetitive arm and shoulder movements, such as writing on boards, lifting materials, and assisting students physically. These actions can lead to shoulder injuries or exacerbate pre-existing conditions. When conservative treatments like medication and physical therapy fail to relieve pain or restore function, surgery becomes a necessary option.

Common Causes of Shoulder Problems

Several underlying issues may prompt a teacher to undergo shoulder surgery, including:

- **Rotator cuff tears:** Damage to the muscles and tendons that stabilize the shoulder joint, often caused by overuse or trauma.

- **Shoulder impingement syndrome:** When tendons are compressed during shoulder movements, leading to inflammation and pain.
- **Frozen shoulder (adhesive capsulitis):** Characterized by stiffness and restricted motion, often developing after an injury or prolonged immobilization.
- **Arthritis:** Degeneration of the shoulder joint cartilage, causing chronic pain and limited mobility.
- **Labral tears:** Injuries to the cartilage ring surrounding the shoulder socket, common in repetitive overhead activities.

Risk Factors Specific to Teachers

Teachers may face unique risk factors contributing to shoulder ailments, such as frequent overhead reaching, carrying heavy backpacks or teaching aids, and prolonged stress on the upper body. These factors increase the likelihood of injury and the need for surgical intervention over time.

Common Types of Shoulder Surgery

When a teacher goes in for shoulder surgery, the type of procedure performed depends on the specific diagnosis and severity of the condition. Modern surgical techniques aim to minimize invasiveness while maximizing recovery outcomes.

Arthroscopic Surgery

Arthroscopy is a minimally invasive procedure using small incisions and a camera to guide surgical instruments. It is commonly used to repair rotator cuff tears, remove bone spurs, or treat impingements. The benefits include reduced pain, faster recovery, and minimal scarring.

Open Shoulder Surgery

In cases where extensive repair is necessary, open surgery may be performed. This involves a larger incision to access the shoulder joint and is typical for severe rotator cuff tears or complex fractures. Although recovery may be longer, open surgery allows for comprehensive treatment.

Shoulder Replacement Surgery

For advanced arthritis or irreparable damage, shoulder replacement may be recommended. This procedure involves replacing damaged joint surfaces with artificial components. It significantly improves function and reduces pain but requires a prolonged rehabilitation period.

Pre-Surgery Preparation

Preparing for shoulder surgery is a critical step that can influence surgical success and recovery speed. Teachers planning to undergo this procedure should follow detailed guidelines provided by their healthcare team.

Medical Evaluations and Imaging

Preoperative assessments typically include physical examinations, X-rays, MRI scans, and sometimes blood tests. These evaluations help surgeons determine the exact nature of the problem and plan the most effective surgical approach.

Patient Education and Planning

Understanding the surgical process, expected outcomes, and postoperative care is essential. Teachers should discuss anesthesia options, potential risks, and recovery timelines with their surgeons. Arranging for time off work, transportation, and support at home is also advisable.

Physical Conditioning

Maintaining general fitness before surgery can improve healing. Gentle exercises and nutrition optimization support immune function and tissue repair. However, activities causing shoulder pain should be avoided to prevent further injury.

Post-Surgery Recovery and Rehabilitation

The recovery phase following shoulder surgery is vital for regaining strength and function. It involves a combination of rest, pain management, and progressively challenging physical therapy exercises.

Immediate Postoperative Care

After surgery, the shoulder is typically immobilized using a sling or brace to protect repaired tissues. Pain control is managed with medications, and swelling is reduced through ice application and elevation.

Physical Therapy Stages

Rehabilitation usually progresses through several stages:

1. **Passive motion:** Therapists move the shoulder to prevent stiffness without active muscle engagement.
2. **Active-assisted motion:** The patient begins to use their muscles with assistance to regain mobility.
3. **Active motion and strengthening:** Exercises focus on muscle strengthening and restoring functional range of motion.
4. **Advanced functional training:** Tailored activities help prepare the individual for daily tasks and occupational demands.

Typical Recovery Timeline

Recovery duration varies depending on the surgery type and individual health but generally ranges from 3 to 6 months. Full return to teaching duties requiring physical activity may take longer, emphasizing the need for patience and adherence to rehabilitation protocols.

Impact on Teaching and Workplace Accommodations

When a teacher goes in for shoulder surgery, the temporary physical limitations can affect classroom performance and responsibilities. Schools and administrators play a crucial role in supporting affected educators during this time.

Challenges Faced by Teachers Post-Surgery

Postoperative restrictions may include limited ability to write on boards, carry teaching materials, or assist students physically. Fatigue and pain can also impact concentration and stamina, necessitating adjustments to workload and expectations.

Recommended Workplace Accommodations

To facilitate a smooth transition back to work, schools should consider implementing accommodations such as:

- Reduced teaching hours or part-time schedules during recovery.
- Assistance with physically demanding tasks like setting up classrooms or moving equipment.
- Access to ergonomic tools such as electronic whiteboards or voice-to-text technology.
- Flexibility in lesson planning to allow for seated or low-mobility activities.
- Periodic breaks to manage pain and prevent overexertion.

Physical Therapy and Long-Term Care

Ongoing physical therapy and self-care are essential for sustaining shoulder health after surgery. Teachers must remain vigilant to prevent re-injury and maintain functional capacity.

Role of Physical Therapy

Physical therapy extends beyond initial recovery, focusing on strengthening muscles, improving flexibility, and enhancing joint stability. Therapists tailor programs to meet individual needs and occupational demands, ensuring that teachers can resume their duties safely.

Preventive Measures and Lifestyle Modifications

Long-term care involves adopting habits that reduce shoulder strain, such as:

- Using proper lifting techniques and avoiding repetitive overhead movements.
- Incorporating regular stretching and strengthening exercises targeting the shoulder girdle.
- Maintaining good posture during teaching and daily activities.
- Seeking early medical attention for any recurring shoulder pain or discomfort.

By following these guidelines, teachers who undergo shoulder surgery can achieve a successful recovery and continue their valuable educational work with improved shoulder function and comfort.

Frequently Asked Questions

Why does the teacher need to go in for shoulder surgery?

The teacher requires shoulder surgery due to a severe rotator cuff injury that has not improved with physical therapy and rest.

How long will the teacher be out of work after shoulder surgery?

Recovery time varies, but typically the teacher may need 6 to 12 weeks off from work to heal properly following shoulder surgery.

What type of shoulder surgery is the teacher undergoing?

The teacher is undergoing arthroscopic shoulder surgery, a minimally invasive procedure to repair damaged tissues in the shoulder.

Will the teacher need physical therapy after the shoulder surgery?

Yes, physical therapy is essential post-surgery to regain strength, flexibility, and range of motion in the shoulder.

How can students support their teacher during recovery from shoulder surgery?

Students can support their teacher by being understanding, participating actively in class, and sending well wishes for a speedy recovery.

Are there any risks associated with shoulder surgery for the teacher?

As with any surgery, risks include infection, stiffness, nerve injury, or incomplete recovery, but these are minimized with proper care and rehabilitation.

Can the teacher perform all teaching duties immediately after shoulder surgery?

No, the teacher will likely have limited mobility and may need assistance or modified duties until fully recovered.

What are common symptoms that led to the teacher's decision to have shoulder surgery?

Common symptoms include persistent shoulder pain, weakness, limited range of motion, and difficulty performing daily tasks.

How can the school accommodate the teacher during their recovery period?

The school can provide accommodations such as reduced workload, assistance with physical tasks, temporary substitutes, and flexible scheduling to support the teacher's recovery.

Additional Resources

1. Healing Hands: A Teacher's Journey Through Shoulder Surgery

This heartfelt memoir chronicles a dedicated teacher's experience facing shoulder surgery. It explores the physical and emotional challenges of recovery while balancing the responsibilities of the classroom. Readers will find inspiration in the resilience and determination showcased throughout the healing process.

2. Lessons in Recovery: When a Teacher Faces Surgery

This book delves into the intersection of education and health, following a teacher who undergoes shoulder surgery. It highlights the strategies used to maintain teaching effectiveness during recovery and the support systems that make it possible. The narrative offers valuable insights for educators and healthcare professionals alike.

3. The Shoulder Surgery Diaries: A Teacher's Tale

Through personal diary entries, this book provides an intimate look at the day-to-day struggles and triumphs of a teacher recovering from shoulder surgery. It captures the emotional rollercoaster and the gradual return to normalcy. The story emphasizes the importance of patience and self-care.

4. Teaching with One Arm: Adapting After Shoulder Surgery

This inspiring guide focuses on how teachers can adapt their teaching methods and classroom activities after shoulder surgery. Featuring practical tips and motivational stories, it encourages educators to find new ways to engage students despite physical limitations. The book also addresses workplace accommodations and mental health.

5. *From Classroom to Recovery Room: A Teacher's Shoulder Surgery Story*

This narrative follows a teacher's transition from active classroom teaching to undergoing shoulder surgery and rehabilitation. It sheds light on the challenges of stepping away from work and the journey back to full health. The book highlights the role of family, friends, and colleagues in the healing process.

6. *Resilience in Rehabilitation: A Teacher's Guide to Shoulder Surgery*

Designed as a practical manual, this book offers advice for teachers preparing for and recovering from shoulder surgery. It covers medical information, rehabilitation exercises, and tips for managing classroom duties during recovery. The focus is on building resilience and maintaining a positive outlook.

7. *Breaking Through Pain: A Teacher's Shoulder Surgery Experience*

This compelling story shares the emotional and physical pain endured by a teacher undergoing shoulder surgery. It discusses coping mechanisms and the importance of a strong support network. The book also explores the impact of injury on professional identity and personal growth.

8. *Shoulder Surgery and the Substitute Teacher: A Classroom Interrupted*

This book examines the ripple effects of a teacher's shoulder surgery on their students and substitute educators. It highlights the challenges substitutes face and the adjustments required to keep learning on track. The narrative offers a unique perspective on teamwork and flexibility in education.

9. *Beyond the Classroom: Life Lessons from a Teacher's Shoulder Surgery*

Focusing on the broader life lessons learned through the experience of shoulder surgery, this book connects the themes of healing, patience, and perseverance. It reflects on how overcoming physical adversity can enhance one's teaching philosophy and personal outlook. Readers are encouraged to apply these lessons in their own lives.

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teacher goes in for shoulder surgery: The Art of Reflective Teaching Carol R. Rodgers, 2020
The Art of Reflective Teaching examines what it means to be present in one's teaching. The book begins with an in-depth definition of presence from several different angles. The text goes on to delineate what a teacher may be present to, providing a map for useful discussions among teachers and between teachers and students. The book then outlines the structure of reflection, its intentional practice, and its importance to presence. Finally, it provides a detailed outline for teaching presence

to new and preservice teachers. Rodgers's curriculum integrates mindfulness practice with reflection, using presence as a bridge between the two. Drawing on her own experiences and those of her students, the author demonstrates how reflective teaching is grounded in a living and evolving philosophy of practice. Book Features: Shows educators how to mentally and emotionally connect themselves to their students, their classroom, and their teaching. Provides a tested structure for reflective practice based on the work of both John Dewey and the author's own practice. Includes a course outline for teaching presence that can be used by teacher educators, professional developers, and teacher inquiry groups.

teacher goes in for shoulder surgery: *Dance with Me* Julia A. Ericksen, 2011-11 Click here to listen to Julia Ericksen's interview about *Dance with Me* on Philadelphia NPR's Radio Times Rumba music starts and a floor full of dancers alternate clinging to one another and turning away. Rumba is an erotic dance, and the mood is hot and heavy; the women bend and hyperextend their legs as they twist and turn around their partners. Amateur and professional ballroom dancers alike compete in a highly gendered display of intimacy, romance and sexual passion. In *Dance With Me*, Julia Ericksen, a competitive ballroom dancer herself, takes the reader onto the competition floor and into the lights and the glamour of a world of tanned bodies and glittering attire, exploring the allure of this hyper-competitive, difficult, and often expensive activity. In a vivid ethnography accompanied by beautiful photographs of all levels of dancers, from the world's top competitors to social dancers, Ericksen examines the ways emotional labor is used to create intimacy between professional partners and between professionals and their students, illustrating how dancers purchase intimacy. She shows that, while at first glance, ballroom presents a highly gendered face with men leading and women following, dancing also transgresses gender.

teacher goes in for shoulder surgery: Teaching Values of Being Human Mark Le Messurier, 2020-03-16 This book provides an opportunity to teach the exquisiteness of being human to our children. *Teaching Values of Being Human* is a curriculum filled with conversations, lessons and activities that link education, the mind and the heart. It is packed with ideas to empower student agency and voice. Paving the way for practitioners to develop an emotionally responsive environment where young human beings can grow, this practical book encourages children to look inside themselves, discover their identity, find happiness and equip them with skills they can use effectively in the future. The book covers topics such as: Emotional capacities, self-awareness and self-identity. Relationships and healthy communication. Emotional intelligence, resilience and perseverance. The importance of human connection and its benefits. Ideal for teachers in all education settings, along with support staff, psychologists, counsellors and allied health professionals, who wish to aid the emotional development and well-being of children under their care.

teacher goes in for shoulder surgery: Controversial Books in K-12 Classrooms and Libraries Randy Bobbitt, 2019-10-04 *Controversial Books in K-12 Classrooms and Libraries: Challenged, Censored, and Banned* analyzes the history of controversy surrounding assigned reading in K-12 classrooms and books available in school libraries. Randy Bobbitt outlines the history of book banning and controversy in the United States, stemming from 1950s conservative Cold War values of patriotism and respect for authority and ramping up through the 1960s and onward as media coverage and parental intervention into the inner workings of schools increased. The author claims that sensitive topics, including sexuality, suicide, and drug use, do not automatically imply the glorification of deviant behavior, but can be used constructively to educate students about the reality of life. Bobbitt argues that in an effort to shield children from the dangers of controversial issues, parents and administrators are depriving them of the ability to discover and debate values that are inconsistent with their own and those around them, teaching instead that avoidance of different viewpoints is the solution. Scholars of education, communication, literature, and policy will find this book especially useful.

teacher goes in for shoulder surgery: Mayo Clinic Principles of Shoulder Surgery Joaquin Sanchez-Sotelo, 2018 *Mayo Clinic Principles of Shoulder Surgery* provides the basic principles and

foundational knowledge for this orthopedic specialty in a concise and easy-to-use manner. The book, written by a well-seasoned surgeon with years of experience training residents and fellows, pulls together a comprehensive reference for interdisciplinary use, relevant to many fields including sports medicine, rheumatology, and rehabilitation. Dr. Sanchez-Sotelo covers an array of topics starting with history taking, the physical examination, the use and understanding of advanced imaging techniques, and performing surgical procedures such as fracture fixation, arthroscopic surgery, tendon transfers, and replacement, all visually enhanced with relevant videos. This book is the perfect resource for all medical libraries, whether you are a student, primary care physician, physical therapist, or allied health professional. Key Features of Mayo Clinic Principles of Shoulder Surgery -Highly illustrated with detailed figures and tables throughout and a key point summary boxes at the end of every chapter to improve comprehension -Includes over 40 videos of the most common procedures performed by an orthopedic surgeon -Each chapter includes a color coded tab to facilitate easy navigation at-a-glance -Organized into concise chapters for quick review

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teacher goes in for shoulder surgery: Arthroscopic Rotator Cuff Surgery Jeffrey S. Abrams, Robert H. Bell, 2008-08-17 This text takes a comprehensive approach to rotator cuff disorders, including tears and arthroscopic techniques in surgical management. It addresses the latest topics, such as the conversion of mini-open repair to all arthroscopic repair, and answers key questions raised at instructional courses. Experts in the field present not only arthroscopic shoulder anatomy, cuff tear patterns, repair concepts, and other fundamentals, but also provide coverage of

state-of-the-art techniques. The step-by-step approach is supplemented by a wealth of anatomical drawings and color photos.

teacher goes in for shoulder surgery: Why Do Only White People Get Abducted by Aliens? Ilana Garon, 2013-09-01 According to Ilana Garon, popular books and movies are inundated with the myth of the “hero teacher”—the one who charges headfirst into dysfunctional inner city schools like a firefighter into an inferno, bringing the student victims to safety through a combination of charisma and innate righteousness. The students are then “saved” by the teacher’s idealism, empathy, and willingness to put faith in kids who have been given up on by society as a whole. “Why Do Only White People Get Abducted by Aliens?” is not that type of book. In this book, Garon reveals the sometimes humorous, oftentimes frustrating, and occasionally horrifying truths that accompany the experience of teaching at a public high school in the Bronx today. The overcrowded classrooms, lack of textbooks, and abundance of mice, cockroaches, and drugs weren’t the only challenges Garon faced during her first four years as a teacher. Every day, she’d interact with students such as Kayron, Carlos, Felicia, Jonah, Elizabeth, and Tonya—students dealing with real-life addictions, miscarriages, stints in “juvie,” abusive relationships, turf wars, and gang violence. These students also brought with them big dreams and uncommon insight—and challenged everything Garon thought she knew about education. In response, Garon—a naive, suburban girl with a curly ponytail, freckles, and Harry Potter glasses—opened her eyes, rolled up her sleeves, and learned to distinguish between mitigated failure and qualified success. In this book, Garon explains how she learned that being a new teacher was about trial by fire, making mistakes, learning from the very students she was teaching, and occasionally admitting that she may not have answers to their thought-provoking (and amusing) questions.

teacher goes in for shoulder surgery: Hygienic Teacher and Water-cure Journal, 1853

teacher goes in for shoulder surgery: Critical Voices in Teacher Education Barry Down, John Smyth, 2012-04-28 We live in dangerous times when educational policies and practices are debated largely in terms of how they fit with the needs of the free market. This volume is a collection of writing by teacher-educators that draws on their unique biographies, experiences and perspectives to denounce these misguided norms. It explores what it means—practically and intellectually—to teach for social justice in conservative times. In a globalised world where the power of capital holds sway, the purposes of social institutions such as universities and schools is being refashioned in ways that are markedly instrumental and technicist in nature. The consequence is that teachers’ work is increasingly constrained by regimes of control such as standardised testing, accountability, transparency, and national curricula. In the meantime, large numbers of students and teachers are disengaging physically, emotionally and intellectually from learning. The contributors to this edited volume present both a powerful critique of these developments and a counter-hegemonic vision of teacher education founded on the principles and values of social justice, democracy and critical inquiry. Teacher education, they argue, involves a commitment to critical intellectual work that subjects some deeply entrenched assumptions, beliefs, habits, routines and practices to closer scrutiny. The contributing authors expose how ideology and power operate in seemingly blameless, rational ways to perpetuate social hierarchies based on class, gender, sexuality, race and culture.

teacher goes in for shoulder surgery: Rockwood and Matsen's The Shoulder E-Book

Frederick A. Matsen, Frank A. Cordasco, John W. Sperling, Steven B. Lippitt, 2021-06-12 For 30 years, Rockwood and Matsen's The Shoulder has been the definitive leading reference for the evaluation and management of shoulder disorders. The 6th Edition continues the tradition of excellence with close oversight by world-renowned shoulder surgeon senior editor Frederick A. Matsen III along with co-editors Frank A. Cordasco, John W. Sperling and expert contributing authors from around the world. This comprehensive volume reflects current knowledge and pioneering techniques in its extensively revised and updated text, illustrations, and procedural videos, and features new Opinion Editorials and a new, easy-to-follow organization and layout. Shoulder surgeons of all levels, as well as residents, students, therapists, and basic scientists, will

benefit from this must-have reference on all aspects of the shoulder. - Provides how-to guidance on the full range of both tried-and-true and recent surgical techniques, including both current arthroscopic methods and the latest approaches in arthroplasty. - Presents content in a new, easy-to-digest format with a restructured table of contents and an updated chapter layout for faster, more intuitive navigation. - Features 17 new Opinion Editorial chapters authored by key international thought leaders in shoulder and upper limb orthopaedics who were given free rein to discuss a topic of great personal importance. Sample topics include Revision Shoulder Arthroplasty: Tips to Facilitate Component Removal and Reconstruction and Use and Abuse of the Latarjet Procedure. - Contains new and updated content on instability repair, cuff repair, fracture management, and infection and outcome assessment, as well as greatly expanded coverage of arthroscopy. - Includes more than 60 updated video clips that provide step-by-step guidance on key procedures, as well as 2,200 full-color illustrations, x-rays, scans, and intraoperative photographs. - Offers scientifically based coverage of shoulder function and dysfunction to aid in the decision-making process. - Extends viewpoints on different procedures with expert opinions from international authorities, including dissenting and alternative views. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

teacher goes in for shoulder surgery: Arthroscopic Transosseous Rotator Cuff Repair Claudio Chillemi, Alessandro Castagna, Marcello Osimani, 2018-06-29 The book offers a comprehensive and up-to-date guide to the cutting edge arthroscopic transosseous techniques for the treatment of rotator cuff tears, which are gradually taking over from the common open surgical approach, defined as the gold standard for RCR. With the help of numerous figures, it presents step by step a novel all-arthroscopic anchorless transosseous suture technique that is less invasive and easier to perform. After discussing the etiopathogenesis, histopathology and radiological classification of rotator cuff tears, the book reviews all possible arthroscopic procedures and explores in detail suture management, describing single and double tunnel options. It also examines the complications and post-operative rehabilitation and imaging, while the closing chapter addresses the economic aspects of daily use. Intended primarily for arthroscopic surgeons interested in the field of shoulder joint repair, this exhaustive guide is also a valuable resource for residents and shoulder specialists.

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teacher goes in for shoulder surgery: *Living the Alexander Technique* Ruth Rootberg, Nine distinguished teachers of the Alexander Technique speak with Ruth Rootberg about their lives, their work, and their approach to using their Alexander skills as they face aging, loss of loved ones, and the challenges of illness and injury. With over 400 years of combined teaching experience, they reveal how the Alexander Technique provides a dependable pathway to meet the ongoing challenges of daily living. This book is a wonderful resource for Alexander Technique students, teachers, and anyone who seeks models of aging with dignity and passion. "Students and teachers of the Alexander Technique will gain valuable and thought-provoking insights from these personal stories and life lessons, generously shared by master teachers of the profession." — Missy Vineyard Ehrgood, Teacher of the Alexander Technique and author of *How you Stand, How you Move, How you Live* "In an age that 'worships youth' it is important to learn to overcome our fear of growing older and, ultimately, of death. This is an important book because it gives you a template for aging gracefully. The spirit of enjoying whatever each day brings and of continual learning at every stage

of life infuses each of these master teachers as they discuss the Alexander Technique as a practical tool that allows life to be 'just a little easier.'" — Michael Frederick, Alexander Technique Teacher, training director, and founding director of the International Congresses on the Alexander Technique. "I think it would be wonderful if, when a person turns 65 and receives a Medicare card, eligibility for the card would require lessons in the Alexander Technique." — Sarnie Ogus Alexander Technique teacher

teacher goes in for shoulder surgery: Daily Graphic Yaw Boadu-Ayeboafah, 2005-10-10

teacher goes in for shoulder surgery: Mindful Moments: A Pandemic Memoir of Positivity and Gratitude Lisa Mate, 2021-11-30 When the clock struck midnight on January 1st, 2020 we had no idea the challenges that we were to face that year. News of a worldwide Pandemic and ordered shelter in place with only essential services operational spread like wildfire creating uncertainty and fear of the unknown. I am an empath, a seeker of positivity and each day those emotions depleted with every news report and indefinite isolation. I felt the need to hold myself accountable to hang onto that gratitude by sharing our personal journey on social media everyday, and everyday finding the gratitude within those challenges. As with all children, on March 17th, my Autistic son was sent home for remote learning. Their routines disrupted and desperately needed services came to a screeching halt. He requires 1:1 instruction and that became my priority. A few days later, all non essential businesses were closed, indefinitely. The self employed were left with no income until months later when unemployment was approved for us. I am self employed. My husband's office closed and he was working remotely, as were most people, for over a year. My son's Autism requires structure, routine and services to thrive. All of those necessities were gone leaving a confused, scared and anxious child resulting in uncontrollable behaviors that required love, patience and priority. He feared this virus taking me away from him. So much so that his worries effected his entire being. I am his person. I found myself as mom, wife, teacher, therapist, confidant and business owner while my 93 year old mom recuperated from a life threatening surgery in a nursing home. Nursing homes were being hit hard by this virus and taking many loved ones with it. The responsibilities and concerns became overwhelming. Each day I sought out something, anything, to be grateful for. With no where to go we spent a lot of our time outdoors after remote learning. We soaked up the sun, blue skies, hearing the birds chirping, looking for someone, anyone to be out walking, loving sidewalk chalk messages of hope, seeing hearts in window, smiling at fellow walkers while keeping our distance and looking for the helpers. Some days I had to dig deep, very deep, for gratefulness. It was in those moments, days, and months that we worked through the seemingly impossible and missed seeing our loved ones as we watched the world crumble to illness and countless deaths. As my prose merely began as a way to hold MYSELF accountable from falling through the cracks, I found that many not only began following my stories but looking forward to them. So much so that I was encouraged to put them into a book to help others see the positivity in the most challenging of times while navigating isolation and Autism. My goal is help bring the sun into your cloudiest of days through commonality, gratitude, positivity and mindfulness.

teacher goes in for shoulder surgery: RETOX Lauren Imparato, 2016-02-02 Practical health and wellness strategies for real life from Lauren Imparato, creator of the I.AM.YOU. lifestyle brand and yoga studio. Rest to rage. Meditate to work. Cleanse to get dirty. Enough preaching about self-deprivation. No more striving for bodily purity. Who has the patience—or the time!—for strict dietary restrictions and hours of meditation? Let's get real. These tactics just don't work—at least not for long. But that doesn't mean health and happiness are unobtainable. Most often you just need an anxiety buster you can do while running down the street. Or a yoga pose you can do at your desk. Or a way to debloat what feels like an alien baby in your abdomen. Retox isn't about changing who you are or denying life's pleasures. It's about tailoring sensible, scientifically-based health practices to the life you already live. It's about working hard, playing harder, and renewing your balance and energy so you can do it all again. In Retox, health expert Lauren Imparato strips yoga down to its anatomical principles, offering practical tips for fast relief. Then, drawing from a variety of disciplines—from psychology to nutrition to Tibetan philosophy—she designs no-nonsense strategies

and delicious recipes to combat the most common challenges of modern life: • Stress and anxiety • Low energy • Back pain and headaches • Hangovers • PMS • Sleep Deprivation • And much more...

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