



COMPASSION AT EVERY STEP



Quick Recap

Low-impact exercise, fall prevention, and protected transfers help maintain strength when bones are fragile.

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SPEAK WITH OUR TEAM

PHONE

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HOURS

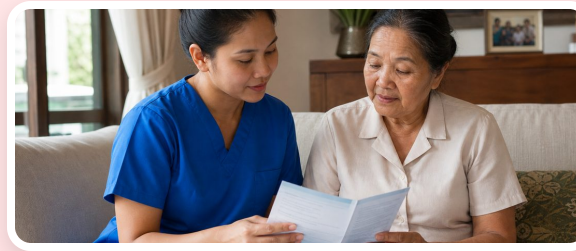
9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



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COMPASSION AT EVERY STEP

Multiple Myeloma Movement Safety

Skeletal Preservation Nursing Guide



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Balance training: seated weight shifts, standing at counter, and heel raises (as cleared).
- Safe transfers: lock brakes, use bed rails, and avoid twisting the spine.
- Bone protection: lift with the legs, avoid sudden twists, do not lift over 10 lbs without clearance.
- Hydrate well (target 2–3 liters daily unless restricted) to protect kidneys during treatment.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Daily screen: back or rib pain, leg weakness, fatigue, and fracture risk behaviors.
- Track pain location, intensity, and what movement triggered it.
- Monitor balance confidence and near-fall episodes.

Good to know

- Multiple myeloma affects plasma cells in bone marrow and can weaken bone.
- Bone pain, fatigue, and frequent infections are common signs.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Seated core breathing and posture exercises to reduce slumping.
- ADLs: shower chair, handheld shower, and long-handled sponge.
- Walking with device on smooth paths; avoid icy or uneven surfaces.
- Hydrate well and follow your team's calcium guidance.
- Energy conservation: batch tasks, rest between chores.