Get STARTED-don't quit

“Get STARTED - don't quit”
by Monty K Reed

www.GetSTARTED-dontquit.com

This is an inspirational story about overcoming, mental and physical disAbilities, while staying focused to achieve a dream.

Thank you for buying this book. Now, Get STARTED-don't quit.

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First Edition
Get STARTED-don't quit

Acknowledgments

Thank you to Stacy, for being my friend, my wife, my love, my life. Thank you Tony, Ciara and Isaac, for being my amazing kids.

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Thank you Sam's Club / Walmart for sponsoring the Exercise Partners Program in over twenty five cities, finding volunteers who help paralyzed people to exercise weekly.

Names have been changed to protect the guilty and the innocent.
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Preface

Why I wrote this book

I was told by the experts my mind was not good enough for college. Today I have a college degree and I graduated with honors. The experts told me my body was no good when I broke my back. On bad days I can not walk or get out of bed; on good days I can ride my bicycle a hundred miles. Over the last two decades I have traveled and told my story and you all have asked me when my book was coming out. Last year my book draft had reached over a thousand pages. This book is a brief overview of that thousand page manuscript. Many of these chapters will become individual books over the next few years, so let me know what you want to read about next.

It is my hope that these stories will motivate you as it has the thousands of people who have heard the stories told by me in person.

A few months ago I met an author, Black Buffalo (Ray Wilson) who was speaking at Philadelphia Church in Seattle. I had read his books and heard him speak before. On his way out I spoke to him about writing and he encouraged me. Black Buffalo prayed with me and told me that I should write my first book NOW. You hold in your hand the first edition of my first book “Get STARTED-don't quit!” Thank you for reading this book.

Please feel free to let me know if you catch any errors in the book emailing it to me. monty@theyshallwalk.org

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Chapter 1

The LIFESUIT Robotic Exoskeleton: the gift of walking

The author (Monty K Reed) envisioned LIFESUIT therapy in 1986 while being hospitalized for a spinal cord injury as a result of a parachute accident while serving with the US Army Airborne Rangers. The research started while he was an inpatient at the hospital and continues today at the world headquarters of They Shall Walk. The program is based on visions he had in the hospital that shows a four decade plan and thirty-six prototypes of the LIFESUIT robotic exoskeleton. At this writing we are half way into that plan.

~

The LIFESUIT Robotic Exoskeleton is a robotic suit that allows paralyzed people to walk and exercise. It has been developed to be placed in hospital physical therapy (PT) clinics where patients will go three times a week or more to exercise and learn to walk again. It will be helpful for anyone with a spinal cord injury (SCI), stroke, multiple sclerosis (MS), cerebral palsy (CP), polio, advanced age and any other conditions that may limit mobility. Many people who have joint replacements will also be able to use the LIFESUIT therapy for rehabilitation and to speed their recovery.

Eventually it will be available at gyms and health clubs as well. Numerous studies have demonstrated that “Exercise Based Therapy” improves the health of paralyzed people and that some will learn to walk again as a direct result. The primary issue with exercise based therapy is the cost.

Traditional exercise based therapy for paralyzed patients is performed by suspending a paralyzed person over a treadmill while physical therapists manipulate the patient's legs by lifting each leg forward and setting them on the belt of the treadmill. The
movement of the treadmill moves the leg back and the therapist repeats the action. If this is done three or more times a week the patient has a positive benefit. The problem is the cost of three physical therapists for one patient. Typical insurance will not pay for that therapy yet.

This type of therapy was pioneered by Dr Steven Stiens in Seattle, WA. He named the therapy “weight-supported ambulation.” He used a modified parachute harness to support a paraplegic over a treadmill to exercise. A similar therapy was devised by Daniel Ferris in Ann Arbor Michigan. Patients were placed on a treadmill with therapy students lifting the legs forward onto the treadmill. Most of the patients (80%) improved mobility in some way.

The LIFESUIT robotic exoskeleton will allow paralyzed patients to benefit from these therapy models without the high cost of three or more physical therapists per patient or the use of treadmills. Once you have robots they work without taking break, they do not complain and don not take time off.

I envision every rehabilitation, sports medicine, exercise and physical therapy clinic around the world having five to ten LIFESUIT therapy stations to serve hundreds of patients each. A new patient will work with the therapist for the first few sessions to learn how to operate the system and then after that they will be able to operate the LIFESUIT robotic exoskeleton on their own. One therapist can supervise five to ten patients at the same time. The cost savings will be incredible.

I believe the LIFESUIT therapy will allow most paralyzed people to learn to walk again in as little as two years. A patient walking in a LIFESUIT robotic exoskeleton will allow their nervous system to reconnect to the muscles and the brain and remap connections. It has been demonstrated with stroke patients and some incomplete spinal cord injury patients. Imagine the cost savings to the
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insurance and healthcare system if most mobility impaired people could return to work in as little as two years.

The LIFESUIT is not limited to being used on a treadmill that takes valuable floor space in PT clinics. In the first couple of weeks a patient could use the treadmill to get comfortable with the controls. After training is complete the patients can use the LIFESUIT to walk the hallways of the hospital or clinic.

Because of the “Mimic and Playback” system we have developed at our lab in Seattle, therapists and patients can work together one on one for the first two weeks of use. The therapist wears a lightweight sensor suit (aka telemetry suit) that is connected to the powered suit the patient is wearing. In real time the therapist will do the exercises the patient needs to perform as they have a conversation about how it works. The two can talk about how the session is going while they work together. The “Mimic and Playback” system has a “Parallel” mode that allows the therapist to stand alongside the patient. There is a “Mirror” mode that allows the patient and therapist to face each other during the training session.

After the exercises are recorded for that patient they will be stored in a “Patient Profile” on a clinic's computer network. The patient will have a log in or swipe card that we call the LIFESUIT driver’s license. The therapist has complete override control to prevent any patient from over doing it.

As a clinic or a therapist records exercise routines that can be stored and shared with They Shall Walk headquarters and other LIFESUIT therapy sites around the world.

The organization now includes doctors, nurses, therapists, engineers, technicians and high school and college students. Most of them work together at the Seattle headquarters facility that has just expanded to ten thousand square feet. There are several sites
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around the country and in other parts of the world where researchers are working to advance the technology of the LIFESUIT robotic exoskeleton. They Shall Walk is a non-profit medical research organization committed to developing technology that will improve the quality of life of paralyzed people. The LIFESUIT is the main project; however it is not the only one.

They Shall Walk is also developing other technology such as integrated robotics systems that help around the kitchen, the home and the workplace. Other technology is being developed to help patients transfer from wheelchairs to the LIFESUIT and back and forth to a seat, a commode, shower, desk chair or a bed. Other simple therapy devices are being developed as well that include passive exercise for single joints. Anything you may could imagine or read about in science fiction that could improve a paralyzed persons life you may hear about at They Shall Walk, all we do is make science fiction real.

The LIFESUIT has a joystick controller allowing anyone who can drive a powered wheelchair to drive a LIFESUIT.

If the FDA approval process cost is similar to the two-wheeled balancing wheelchair it will run about twenty million dollars before paralyzed people in the United States will be able to use this system here. We are raising that money and you can help by making a donation or volunteering your time as an attorney, paralegal, doctor, therapist or a nurse.

Other countries have already tentatively approved the LIFESUIT therapy and people will be able to travel to places like India to learn to walk again.

They Shall Walk has formed a partnership with a teaching hospital medical college in India. Through this partnership, They Shall Walk and the college estimate that only $250,000 needs to be raised to facilitate the installation of the first LIFESUIT. Additional LIFESUIT
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will be added for approximately $100,000 per therapy device. Each LIFESUIT could service twenty or more patients each week.

The next step will be delivering the LIFESUIT to the world with the new twenty thousand square foot Institute facility in Seattle. It will take approximately $14 million to get set up and will allow the distribution of the LIFESUIT with more research internships and research jobs.

After the therapy model is installed at one thousand sites around the world, They Shall Walk will focus on delivering the home use model that can be used around the house and the workplace. Eventually there will be an everyday model that will be a complete optional replacement for the standard wheelchair.

They Shall Walk has developed a hybrid system that incorporates the best of the wheelchair and the LIFESUIT exoskeleton together. A paralyzed person can drive the LIFESUIT wheelchair around and when they come to an obstacle or they want to walk for exercise they simply push a button and the LIFESUIT stands up and the wheels fold up like landing gear. When they are ready to roll they push another button and the wheels deploy and the system converts back into a wheelchair.

The home use model is the best of both worlds, people will have mobility and passive exercise based therapy at the same time. All they need to do is exercise and live their lives while they benefit at the same time.

After the LIFESUIT home use model is completed and available the research focus will turn to the development of the Nanotech Biosynthetic Muscle Fiber Suit. This suit will be developed using fibers that are part living tissue and part synthetic material. Every thread in the fabric will expand and contract like muscles. Muscles are more efficient motors than anything we have created so far. The fibers will be so small they can not be seen with the naked eye.
The Biosynthetic Muscle Fiber Suit will look very much like a wet suit and can be worn under the clothes. Initially they will be fed with fuel pods that include nourishment and collect waste. The fuel pods will be changed like a battery. Eventually hybrid versions of the Biosynthetic Muscle Fiber LIFESUIT will incorporate animal and plant tissue that will feed off of each other.

In the future a paralyzed patient will wake up in the morning and call out “Come here boy” and the LIFESUIT will crawl over to them and wrap itself around them. It will read their thoughts and when they think about standing up and walking the LIFESUIT will take them where they want to go. It will be available in all flesh tones and nearly undetectable to the untrained eye. It will be water proof so the wearer can take it into the shower and wear it in the rain. The biosynthetic LIFESUIT will be matched with a wearer for life or until the person learns to walk again.

To get the LIFESUIT and the gift of walking to the world it will only take $420 million. That will allow for the infrastructure, the staff and the logistics tics to get the job done. This will allow for any hospital or clinic that wants one to have it and any patient who wants to use one to have access to it. When you consider the ADA (Americans with Disabilities Act) the LIFESUIT should be available to any American who wants it. We are working on that and we would love to see the LIFESUIT available to give the gift of walking to anyone who wants it.

Many paralyzed people have been looking for a cure and many believe a cure is coming. When a cure is developed for paralysis, all of those people will need to learn to walk again and the LIFESUIT will be a complimentary therapy to work with other cures as they are developed. For many paralyzed people, the LIFESUIT therapy is the cure.

Become an exercise partner in your local community today. Help paralyzed people to exercise and improve life.
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If you are reading this book and the LIFESUIT is not available in your country yet please go to the website www.TheyShallWalk.org and look to see where you can go to try the LIFESUIT. Next time you are in Seattle please consider taking a lab tour and visiting the LIFESUIT museum. (206)297-9255 / (206)297-WALK to take a tour.

Consider getting involved: Advocate, Volunteer & Donate.

Chapter 2

My First Job and My First Business at Age Seven

I learned about a job by watching my dad go to work everyday. He got up around four am every morning and began his routine. He always left early to beat traffic and if he got there early he could get started on the job. He would very often wake me and talk to me about things we were going to do that day and that week and encourage me to have a great day. My brother got a paper route and he let me work for him. He taught me about employee motivation by paying me at the end of the route right outside of the candy store.

Now I say “candy store” but it was really a “ma and pa” grocery store, but when you are seven they are all candy stores. Safeway candy store, Fred Meyer candy store, QFC candy store etc… After doing the job for a few weeks and trying out different candies with my hard earned dime, I made an observation. In this candy store, I discovered that there was a generic candy that just happened to fit in the Pez\textsuperscript{tm} dispensers and it was only two cents. At the time, a Pez\textsuperscript{tm} refill was a dime. So I invested my dime and bought five of
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those candies, and then I put a private label on it and resold them for a nickel. The first week I only made fifteen cents but I re-invested it into my business to buy inventory. Soon I was selling a hundred candies a month. I had my own business at age seven. I had money I made from my job, and money from my own business. Within a few months I had a small team of sales associates and we expanded into other confectionery delights.

I had to shut down a division when we had expanded into gum and a couple of students had been caught at school.

When they gave me up, I found myself in the principal's office facing the paddle. Facing away from the paddle actually. I took my “lickin and kept on tickin.” However I am no fool so I quickly removed gum from the inventory.

Gary Vaynerchuk said “If you never had a paper route or never had a lemonade stand and you own your own business, you’d better get a partner who did.”

Chapter 3

No One Hits My Brother

I must have been eight or nine years old when I was playing across the street from my house. I used to climb buildings a lot and had accumulated a very large tennis ball collection. We did not have any tennis rackets so we would hit the ball against the wall with our hands, a sort of street hand ball.
I was playing alone and a couple of older boys in their teens came up from the rail road tracks. “Nice tennis ball, let me see it” one of them said. I handed it over. I didn’t much care if they gave it back or not since I had a large collection. It was pretty clear they were not really interested in the ball; they just wanted to fight.

Pretty soon they were on top of me, one holding me while the other kicked me and punched me. They hit me in the face, legs, arms, and stomach. It was hard to breathe and my blood was getting into my eyes; they stung from the saltiness. All I could do was try to call out for help.

I took in the deepest breath I could between their blows and let out a call “Maaahhhhhhhhaaarrrrk!” and again “Maaaaaaaahhhhaaarrrrrk!” a third time I cried out and then one of them put his forearm over my mouth to shut me up. I bit down as hard as I could and that only brought me more pounding from both of them.

Off in the distance I heard foot steps running towards me; they sounded more like bounding steps. Then closer, rapid steps as he came to a halt. One guy flew off of me, then the other. I wiped the blood from my eyes and turned to see a sight.

My brother had the two on the ground next to each other. One of his knees was in each of their chests. He hit the one on the left with his left hand and the one on his right with his right hand as he yelled one word with each punch:

“No…One...Hits...My...Brother...But...Me!” again “No... One...Hits... My...Brother...But...Me!” and again “No...One... Hits...My...Brother...But...Me!” until they were both bloody and still.

My hero helped me up and walked me back to the house. Halfway there I stopped and looked back at the two boys still laying on the ground, and then I smiled at my brother. I felt bad for those boys,
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but they may have killed me if my hero had not come to rescue me. Mark got me into the house and in the bathroom where most of our family first aid was administered. He cleaned me up, got me some ice, put me to bed and brought me tomato soup and a grilled cheese sandwich.

We never spoke of it again until recently. I think at the time he did not want anyone to know how much of a hero he really was.

Chapter 4

My Best Friend

Another thing that changed my life happened in first grade. I met my best friend, one who would never leave me nor forsake me. I attended Catholic school formally for twelve years, unofficially for fourteen if you count CCD (Confraternity of Christian Doctrine) classes that I attended for two years before first grade.

My first grade teacher, Sister Pauline Carol, read from the Bible as she always did every day. She read to us,

“When thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.”

Mathew 6:6 KJV

I remember thinking to myself, “Dad never said anything about a prayer closet” and the wheels started to turn. I figured he never said anything about it because it was supposed to be “in secret”.
As only a first grader could, I began to imagine there must be a secret room somewhere in the house that was the prayer closet. I could not wait to get home and find it.

I looked in the back of the cabinets for false backs and bottoms hoping to find the secret panel that would lead to the secret prayer closet. I was very disappointed when I did not find the prayer closet. I made up my mind that the linen closet in the upstairs hallway must be the prayer closet. Climbing to the top shelf, I pushed the towels aside, closed the door and began to pray. Within a few days I met the Holy Spirit.

Gifts of the Holy Spirit started to manifest as my relationship with him grew.

At that time in the Catholic Church these things, “the gifts of the Holy Spirit” were frowned upon when they manifested in the modern age. I was fortunate to have had a counselor, a priest named Father Conrad. When I asked him about the gifts of the Holy Spirit manifesting he advised me to “keep it just between you and God, don’t tell anyone around hear about it because a lot of them believe that all stopped when Jesus went back to heaven.”

It was not until many years later when I met my wife that I found out there were Christians who spoke in tongues, interpreted the tongues, prophesied, praised God openly, and expressed other gifts of the Holy Spirit in public at church on Sunday.

I am a non-denominational Pentecostal Christian who embraces the King James Version of the Bible as the true word of God. I also believe I have a relationship with the same God who was worshiped by Abraham, Isaac and Jacob; the same God worshiped by the Jewish people. I believe he sent his son, Jesus Christ of Nazareth, to live on earth as a human being. Jesus died on the cross as the ultimate sacrifice to end much of the Old Testament law and begin a new covenant with all people who choose him.
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I believe in Jesus as my Lord and Saviour and for that belief God has granted me the gift of going to heaven when I die. I believe that Jesus left us a comforter that he called the Holy Spirit of truth. The Holy Spirit is the presence of God that dwells on this earth and in me. Anyone who will accept Jesus and call on the Holy Spirit can have him dwell with them and in them.

This is the truth that I learned from the Catholic Church in first grade where I met my best friend, the Holy Trinity: my Heavenly Father, Beloved Savior, and Holy Spirit. I have carried this truth, this friendship throughout the trials of my life.

When I pray, I first of all thank God for all the blessings he has given me. I try to reflect on those blessings and what they really mean to me and my life. When I pray for a miracle or healing, I call on the Holy Spirit in the name of Jesus Christ of Nazareth. I ask God the Father in heaven for the miracle in the name of Jesus Christ and I ask the Holy Spirit to manifest the miracle or the answer to prayer.

God always answers prayer. Sometimes we do not like the answer but he always answers. Sometimes he says “No,” sometimes “Yes,” and sometimes the answer is “Not now.”

God's timing is not our timing. I thank God for my free will and I ask him to accept it (my free will) as an offering or gift back to him. I ask God for his will in my life, what he would have me do to glorify him.

The hardest part is waiting on the Lord to answer my prayers. Sometimes he answers with a sign, sometimes he will use a man or woman of God who will speak to you confirming something God has already shown you or told you, sometimes a strong feeling and sometimes he answers with a vision or a dream.
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“Trust in the Lord with all of your heart.”
Proverbs 3:5 KJV

“Seek ye first the Kingdom of God and all your stuff will be okay.”
Mathew 6:33  Pastor Joe Knight version

I always tell people that being positive is just in my blood. I am blood type “B positive”. I have the joy of the Lord in me, when I realized the worst thing that will happen to me is that I will die and go to heaven, well there really is nothing that can give me a bad day.

Chapter 5

Ranger Reed Get STARTED

In my senior year of high school I had been practicing to be a better passivist because I was trying to be Christlike. A car bomb went off in Europe and twelve women and children were murdered. The story wrenched my heart. The rest of the news report was about the five or more groups that were trying to take the credit for the murders. This was my introduction to terrorists. Their mode of battle was so contrary to the knights of old England that I had studied while learning about armor a few months before. The mindset was so “anti-gentlemen” I snapped.

The standard operating procedure for terrorists was to kill ten to scare ten thousand. Horror was the tool they used and they always would prefer to attack civilian targets. Almost always healthy
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young men murdering women and children. What kind of creature would be so spineless and so evil.

I had postulated the word “devil” was a combination of “de” and “evil” ~ “the evil” or “the evil one”. Could I have discovered “the evil ones?” I realized the terrorists are not the devil himself but it was obvious they were not worshiping the same God I was. They claimed to be doing God's work. It is clear and obvious to anyone who knows the God I serve that they were not doing his business because he is a God of love. Terrorists were doing the work of a god, actually a fallen angle. Demons influence them and trick them into believing they will be rewarded in heaven for murder. They will be rewarded by the god they serve in his kingdom with the fires down below. I imagine the terrorists who blow themselves up spend eternity experiencing the pain of that explosion over and over and over.

As an seventeen year old I wanted justice for those people who were murdered. I marched to downtown Seattle to second avenue where all the military recruiters offices were. I started at the south end and walked into the Marine corps office.

“I want to fight terrorists” I exclaimed after introductions were out of the way. The soldiers in the office smiled at each other then back at me and explained that I had to join up and be selected. I could not sign up to fight terrorists directly.

“Are you sure?” I was looking for a different answer and they did not have it so I went one door North to the Coast guard office were they offered me a chance to hunt for drugs and contraband on ships. The Navy office told me the same thing about being selected. The Navy Seals had to select me, I could not select them. I thank them and continued on my quest.
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When I walked into the Army office the man behind the desk was smiling. I suspect the Marine Corps guys had called to let him know I was coming.

“I want to fight terrorists” I announced just as before. The difference was the recruiters reaction. With a smile he held out his hand to welcome me. After a few minutes he basically told me “You hold the pen, we will move the paper, boy we have just the place for you, Airborne Rangers at Fort Lewis Washington”

A few days later I was at Fort Lewis meeting some of these modern day heroes. They were all kind gentlemen types with a strong conviction to protect America and every freedom and ideology it stands for.

Sergeant Slater was one of the Rangers I met who was especially patriotic. He told me about the mission to train for war, being ready and praying for peace.

I actually had the recruiter office produce a contract that said if I would score one hundred percent on all my testing and qualifications I would be assigned to the second Ranger Battalion at Fort Lewis (2nd BAT Ranger 2/75th).

If you wonder what kind of a “Goody Two-Shoes” I was in high school, I have to tell you that I was no saint. I tried the best I could to be Christ like however I am just too human to be all that. I realized as a human being and a man I had a capacity for evil because of my free will. I had to choose a life that could help guide me. I looked for was to be constrained into being a better person. At a younger age it was signing up to be the crossing guard captain in seventh and eighth grade with Steven Brumble. Becoming an alter boy and scouts were ways of being accountable to a group of people that would hold me at an higher standard so my free will would be kept in check.
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Law enforcement explorer scouts was one avenue I took to guide me. My senior year spring break, while my friends were at parties in Fort Lauderdale and Cabo (in Mexico) I was at Fort Lewis at a two week mini Police academy. I learned basic law enforcement and how to shoot a pistol. I was honored to be elected the Vice President of the class and won the top shooter award. I was surprised how good I was with a firearm.

I was in the Delayed Entry Program, where I had signed all the papers while I was still in High School with a pending ship date of November 1, 1983. The week before I was scheduled to leave for basic training some American medical students were held hostage in Grenada. Sergeant Slater was one of the Rangers who lost his life in that rescue. When I left for basic training everyone thought we were going off to war. It was a bit scary but the benefit was that a lot more people quit than normal because the service was still an all volunteer Army. The fact that we were in a conflict with soldiers on the ground ensured that soldiers who completed training were more likely to be committed to watching my back.

Some minor injuries during basic and airborne school were easy to ignore because of my contract, I had to maintain a perfect score to be assured the Ranger assignment.

This contract required me to Get STARTED-don't quit.