



# *Adapt*

**ASTRONAUT**

**chris cassidy**

1  
00:00:14,390 --> 00:00:11,910

[Music]

2  
00:00:16,230 --> 00:00:14,400  
chris welcome back oh man great to see

3  
00:00:18,390 --> 00:00:16,240  
you man i can't believe it was less than

4  
00:00:20,390 --> 00:00:18,400  
a week ago you were in space i can't

5  
00:00:21,910 --> 00:00:20,400  
either you know it all happened so fast

6  
00:00:23,750 --> 00:00:21,920  
it's so cool and next thing you know

7  
00:00:25,589 --> 00:00:23,760  
you're seeing your friends and

8  
00:00:27,750 --> 00:00:25,599  
a week ago you're in space take me

9  
00:00:29,429 --> 00:00:27,760  
through a little bit of the rehab so far

10  
00:00:32,069 --> 00:00:29,439  
like how do you feel right now less than

11  
00:00:34,549 --> 00:00:32,079  
a week out i feel really good i think

12  
00:00:38,389 --> 00:00:34,559  
that our bodies are like amazing because

13  
00:00:39,750 --> 00:00:38,399

getting there to space i had almost zero

14

00:00:41,110 --> 00:00:39,760

adaptation

15

00:00:42,709 --> 00:00:41,120

opening the hatch and floating in my

16

00:00:46,229 --> 00:00:42,719

body just knew how to do it and i feel

17

00:00:48,709 --> 00:00:46,239

like it was better coming back this time

18

00:00:50,630 --> 00:00:48,719

than last time as well i mean really

19

00:00:53,029 --> 00:00:50,640

little

20

00:00:55,110 --> 00:00:53,039

dizziness or anything like that and so

21

00:00:57,029 --> 00:00:55,120

rehab has been

22

00:00:59,510 --> 00:00:57,039

you know at the gym and we're focusing

23

00:01:02,229 --> 00:00:59,520

on balance and changing direction and

24

00:01:04,149 --> 00:01:02,239

that sort of thing but it hasn't been

25

00:01:06,230 --> 00:01:04,159

vomit inducing or anything like that

26  
00:01:08,070 --> 00:01:06,240  
it's been not so bad i saw the photos of

27  
00:01:09,590 --> 00:01:08,080  
you smiling right after landing it looks

28  
00:01:11,510 --> 00:01:09,600  
like you're just right at home you know

29  
00:01:14,070 --> 00:01:11,520  
i was smiling because i finally got to

30  
00:01:16,469 --> 00:01:14,080  
stretch my knees out like oh my god my

31  
00:01:19,429 --> 00:01:16,479  
knees you know you talked about adapting

32  
00:01:21,109 --> 00:01:19,439  
uh we obviously see videos of you down

33  
00:01:22,870 --> 00:01:21,119  
here in mission control and you just

34  
00:01:25,749 --> 00:01:22,880  
look like you're completely comfortable

35  
00:01:27,590 --> 00:01:25,759  
you're really good at moving in zero g

36  
00:01:29,910 --> 00:01:27,600  
in weightlessness does it take three

37  
00:01:31,990 --> 00:01:29,920  
missions to get that way it doesn't take

38  
00:01:34,149 --> 00:01:32,000

three missions but it takes a good chunk

39

00:01:35,270 --> 00:01:34,159

of a couple weeks or a month maybe

40

00:01:37,270 --> 00:01:35,280

longer

41

00:01:39,190 --> 00:01:37,280

everybody's different but for instance

42

00:01:41,590 --> 00:01:39,200

what i really enjoyed was

43

00:01:43,190 --> 00:01:41,600

we got to space anatoly had been there

44

00:01:45,190 --> 00:01:43,200

multiple times i'd been there a couple

45

00:01:46,710 --> 00:01:45,200

times but yvonne hadn't

46

00:01:48,710 --> 00:01:46,720

and watching him

47

00:01:51,350 --> 00:01:48,720

gangle his way through the hatch and the

48

00:01:53,830 --> 00:01:51,360

first couple days kind of move around

49

00:01:55,670 --> 00:01:53,840

with extreme uncertainty and

50

00:01:57,109 --> 00:01:55,680

even inside looking for the next place

51

00:01:59,350 --> 00:01:57,119

to put his hand

52

00:02:01,749 --> 00:01:59,360

and then slowly watching his comfort

53

00:02:03,590 --> 00:02:01,759

level and man towards halfway through

54

00:02:05,990 --> 00:02:03,600

and the rest of the mission he was just

55

00:02:08,469 --> 00:02:06,000

zipping around just like he'd been there

56

00:02:10,869 --> 00:02:08,479

a million years so again your bodies and

57

00:02:13,350 --> 00:02:10,879

your brains just sort of adapt to it and

58

00:02:15,830 --> 00:02:13,360

the other thing is you get used to not

59

00:02:16,790 --> 00:02:15,840

needing your hands to do stuff and your

60

00:02:19,110 --> 00:02:16,800

feet

61

00:02:20,390 --> 00:02:19,120

just start instinctively

62

00:02:22,630 --> 00:02:20,400

grabbing

63

00:02:24,309 --> 00:02:22,640

handrails and handrails but

64

00:02:26,309 --> 00:02:24,319

your feet just find it

65

00:02:28,630 --> 00:02:26,319

and in fact there was a few times where

66

00:02:30,630 --> 00:02:28,640

i needed to move a handrail for some

67

00:02:31,589 --> 00:02:30,640

science reason or payload had to go

68

00:02:33,670 --> 00:02:31,599

there

69

00:02:35,110 --> 00:02:33,680

and my foot would naturally swoop in

70

00:02:36,630 --> 00:02:35,120

that location and there would be no

71

00:02:39,270 --> 00:02:36,640

handrail there and i realized well

72

00:02:41,110 --> 00:02:39,280

that's pretty crazy my like without even

73

00:02:42,710 --> 00:02:41,120

thinking my foot knew that that's where

74

00:02:44,710 --> 00:02:42,720

the handrails should be to grab but it

75

00:02:47,589 --> 00:02:44,720

wasn't there being your third mission

76  
00:02:50,550 --> 00:02:47,599  
did it come back you know a minute in an

77  
00:02:52,229 --> 00:02:50,560  
hour in minutes minutes minutes yeah

78  
00:02:53,190 --> 00:02:52,239  
like really fast

79  
00:02:54,869 --> 00:02:53,200  
and

80  
00:02:56,790 --> 00:02:54,879  
when i was a shuttle guy

81  
00:03:00,309 --> 00:02:56,800  
i came to the space station but my

82  
00:03:01,750 --> 00:03:00,319  
analogy is like a vacation rental like

83  
00:03:03,509 --> 00:03:01,760  
you're enjoying the house you're

84  
00:03:04,869 --> 00:03:03,519  
enjoying the facilities but you don't

85  
00:03:05,670 --> 00:03:04,879  
care

86  
00:03:07,990 --> 00:03:05,680  
how

87  
00:03:09,589 --> 00:03:08,000  
the vcr and cable wiring is you don't

88  
00:03:11,430 --> 00:03:09,599

care how the sprinkler system works you

89

00:03:13,110 --> 00:03:11,440

don't care the nuance on the thermostat

90

00:03:14,790 --> 00:03:13,120

everything should work and if it doesn't

91

00:03:17,190 --> 00:03:14,800

you call the landlord and say fix this

92

00:03:18,949 --> 00:03:17,200

thing that's like a shuttle visiting

93

00:03:20,710 --> 00:03:18,959

person for just two weeks

94

00:03:22,630 --> 00:03:20,720

but my last mission

95

00:03:24,789 --> 00:03:22,640

and again this one now it's not a

96

00:03:26,630 --> 00:03:24,799

vacation rental it's your house and you

97

00:03:28,470 --> 00:03:26,640

care about how the wiring on the tv

98

00:03:30,869 --> 00:03:28,480

system is you care about the sprinkler

99

00:03:34,390 --> 00:03:30,879

system not going on time and you care

100

00:03:35,750 --> 00:03:34,400

about trash day and all those things and

101

00:03:37,670 --> 00:03:35,760

it's your home

102

00:03:39,589 --> 00:03:37,680

and you have like this real ownership of

103

00:03:40,550 --> 00:03:39,599

it and i remember thinking how cool that

104

00:03:42,949 --> 00:03:40,560

was

105

00:03:45,270 --> 00:03:42,959

last time when i got to that point and

106

00:03:46,949 --> 00:03:45,280

this time it was right away because i

107

00:03:49,589 --> 00:03:46,959

only overlapped with drew and jessica

108

00:03:51,270 --> 00:03:49,599

for a week maybe nine days

109

00:03:52,869 --> 00:03:51,280

and then i was on my own but it was no

110

00:03:55,030 --> 00:03:52,879

big deal because i had already had that

111

00:03:56,869 --> 00:03:55,040

feeling of of ownership and the space

112

00:03:59,190 --> 00:03:56,879

station had changed but it really hadn't

113

00:04:01,660 --> 00:03:59,200

changed a ton so i felt really quite at

114

00:04:11,350 --> 00:04:01,670

home yeah it was a neat feeling