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# Avoided the rear end collision - now back to rehab

Thursday, December 12, 2013

Neither of us was in a car. My "near miss" occurred in the 5K last Saturday.

About 2 minutes into the race as the pack was running downhill, a woman in front of me suddenly stopped to walk. I twisted my body to squeeze around her and threw my arms in the air so we wouldn't collide. I felt a sharp pain in my shoulder and down my arm. This is the shoulder that I spent 6 weeks rehabbing in October.

The pain subsided and I didn't think any more about it until I noticed that day by day I had less range of motion in my shoulder and if I make a quick jerking movement, I get a sharp throbbing pain. I believe I have reinjured the bicep tendon.

At least it's my left arm and I'm strongly right handed. Also it won't impact my running.

I always leave a safe distance when driving, but it's harder to do that when in a pack running downhill. At least I didn't trip and fall and cause a domino effect.

I run/walk too, usually walking 1 minute every mile. I understand the method, but I always wait until the pack has thinned out before I walk and take a glance behind me just in case.

I'm going to be extra careful from now on.

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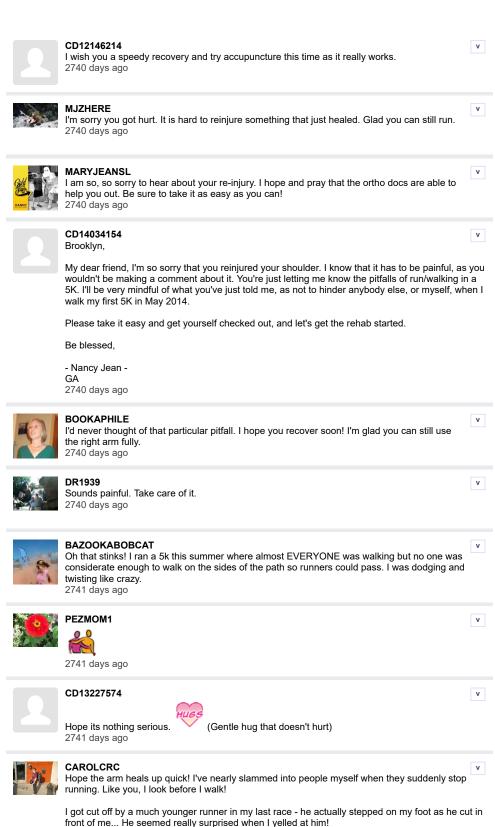
Ouch, who would have thought you would re-injure yourself avoiding a collision on foot. Actually, I re-injured my back avoiding a fall down the stairs, so I believe and I sympathize with

Hope you were fully healed for your cruise.

Sorry, I'm so late reading this too. I'm about a month behind on everything.



2723 days ago



front of me... He seemed really surprised when I yelled at him! 2741 days ago

### **TERI-RIFIC** Yikes. I'm so sorry you injured your shoulder. At least you can still run. Hang in there with the

rehab. 2741 days ago

# **KELLIEBEAN**

That happened to me during a 10K a few months ago, a woman in front of me suddenly stopped to walk. I had already slowed down because there was so many people thank goodness but it was still close.

I'm sorry you are in pain now. I hope rehab goes quick!

2741	dave	ann



#### **MISCHAKEO**

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I am so sorry about your injury. That was too bad that person did not pull to the side when she decided to walk. I think your way of waiting until the pack has thinned out before walking is the way to do it. I am doing rehab also so I sympathize with the process. Hope you can still keep running and heal quickly.

Hang in there Spark Friend. You are doing a great job of staying healthy!



2741 days ago



#### LINDAKAY228



So sorry about your arm! Hope it doesn't take too much rehab to get it back in shape. 2741 days ago

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