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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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GINIEMIE

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 your pain.

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



CD12146214

I wish you a speedy recovery and try acupuncture this time as it really works.
2740 days ago



MJZHERE

I'm sorry you got hurt. It is hard to reinjure something that just healed. Glad you can still run.
2740 days ago



MARYJEANSL

I am so, so sorry to hear about your re-injury. I hope and pray that the ortho docs are able to help you out. Be sure to take it as easy as you can!
2740 days ago



CD14034154

Brooklyn,

My dear friend, I'm so sorry that you reinjured your shoulder. I know that it has to be painful, as you wouldn't be making a comment about it. You're just letting me know the pitfalls of run/walking in a 5K. I'll be very mindful of what you've just told me, as not to hinder anybody else, or myself, when I walk my first 5K in May 2014.

Please take it easy and get yourself checked out, and let's get the rehab started.

Be blessed,

- Nancy Jean -
GA
2740 days ago



BOOKAPHILE

I'd never thought of that particular pitfall. I hope you recover soon! I'm glad you can still use the right arm fully.
2740 days ago



DR1939

Sounds painful. Take care of it.
2740 days ago



BAZOOKABOBCAT

Oh that stinks! I ran a 5k this summer where almost EVERYONE was walking but no one was considerate enough to walk on the sides of the path so runners could pass. I was dodging and twisting like crazy.
2741 days ago



PEZMOM1



2741 days ago



CD13227574

Hope its nothing serious.
2741 days ago



(Gentle hug that doesn't hurt)



CAROLCRC

Hope the arm heals up quick! I've nearly slammed into people myself when they suddenly stop running. Like you, I look before I walk!

I got cut off by a much younger runner in my last race - he actually stepped on my foot as he cut in 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 days ago



MISCHAKEO

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.

v

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

v

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