



# BROOKLYN\_BORN

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## Back to rehab – a travel related injury

Monday, October 07, 2013

First of all, it's not serious or exercise related and won't impact my running. It's just one more consequence of not paying attention. However, it is taking me back to the wonderful world of rehabilitation twice a week for the next 6 weeks.

About 10 weeks ago, I tossed a heavy bag backwards over the front seat of our car to get it out of my way. Since I was in the passenger seat, I used my left arm. I'm strongly right handed. I felt a twinge in my upper arm/shoulder, but didn't think any more about it. We were leaving on vacation. I had other things on my mind. The bag was my airplane carry-on and weighed about 12 lbs.

Over the next months I noticed some twinges/aches/pain when I moved a certain way, but all were easily ignored and didn't really impact my activities.

Finally, back in the USA, back to SP and regular workouts, I noticed a difference. My left arm hurt during upper body workouts and there was a decrease in its range of motion.

When laying flat on my back for crunches/sit-ups, I could not put my left elbow flat on the floor. Occasionally, I would wake up at night when I rolled over. Hmm, I didn't like where this was going.

So with a referral from my doctor off I went to rehab – the same group who fixed up my knee last year after my fall.

Diagnosis: I didn't tear anything, but I have an "impingement." OK, unimpinge me!

I feel better after only 1 session with the therapist and doing my home exercises faithfully each day. So, this looks like a solution. I'll keep my appointments.

Confession: Looking around at the people with major mobility issues, I felt like a bit of a wimpy complainer. However, back in 2006 I ignored a similar injury which eventually became a "frozen shoulder." So this time I decided to be proactive. Staying mobile is very important as we age and if I need help to achieve this, then I will seek it out.

My klutz record:

That frozen shoulder was the result of a fall when I tripped over a planter outside a restaurant. I was checking out the location of the "Cheesecake Factory" and not looking where I was going.

Last year's knee problem occurred when I tripped over a step at a buffet while checking out the dessert table in the distance.

Once I fell while walking down a banked driveway and looking at the "beautiful moon."

The moral of this story: I've got to pay attention to what I'm doing.

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**MISCHAKEO**

Good for you being proactive. I need to get a mild pain checked also.. You have inspired me to get therapy. Hope you are feeling better.

2805 days ago



**MARYJEANSL**

Oh dear, hope it's much, much better soon!

2805 days ago



**LINDAKAY228**

Hope it heals quickly. I've done those injuries too that are a result of being distracted and make me feel like a total klutz.

2805 days ago



**LANNIEMANUEL**

get better soon.

2806 days ago



**CD14270285**

Hope you heal quickly--oof, nothing like a sore shoulder, hard to get comfortable in any position.

2806 days ago



**WATERMELLEN**

Totally agree with you: proactive is the way to go on an injury like that. I've had frozen shoulders twice -- and I ignored both of them in the initial stages, and they took a stupidly long time to heal once I was forced to pay attention and go for therapy.

(One caused by tripping over an ATM slush mat; the other from tossing a heavy bag of books into the passenger seat . . . )

2806 days ago



**MERRYMARY42**

sounds like me, I swear, I never look where I am going, and problems always happen, get it mended soon, pain is no fun

2806 days ago



**DAISYBELL6**

I hear you!

2806 days ago



**DR1939**

I just went through a series of PT sessions for a torn rotator cuff. Really helped and I avoided the cortisone which would require frequent visits to the ophthalmologist for at least a year. I'm with you on being proactive about these types of injuries.

2806 days ago



**TRAVELGRRL**

OMG, I'm SURE I could beat you in the Klutz Department!

I fell just yesterday while running; over a branch when I was checking out my interval timer. Skinned up knee, hand, and elbow.

Broke my ankle a couple of years ago by missing a step that was DEFINITELY there but I was too busy looking somewhere else. I got pins and screws and last year had another surgery to remove them.

Hope the therapy takes care of your issue. Let's vow to take our time from now on!

2806 days ago





**WILSONWR**

You and me both. I've had my share of "hard to explain" injuries. I hope the physical therapy gets you back in shape soon!  
2807 days ago



**SUZYMOBILE**

Yep, do those range-of-motion exercises faithfully, and one day the pain will just disappear without warning. It might take a while, but the exercises are definitely worth it.  
2807 days ago



**CD12146214**

You know ladies, I have found that I pick up quite a bit of change by looking down at the ground...think of it as an added bonus!  
2807 days ago



**BAZOOKABOBCAT**

I don't mean to laugh because it is the WORST having an injury, but the moral of your story cracked me up!

In all seriousness, I hope you get your shoulder in tip top shape soon!  
2807 days ago



**ONEKIDSMOM**

I so identify with this. My most recent persistent injury was related to tripping over my dog (been a few years)... but the point was, all my mother's warnings about looking where you're going? Still apply. Sigh.

Heal well. Good job being proactive!  
2807 days ago



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