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Oh no, a fall!

Friday, November 30, 2012

That's FALL, not fail. Not a nutrition backslide, a hard fall on my knee and elbow. Last night leaving an event at my granddaughter's school, we were walking in the dark down the long driveway when I slipped off the steeply banked blacktop and landed in the gravel. I fell hard on my elbow and knee, the knee that's just had 3 months of rehab. This is why I never run in the dark. Obviously I shouldn't even walk in the dark.

Once home I cleaned up the bleeding knee, iced both knee and elbow and complained a lot. The good news, I suppose, is that I didn't break anything. What lousy timing! I planned to run a 5K on Saturday.

So I don't have a lot of words this morning, not printable words anyway. I'm mad at myself for not watching where I was going, not paying attention etc. etc. Once again I've injured myself and once again I didn't do it running, playing any sport or working out, just being clumsy.

Be careful out there!

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JOYNEW

I'm so glad the fall didn't ruin your run! These things happen. Can't really avoid it, unfortunately.
3116 days ago



MISCHAKEO

Hope you are feeling better soon! I am glad you were not hurt.



3117 days ago



MJZHERE

So sorry! Lousy to be hurt no matter how it happens. Prayers for a speedy recovery.
3118 days ago



HDHAWK

I'm sorry you got hurt, but I'm glad it wasn't worse! Heal quickly!
3118 days ago





ROOSTER72

I would have lots of words - but none of them decent enough to be typed!
So sorry to hear about your fall - it can happen to anyone. Take care, and you will be back to normal soon.
3118 days ago



FITFOODIE806

I hope you feel better soon. That sounds awful.



3118 days ago



CD8467616

How frustrating. Hope it's a quick recovery!

3118 days ago



CD13136117

Sorry for your fall, and that you will be missing the 5K! That stinks. Hope you recover quickly!!
3118 days ago



CALIMAN1

Ouch, I can so relate as I did have a fall while running, in the dark...but that leg healed quickly and I got out there and ran the same path as soon as possible to get the "head part" right.

I hope you recovery quickly and that you are out there running again soon!
3118 days ago



CD11026554

Ouch. Hope it all heals quickly.
3118 days ago



SUZYMOBILE

Oh no, Mr Bill! I could feel the whole thing happening when you described it. My skin even hurt!

I hope you didn't do any damage that will keep you out of the 5K, but I'm sure you're babying it and icing it, and won't risk running if it feels stiff and sore. (I mean the knee, more than the elbow, obviously.)
3118 days ago



CD12557708

Oh no! I'm always doing stuff like that. I'm glad you weren't badly injured
3118 days ago



PMRUNNER

Oh no! Hope you heal quickly and back on track!
3118 days ago



LOLATURTLE

OUCH! I hope you're feeling better soon!!

I feel your pain, a little. My first ever running event was a mud/obstacle 5k. I twisted my ankle IN LINE FOR THE BAG CHECK. I'm not even kidding. Got to the race, checked in, got my bib, sprained my ankle. I was so, SO mad at myself.

I sprained that ankle badly when I was 13 and it's never been the same. Every so often I "roll" it again, but never as badly as the first time. It had been AGES since I'd rolled it, so of course I'd do it not during the race, not after, but RIGHT before. Grrrr!
3118 days ago



LAURIE5658

Doh! So sorry about your mishap but don't let it shake you. Heal fast and get back out there.





3118 days ago



WILSONWR

You and I certainly know how to injure ourselves in ways that most wouldn't believe. Hope you get better soon!
3118 days ago



BOILHAM

I'm sorry you had a fall! Ouch! But, I'm kind of glad it didn't happen during a run.

That can be devastating to your belief system. My DW quit running after she had fallen twice, once in training and once during a race. No amount of encouragement from me could get her to run again.

I wish you a speedy recovery, my friend.
3118 days ago



LEB0401

Oh my goodness! How unfortunate, I'm sorry.

I hope your skin was the only thing damaged
3118 days ago



CELIAMINER

Bad: Fall and probably no 5K. Good: You are strong and muscular, factors that probably kept you from breaking a bone. Also, the cruise next week to give you time to heal! Thinking of you and hoping you heal quickly.
3118 days ago



COCK-ROBIN

Wow, I hope it heals up soon.
3118 days ago



TINAJANE76

Oh no, so sorry to hear this! This kind of thing happens to all of us from time to time no matter how careful we try to be. Hope you're on the mend and that everything's feeling better soon.



3118 days ago



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