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My non-exercise (actually food related) injuries - Confessions of a Klutz.

Friday, October 19, 2012

We are often warned by well intentioned people about a specific activity because of potential injury. Don't do X, Y or Z. It will hurt your (insert body part here).

Looking back at my history of injuries serious enough to require rest and/or rehabilitation, the activities most dangerous to me are eating out and food shopping.

In reverse chronological order:

July 2012: I tripped over a step while checking out the items on the restaurant's buffet. I landed awkwardly and twisted my left knee.

Result: 2 months of rehab exercises and no workouts.

April 2010: While grocery shopping, I caught sight of a half price sale on chocolate! I did a quick pivot and strained a ligament in my right knee.

Result: Ice, Advil and 2 weeks of not running.

May 2007: In a local supermarket I was buying a salad and bottle of water for lunch. I didn't have a cart for the 2 purchases and as I came around the corner of the aisle, I fell over shelving that the employees had left on the FLOOR. Nothing broken, but I got a 6" by 6" ugly purple bruise on my thigh and a lot of pain.

Result: 2 months of inactivity and a lot of Advil.

Note: The first thing the manager did was order his people to remove the shelving. I actually had to ask them for ice. No apology from the store, just a letter from their legal staff that any claim would require my submitting all my medical records for the last 10 years without any guarantee of confidentiality.

Fortunately, I didn't have any expenses or miss work, but it did give me a new perspective about those who hire personal injury attorneys.

June 3, 2006: Our 39th wedding anniversary. We were coming out of the restaurant where we had dinner and were looking for the Cheesecake Factory for dessert when I tripped over a concrete planter on the sidewalk and fell face first, breaking my fall with my outstretched hands.

Result: 6 months of rehab for a frozen shoulder. At least I could still run.

OK, 3 of the 4 were my own fault. However, bizarre things happen to other people too. At our gym last week a woman tripped over the weights she left on the floor and fell into another woman. The 2nd woman broke her leg - another case of wrong place, wrong time.

Be careful out there!

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CD12779890
And I thought exercise was dangerous! Stay safe!
3159 days ago



SOUTH_FORK
Ok, thanks for the laugh and- you have my sympathy! As a woman who has been stabbed with scissors, kicked by a horse, thrown by horses, stepped on by a horse, been in several car accidents, run over by a 4-wheeler, and involved in more than my fair share of sheer clutziness, I think my worst injury was food related as well:



When working as a pastry cook, I was dipping strawberries in molten sugar to create a thin candy shell on the outside, then sprinkling with turbinado sugar. I glanced away as a co-worker came into the room and instead of grabbing the turbinado, I stuck my hand right in the pot of sugar and came away with 2nd and 3rd degree burns. Looking back, this was probably karma. There really is no

reason to dip strawberries in sugar- chocolate maybe, but not sugar! 🍓
3159 days ago

Comment edited on: 10/20/2012 8:24:50 AM



PHEBESS
I'm sorry about all those injuries, but that really is funny!!!
3160 days ago



BETHGILLIGAN
I'm sorry but I had to laugh at this blog! I understand these caused you pain and emotional



distress and I do feel badly about that. But still..... 😊
3160 days ago



MOOSLADY
Yes, I agree, my worst injuries have had nothing to do with exercise.
1986- hurrying from class to the student center for lunch, slipped on a wet floor, dislocated my kneecap and broke a half dollar sized piece off the back. Surgery to remove the chip, an atrophied quadricep and 6 weeks off my feet. It was rated a a permanent 15% disability.
1989- trying to bring a rug back into the house before an approaching thunderstorm, caught the storm door with my elbow and broke the glass. Would have had stitches if I had had insurance but have a scar to this day.
1996- pulled a prickly weed in my dog yard in passing as I fed the dog and flung a seed into my eye tearing a flap on my cornea. Several trips to specialist and only a tiny scar but worst pain I ever felt.
2003- trying to quickly sharpen a knife so I could cook dinner, slipped and cut my pinky. Trip to the ER to be glued together, could use the hand for nearly 2 weeks.
2011- trying to catch up with kids running ahead of me into the library and carrying a load of books in front of me, stepped into a hole in the pavement and twisted my ankle. Never had it x-rayed but it was almost a year before it wasn't stiff and painful.
I guess the lesson for me would be NEVER to hurry.
3160 days ago



MAHGRET
Wow, be careful out there!
3160 days ago



SUZYMOBILE
Oh good. I was feeling particularly warped until I read two other people laughing. You must be



really entertaining to hang out with!
3160 days ago



MJZHERE
At first I was laughing - until the list kept going and then I felt sorry for you! Hate when I am put on the sidelines cuz of an injury - determined to push thru the latest. Good for you for keeping on - your running is an inspiration.
3160 days ago





WILSONWR

That was a great way to start my Friday - very entertaining!

I've had more than my share of fluke accidents. I've only broken a bone once in my life and that was jumping for beads at a rainy day parade at Mardi Gras and coming down on a sloped curb. Broke both bones in my right leg and ended my running future. Try to explain that one to folks - they especially don't believe it when you tell them that you didn't have anything to drink!
3160 days ago

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