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My weird hand injury

Wednesday, July 06, 2016

Thank you for the good wishes for recovery. Day 4 and I am almost back to normal but still trying to do as much as possible with my left hand.

That's not easy. I'm strongly right handed. My left hand and arm just coast through life.

One positive - holding my fork in my left hand really slowed down my food consumption. Have I discovered a new weight loss technique?

I realized the cause of the injury. After my 2 weeks of exciting travels/music experiences I went through my inbox on Sunday reading and deleted over 200 email messages in addition to my normal online time. The unusual repetitive motion caused the pain and stiffness in my fingers and wrist.

I'll have to add this to my list of lifetime weird injuries.

Hamstring pull during an over energetic yoga DVD.
(Fingers to the floor? Heck I can put my palms on the floor! Yeah, ONCE!)

Knee injury tripping over a step while checking out the dessert buffet at Golden Corral

Frozen shoulder tripping over a planter on the street while looking for the Cheesecake Factory

Injured ankle walking down the edge of a banked driveway and admiring the beautiful moon.

This is why I don't hike or do trail runs. I might fall off the mountain.

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PRNCSCUP1-2FULL

Oh! I'm sorry but your weird injuries or rather weird causes of injuries made me laugh out loud! I too have had strange reasons for getting hurt! Glad you were on the mend when you wrote this blog! Hope the healing continued!
1777 days ago



MARYJEANSL

I'm glad the hand is better. :-)





1788 days ago



WOOFERCOALBOY

Glad you're improving.
1794 days ago



GINIEMIE

LOL. I do believe someone is almost as klutzy as I am. I eat with my left hand most of the time, I was trained by my mother to eat with my fork and my knife. Glad you are getting better....I think the one at the Golden Corral had me laughing....shame on me.



1799 days ago



HOLLYM48

I hope each day brings more healing to your hand!
1801 days ago



SUNNYCALIGIRL

Glad you identified the cause of that injury. Knowing why can make things less intimidating and give you some where to make sure you limit or change the behavior that caused the injury.
1801 days ago



DOVESEYES

Wow weird injuries for sure, glad you are feeling better !!
1802 days ago



SUBMOM2

So glad you're starting to feel better!
1802 days ago



ONEKIDSMOM

Glad you are recovering... it would be my left hand that was repetitively strained if I did what you did... I mouse left-handed! As a leftie, I am probably somewhat more ambidextrous than most righties... but feel for you, as I'd have trouble brushing my teeth with my right hand!



1802 days ago



JEANKNEE

Happy to hear the hand is feeling better.

And, yes. You have discovered a new weight loss technique! I'd suggest that this technique be

added to Beck's eat sitting down, slowly, mindfully and with your non-dominant hand. 😏 That ought to slow the eating down. Don't you think?



... descriptions of your injuries. Oh my!

1802 days ago



LIVEDAILY

Now you know not to it all at one time!! If you did 50 extra a day, yes it would take longer, but without injury. Glad it's starting to feel better. Hmm...interesting ploy there - oh honey, I've hurt my wrist and hand, do you think you could take us out for dinner?



1802 days ago




WALLAHALLA

I've had my share of weird accidents and injuries. The funniest is when I was in college. I was in a dress, wearing a backpack, and a sneeze caused me to lose my balance and fall backwards off the balcony of the very packed gym. I landed upside down in the announcers booth, was



wedged in, and had to be pulled out by my ankles. I could have died of embarrassment. Funny now though. A few days ago, I was slicing veggies and cut the end of my ring finger, nail and all.

Guess I could make a commercial about the sharpness of their blades.  Hope you heal quickly.
1802 days ago



SYLPHINPROGRESS

As a left-handed person, I'll be proud to take up the slack until you have full use of your little hand.



1802 days ago



DR1939

I no longer wear open-toed sandals because I trip and fall on every little bump. Rest and aspirin are often the best medicine. However, resting one's right hand is difficult for those of us who are fiercely right-handed.
1802 days ago



PHEBESS

LOL at falling off the mountain! (But be careful at Machu Picchu, and wear good shoes! Definitely watch where you're walking, and stand still while taking photos! I'm klutzy too, I skid when walking on gravel - so I know how easy it is to trip over things you don't notice. Like uneven sidewalks.)
1802 days ago



SPEDED2

Prayers for healing.
1802 days ago



ALICIA363



Be careful! What a list!



1802 days ago



BBEGAN

LOL at the last line re falling off the mountain!

Sorry about your hand injury... I had to teach myself to mouse left-handed a few years ago. it was very clumsy at first, but now I am ambidextrous - in that one thing only!
1802 days ago



EGRAMMY

Glad you are healing. I celebrated when I could finally turn a doorknob with the right hand. Still can't turn on the car keys.....have to twist over with the left

Otherwise, . Dr. said I should have splints for sleeping to help prevent carpal tunnel. Medical official messed up my apt twice. So I checked amazon and ordered some there. (I didn't know how much movement my hands/wrist had at night til I forgot my brace for my post surgery one night.) Will let you know how it goes....
1802 days ago



PHOENIX1949

Articles on Alzheimer's research suggest using the non-dominant hand for eating, brushing teeth, writing, etc. off and on to strengthen those brain cells as well as create new ones.

Grace has never been my middle name although I was quite good at many sports in the younger years.
1802 days ago



NUMD97

The last line had me laughing out loud. Lucky for me no one is in the room I'm in at work. Would have a lot of "splainin'" to do.

Going through "repetitive use injury" now, too. Totally not happy. With me, right now, it's my non-dominant right hand. But when it catches.....watch out, baby! The pain is searing. My hands right now are taking turns: I think it's the weird way I hold the iPad for the most part, at night, watching TV on it.

This just has to stop. I am NOT a senior citizen (or "elder statesman" as my aunt preferred), just yet.

Feel better soon. You'd make a great diagnostician. Good call!
1802 days ago

Comment edited on: 7/6/2016 10:23:36 AM



CD15665102
I shouldn't laugh! Feel better soon.
1802 days ago



CD4114015
Sorry for your surgery. My shoulder replacement was on my right shoulder and like you I am STRONGLY righthanded...though not as much as you really think only thing I can't do with leftie is write.



Hope you hurry and heal! And yes, I like that for a new "weightloss strategy" LOL

Be careful of that injury and I bet I am a far bigger klutz than you, seriously!



1802 days ago



WILSONWR
You have had some weird injuries!
1802 days ago



WATERMELLEN
So sorry about your hand injury . . . hope for a speedy recovery.



You do know how to delete a whole bunch of emails at once, right? (regular chore for me with the office spam filter particularly . . .).

1802 days ago



POINDEXTRA
And, I'll have to try eating with my left hand - I eat too quickly, but don't seem to be able to slow myself down - that might be the trick!
1802 days ago



POINDEXTRA
I'm glad you're feeling better - I'm often looking at the scenery, and have twisted my ankle MANY times. Hubby had to instruct me to "scan ahead for possible dangers." He apparently learned that in scouts, and it's served me well:).
1802 days ago



SMILINGEYES2
Glad I am not the only klutz. I can trip on nothing. Glad you are recovering.
1802 days ago



LIVINGLOVINLIFE
I am clumsy. I have to watch every step. Checking e-mails may call for hazard. Pay. Take care. You might have something with the left-handed eating.
1803 days ago



GARDENCHRIS
hope you feel better soon
1803 days ago



AWROTEN
Good luck
1803 days ago



CARBMONSTERII
OMG, you are as big a klutz as I am. I feel like a 5 year old, tripping along, goggling at the world around me, oblivious to the fact that I am not putting my foot down flat, or on a smooth surface. But you know what? It's still better to see and appreciate that beautiful moon! So glad your hand is getting better.
1803 days ago



PEGGYO



1803 days ago



50YEARSAWIFE

Great blog. I can be clumsy too.
1803 days ago



HEALTH_NOW

It's why I won't ski! Good luck eating left-handed.
1803 days ago



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