

October 1, 2012

### **Wings not required for flying...**

If you haven't already heard, I learned that I indeed, you DO need wings to fly. Well, let me rephrase that - you do need wings for the landing portion of flying, not so much for the flying through the air part. This I know from firsthand experience this past weekend. Read on...

After a lovely warm up ride Friday afternoon/early evening, I climbed aboard my client's super horse, Ronja, to warm her up for her first level test in ring 3 at Silverwood this past Saturday morning. When we first entered the schooling arena, she kicked at her belly with her left hind, so I had Jackie check it for flies or something biting her. Nope, nothing there. Thought nothing of it and went about our way with our warm up. We walked, trotted and cantered -- she felt good. After a walk break, I told Jackie that we'd do a little more then go right in (we were one horse out from our test). As I cantered around, she suddenly (and I mean suddenly) bucked so hard that it sent me flying through the air. Witnesses said that I flew between 8' and 10' in the air. That wasn't the part that was bad...it was the landing from the same that did me in. Some say I started to land on my feet, but then crumpled. I don't honestly remember how I got to the ground, but do know that the inside of my right knee (yes, my 'good' knee between the two) was in excruciating pain. As I swore to myself and into the sand repetitively, I decided to look at my knee and see why it hurt so unbelievably bad. That's when I saw my knee facing parallel to the sand, but my kneecap was pointing into the sand. I remember thinking "hmmm...that can't be good" so I did what I thought anyone would have done -- I took my hand and pushed it back to "normal". It did a lovely "klunk" back into place and at least looked more normal then. By this time, people were reaching me as I laid in the middle of the warm up ring asking if I was ok. Clearly, I knew I wasn't.

After telling my story to everyone that arrived (first responders, the TD, EMTs, etc), I *finally* was carted off in an ambulance to Aurora hospital in Kenosha, WI. They x-rayed the knee and found nothing broken and thanked me for putting my kneecap back in place so they didn't have to. After giving me a knee brace, several ice packs, Vicadin and crutches, we were out the door. I spent the next night and day at the Country Inn & Suites with my knee up on pillows surrounded in ice packs. Sunday, Andrew, my farm manager, drove down to get me and the truck/trailer and horses.

Today, my knee is about the same size as my head, without exaggeration. It's *huge*. And starting to show some lovely colors (bruising). I continue my icing routine and chew on Vicadin like they're tic tacs to keep the pain managed. I'm stuck in bed, totally immobile except for a few trips to the restroom. The routine is all too familiar and I'm a pro at it. I am waiting to get in to see the orthopedic surgeon to determine next steps. Ideally, the ligaments are not torn, just stretched beyond recognition from the dislocation... that's my story and I'm sticking to it until I'm told otherwise.

With all this said, I will not be teaching for at least the early part of this week. Once the pain and swelling is more under control and I can sit upright without anguish, I promise you will see me in my chair with my leg propped up giving lessons again. As for riding, Jackie is riding everything that I normally do and will continue to do so until further notice.

I'll keep you updated via email on my status. Please give Wally a cookie for me if you're at the farm - I haven't seen him since Friday and won't be down there in the immediate future. He must be starving - tee hee!

On a MUCH brighter note, congrats to Cindi Smith and Sabriel (I call her "twistie head") for scoring a 65% in third level test 1 at her first ever dressage show! YAHOO!!! Awesome for a horse that they didn't think would ever be ridden again. And, I couldn't be prouder of my "mini-me", Jackie -- she got her final scores at prix st georges and 4th level this weekend, earning her USDF Silver medal. Way to go team!

As always, if you need anything, drop me an email (phone isn't always by me, esp if I'm trying to sleep),

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