

October 6, 2012  
**Hidden Cameras?**

As you probably already know, I was unloaded a week ago today at the Silverwood show while warming up a client's horse. The fall dislocated my kneecap, but I smushed it back into place as soon as I saw it pointing off to the outside. After waiting forever to be "boarded" by the EMTs and a long trip to the ER (of course, there's a story there...I swear there has to be a hidden camera around me for the crap I endure!) and a week worth of keeping my leg elevated, heavily iced, and resting (my favorite thing...) I saw the Orthopedic Surgeon (OS) yesterday. Again, where's that damn camera?

I'm seeing a new OS, Dr. Wollager, since the dr. that performed my surgery 3 years ago (Dr. Bowers) no longer takes my insurance. Figures, right? Anyway, this OS was recommended by my last OS, so I had some degree of confidence in this new character. Right off the bat, I saw Dr. Wollager's resident -- this OS is out of UW Health, so I know you get to deal with some of the, um, bonuses, that come along with a teach school. Eric was a nice enough guy and explained the good news was that they don't usually do surgery on dislocated kneecaps. Apparently surgery is only needed when it is a reoccurring ordeal, which now might be after having dislocated it. The tendons that keep the kneecap stable apparently tear apart for the dislocation to happen, which is why the inside of my knee was a huge source of pain. And swollen like you wouldn't believe. Ok. Makes sense thus far. Then he asked if I had xrays taken at the ER, which I did. The UW Health nurse had called and asked me where to get them from, even getting the phone number from me. Later in the week, I received a call that the xrays had arrived and we were good to go. As Eric looked through my file, we learned that the most recent xrays weren't in fact there and what the nurse had pulled up on the screen was my left knee -- not even the correct knee!

So, they wheeled me off to xray to do xrays of my knee and my shoulder. As the week progressed, I learned I somehow tweaked my shoulder during my flight lesson (a/k/a getting dumped by the mare). While taking the xrays, again I looked around the room for the hidden camera...they couldn't figure out how to get my shoulder xrays when I was in a wheel chair and I am waaaay too wobbly to stand still for an xray. So, they rammed me into the bed and machine a few times...yah, classic Shelly stuff.

Fortunately, they figured out how to get the xrays they needed and I got good news that nothing was broken. Whew. My first smile in a few days - felt good! Then, I mentioned to the OS that my lower leg sometimes feels disconnected; for example, it just gave me that feeling when they were trying to get me to lay on my side for a knee xray. I couldn't do it without the disconnected feeling. The OS had me climb on the table for further exam. I knew what I felt wasn't good and that I've felt it before...about 3 years ago... He said I had out done myself on this injury -- more than likely I have blown my ACL *and* my MCL this time around. Amazing how quickly my smile disappeared with that news. But, down deep, I suspected the same when I felt the disconnected feeling last Sunday when I got off the bed to leave the hotel. He tested my other knee and said "yep, you don't have a matched set". Sigh...stupid hidden camera watching me fake a smile about the matched set comment.

So, now I'm scheduled for an MRI Tuesday, 10/9 to confirm what the doctor felt in the tests. Then, make plans from there. So, missing USDF Regional Championships next week appears to be my least worry at this point. The good news is that since I've been such a good frickin' patient - implementing the RICE (rest, ice, compression, elevation), my swelling in my knee is waaaay down. I no longer have a pumpkin for a knee, thank goodness. Although a bit less festive as the pumpkin sized knee, I'll take it having a little swelling, with my ankle taking the majority of the swelling (it's almost impossible to get my foot higher than my knee without serious pain in the knee and surrounding the joint). Hopefully that will make any plans for surgery happen sooner than later. But, we'll see what the MRI shows. With that said, I'm drugged heavily as this sucker is painful. Once I know what the MRI shows and we determine next steps, I'll let you know so we can plan lessons, etc. At this point, whenever I was to ride, Jackie is riding. Jackie and I chat each night on plans for each horse we are riding (we = she). So, we have lesson plans for everyone. Hopefully, once I can sit up and remain halfway concious, I'll get back to teaching. One day at a time...

Most importantly, **thank you** for your kind emails, texts, messages, etc. They truly keep me going each day, as hard as some days have been. I'll keep you posted as I know more or have things to share -- good or bad. Keep your fingers crossed for only good news from here on in!

Happy riding,

slr