

Some of you have asked how the surgery went. He's a run down:

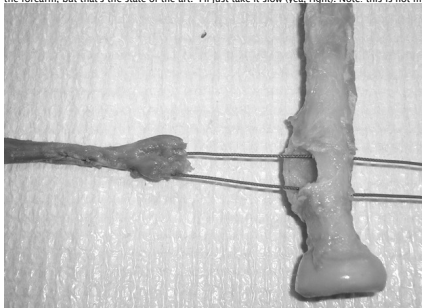
- Saturday - bust the bicep tendon off he arm while dirtbiking. Fun capped by a few more falls in a you-ain't-gonna-beat-me ride out of the "Rock Garden" in Edinburg, VA. Whose idea was that anyway?
- Sunday - back in NC, got some imaging to confirm the suspected tendon was completely whacked. Bicep by now is up towards the shoulder.
- Monday - back at the gym finding that you can do cardio and a good number of arm and chest exercises if you hold it just right.
- Tuesday - Dr. Sutton says "this one will be fun". Good health and quick intervention. Unusual with no bruising or swelling.
- Wednesday - got a friend to drop me off at the Cape Fear OR here in Wilmington. Walked in for a nerve block and gas (not big on smelling my own bone smoke). Walked out a few hours later w/ Cathy.
- Wrote "guess again" in big letters on the other arm. One large Z incision at the front of the elbow.



One smaller incision on the back side of the forearm. This is where they do the anchoring work.



They drill a couple holes, recess a divot for the tendon head, then synch things up and wait for the bone to grow around the tendon. Dr. Sutton says the strength is ultimately the rope used to secure the tendon. I'm a little concerned I just introduced a failure site at the holes in the forearm, but that's the state of the art. I'll just take it slow (vea, right). Note: this is not my arm but some poor cadaver's.



- Thursday is a total loss. Not the injury, but the back-side surgery site (hole above) is the source of the joy. Didn't have the right pain meds, so was not pleasant that first evening. Cathy applied the pressure she is so good at welding and had enough Oxycodone.
- Friday - stop in to work to beat the odds on the 'When will Bloomer return' pool. How many things have you really tried to do w/ you non-dominant arm/hand? It's a whole new experience.
- Weekend - a careful Oxycodone/booze cocktail achieve unintended consequences. Other pains follow. You'd think I'd learn.
- Thursday - solid cast comes off early. Doc shows me to some like surgery candidates, recounts how easy ("fun") my 'drag & drill' was, and decides it's time, given the accelerated healing, to start extension therapy. This bionic device came w/ a Farrah Fawcett poster.



- Friday+ - back at the gym pushing hard. Feels great. Aerobics, swimming, legs, abs, etc. Be a while before I run outside, do any pull ups or curling of much consequence. The stretched bicep looks like a girls arm now! A lot of work to do, but at least the feeling is starting to return as the ligaments and tendons calm down.