
Subject: Busted some stuff while I was gone
Posted by [Tom Bruhl](#) on Sat, 26 Jan 2008 18:13:33 GMT
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This is a multi-part message in MIME format.

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the first three weeks. Now I'm barely taking the pain meds.
They helped alot though. Toes are moving and feeling. They
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Physical therapy is in house which is great although
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ice after exercise.

I want you all to know that I've been looking in here over the
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I can't spend more than 30 minutes at a desk. The studio
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I am giggling once or twice/week which is way bad for me. =20
Gotta make a living. =20

My stereo amp is in the shop where I am sleeping and exercising.
When it comes back I'll be doing some big time listening.

Any tips from friends here would be great regarding healing
and/or music productivity while healing would be great.

I'm down but not out,
Tom

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Subject: Re: Busted some stuff while I was gone
Posted by [Jamie K](#) on Sat, 26 Jan 2008 18:41:32 GMT
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Hey Tom,

Welcome back! Sorry to hear about your leg. Sounds like you're in good hands and it's just a matter of time before you're back on your feet.

Music to heal by, (to start the list):
Mark Sloniker - True Nature
One Of A Kind - Bill Bruford

Cheers,
-Jamie
www.JamieKruz.com

Tom Bruhl wrote:

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Subject: Re: Busted some stuff while I was gone
Posted by [John \[1\]](#) on Sat, 26 Jan 2008 19:48:25 GMT
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holy crap ! I hope you get well quick. For swelling i put 50% water and
50% isopropyl alchohol in a zip lock bag and freeze it. It will stay liquid
an be cold as hell.

John

Subject: Re: Busted some stuff while I was gone
Posted by [excelav](#) on Sat, 26 Jan 2008 20:13:02 GMT
[View Forum Message](#) <> [Reply to Message](#)

Wow dude, sorry to hear all that! I hope you feel better and get completely
back on your feet soon.

"Tom Bruhl" <arpeggio@comcast.net> wrote:

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Subject: Re: Busted some stuff while I was gone
Posted by [Neil](#) on Sat, 26 Jan 2008 20:50:16 GMT
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That's a real bummer, Tom... hope you get better soon!

Neil

"Tom Bruhl" <arpeggio@comcast.net> wrote:

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Subject: Re: Busted some stuff while I was gone
Posted by [rick](#) on Sun, 27 Jan 2008 10:13:53 GMT
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so you were the guy in the cape and spandex tights on the news...whoda
thunk. get better and remember the safety ropes next time. :o)

On Sat, 26 Jan 2008 13:13:33 -0500, "Tom Bruhl" <arpegio@comcast.net>
wrote:

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Subject: Re: Busted some stuff while I was gone
Posted by [emarenot](#) on Sun, 27 Jan 2008 16:18:07 GMT
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Oh my gosh... my ankles are hurting reading your post. Wishing you a speedy recovery Tom. Take care, MR

"Tom Bruhl" <arpeggio@comcast.net> wrote:

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Subject: Re: Busted some stuff while I was gone
Posted by [Rich Lamanna](#) on Sun, 27 Jan 2008 18:01:47 GMT
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Bummer Tom, wishing you a speedy recovery. Music for the soul and spirit = as much as you can manage in the mean time. Also a good opportunity for = a new perspective.

Guidance,

Rich

"Tom Bruhl" <arpeggio@comcast.net> wrote in message = news:479b7a9b@linux...

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<DIV>Bummer Tom, wishing you a speedy recovery. Music for =
the soul=20

and spirit as much as you can manage in the mean time. Also a good=20
opportunity for a new perspective.</DIV>

<DIV> </DIV>

<DIV>Guidance,</DIV>

<DIV>Rich</DIV>

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<DIV>"Tom Bruhl" <<A=20

href=3D"mailto:arpeggio@comcast.net">arpeggio@comcast.net> wrote =
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news:479b7a9b@linux...</DIV>

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-----=_NextPart_000_003B_01C860DC.648A0E60--

Subject: Re: Busted some stuff while I was gone
Posted by [steve the artguy](#) on Sun, 27 Jan 2008 21:05:51 GMT
[View Forum Message](#) <> [Reply to Message](#)

Tom-

Reading this made my hair hurt. ouch.

Whatever you did, don't do it again!

-steve

"Tom Bruhl" <arpeggio@comcast.net> wrote:

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Subject: Re: Busted some stuff while I was gone
Posted by [Tom Bruhl](#) on Mon, 28 Jan 2008 06:03:46 GMT
[View Forum Message](#) <> [Reply to Message](#)

This is a multi-part message in MIME format.

-----=_NextPart_000_0102_01C86149.A2215720
Content-Type: text/plain;
charset="iso-8859-1"
Content-Transfer-Encoding: quoted-printable

Hey everyone,
You had me laughing and that's a healing agent right there!
Today's better than yesterday and it's usually like that.
Your well wishes are graciously accepted. =20

I'll get into the studio one way or another. I am in need of a new
armless chair with wheels. Does anyone have any suggestions
for less than \$350 ? I like a firm lower back and adjustable
height at a minimum. The more bells and whistles the
better though.

Thanks!
Tom

"steve the artguy" <artguy@eaglenebula.com> wrote in message =
news:479ce41f\$1@linux...

Tom-

Reading this made my hair hurt. ouch.

Whatever you did, don't do it again!

-steve

"Tom Bruhl" <arpeggio@comcast.net> wrote:
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Subject: Re: Busted some stuff while I was gone
Posted by [Erling](#) on Mon, 28 Jan 2008 09:01:34 GMT
[View Forum Message](#) <> [Reply to Message](#)

...if someone ask how you did it, don't try to show them...

Erling

On Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" <arpegio@comcast.net>
wrote:

>Hey everyone,
>You had me laughing and that's a healing agent right there!
>Today's better than yesterday and it's usually like that.
>Your well wishes are graciously accepted.
>
>I'll get into the studio one way or another. I am in need of a new
>armless chair with wheels. Does anyone have any suggestions
>for less than \$350 ? I like a firm lower back and adjustable
>height at a minimum. The more bells and whistles the
>better though.
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>Thanks!
>Tom
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>"steve the artguy" <artguy@eaglenebula.com> wrote in message news:479ce41f\$1@linux...
>
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>
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> Whatever you did, don't do it again!
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> -steve
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Subject: Re: Busted some stuff while I was gone
Posted by [Bill L](#) on Mon, 28 Jan 2008 20:27:38 GMT
[View Forum Message](#) <> [Reply to Message](#)

Wait! I want to know how you did it?!?

erlilo wrote:

> ...if someone ask how you did it, don't try to show them...

>

> Erling

>

> On Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" <arpegio@comcast.net>

> wrote:

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>> better though.

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>> "steve the artguy" <artguy@eaglenebula.com> wrote in message news:479ce41f\$1@linux...

>>

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>>

>> Reading this made my hair hurt. ouch.

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>> Whatever you did, don't do it again!

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>> -steve

>>

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Subject: Re: Busted some stuff while I was gone
Posted by [Sarah](#) on Tue, 29 Jan 2008 13:37:51 GMT
[View Forum Message](#) <> [Reply to Message](#)

This is a multi-part message in MIME format.

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Ow! Sorry to hear you broke a flipper. I won't ask who you were trying =
to kick. Sounds like you're doing the right stuff. Eat healthy, sleep =
enough, and keep picturing yourself healed. Oh, and keep laughing. :)

S

"Tom Bruhl" <arpeggio@comcast.net> wrote in message =
news:479b7a9b@linux...

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and=20
you?
<A=20
=
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-----=_NextPart_000_0064_01C86239.16AD6760--

Subject: Re: Busted some stuff while I was gone
Posted by [Tom Bruhl](#) on Tue, 29 Jan 2008 19:02:14 GMT
[View Forum Message](#) <> [Reply to Message](#)

This is a multi-part message in MIME format.

-----=_NextPart_000_00A3_01C8627F.8CACC280

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charset="iso-8859-1"

Content-Transfer-Encoding: quoted-printable

Bill,

Do you really want to know? Okay here's the story.

The Pats had beat the NY Giants for the first time this season and the beer was flowing. Now the game was long over and three of us took a walk downstairs at about 3:30 AM to shoot some pool. The other two had already started as I was on my way down the 1930s wooden staircase. I made it 2/3 of the way down when my left foot decided to go left just enough to get lodged into the unfinished wall's studs. My upper body continued down the last four stairs as if nothing was out of the ordinary. Snap! There goes my leg.

In great pain my buds were chanting: " Shake it off ! " Riiight. I realized that was not an option. I dragged my sorry ass onto the stairs that had just accosted me. I begged my friends to get me home which was right across the street. The leg was hurting alot. My friend Dan decided the best way to cart my 180lb body back to my home was in his cement ridden wheelbarrow. I dragged that sorrowful ass of mine up his deadly stairs across the dining room and into his living room. I couldn't stand the pain to make it onto his sofa so I remained on the floor. Dan threw my body over his shoulder and gave me the fireman's walk to the unassuming wheelbarrow which was down four stairs outside his front door.

After arriving at my house a few painful minutes later, I was given one more fireman's walk inside my home and tossed onto my sofa. This is when my loving wife entered the picture. Her concern for my well being was dwarfed by the humor my friend and I were experiencing at the time. After Dan's quick departure I slept this one off. Well not exactly . . . After waking up around 11:00 AM even greater pain, my wife and I decided to head to the emergency room. =

There a few oxycodone were popped which barely helped. By 4:00 PM I was in consultation with the surgeon and 12/31 was chosen as the day of the operation.

I can say that pain was the underlying theme from the moment of the fall until three weeks later. All of the nurses enjoyed the wheelbarrow chariot service ' story and were amazed that I waited eight hours before =

going to the hospital. Mass quantities of beer make men do strange = things.

So Bill, that's my story as my friends and I remember it. I like = telling=20
it to those that enjoy hearing about man's idiotic behavior and it's=20 potentially life changing outcome.

My leg's starting to ache.
T.

"Bill L" <bill@billlorentzen.com> wrote in message = news:479e3e25\$1@linux...

Wait! I want to know how you did it?!?

erlilo wrote:

> ...if someone ask how you did it, don't try to show them...

>=20

> Erling

>=20

> On Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" = <arpeggio@comcast.net>

> wrote:

>=20

>> Hey everyone,

>> You had me laughing and that's a healing agent right there!

>> Today's better than yesterday and it's usually like that.

>> Your well wishes are graciously accepted. =20

>>

>> I'll get into the studio one way or another. I am in need of a new

>> armless chair with wheels. Does anyone have any suggestions

>> for less than \$350 ? I like a firm lower back and adjustable

>> height at a minimum. The more bells and whistles the

>> better though.

>>

>> Thanks!

>> Tom

>>

>>

>>

>>

>>

>> "steve the artguy" <artguy@eaglenebula.com> wrote in message = news:479ce41f\$1@linux...

>>

>> Tom-

>>

>>

>> Reading this made my hair hurt. ouch.

>>
>> Whatever you did, don't do it again!
>>
>> -steve
>>
>>
>> "Tom Bruhl" <arpeggio@comcast.net> wrote:
>> >
>> >
>> >He guys,
>> >It's been a month since my last post. Reason being
>> >I broke my tibia fibula just above my ankle clean through
>> >on 12/30. =3D20
>> >
>> >Got some titanium inserted inside where the marrow was
>> >and screwed in in three places. I spent five days in the =
hospital
>> >due to a fever I was running. The pain was incredible for
>> >the first three weeks. Now I'm barely taking the pain meds.
>> >They helped alot though. Toes are moving and feeling. They
>> >tell me that's good. Ankle feels swollen and tender and is tough
>> >to move.
>> >
>> >Physical therapy is in house which is great although
>> >very difficult. I am giving it all I've got to get back on =
my=3D20
>> >feet asap. So far keeping the foot above my heart all
>> >the time is the best way to keep the swelling down along with
>> >ice after exercise.
>> >
>> >I want you all to know that I've been looking in here over the
>> >last few weeks and it's great to feel some what normal again.
>> >I can't spend more than 30 minutes at a desk. The studio
>> >has been out of the question although I'm looking for a way =
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>> >rest my foot on the console without falling out of my chair.
>> >I am giggling once or twice/week which is way bad for me. =3D20
>> >Gotta make a living. =3D20
>> >
>> >My stereo amp is in the shop where I am sleeping and exercising.
>> >When it comes back I'll be doing some big time listening.
>> >
>> >Any tips from friends here would be great regarding healing
>> >and/or music productivity while healing would be great.
>> >
>> >I'm down but not out,
>> >Tom
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>chair.</DIV>
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size=3D3D2>or=3D20
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>
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-----=_NextPart_000_00A3_01C8627F.8CACC280--

Subject: Re: Busted some stuff while I was gone
Posted by [Rich Lamanna](#) on Wed, 30 Jan 2008 05:45:37 GMT
[View Forum Message](#) <> [Reply to Message](#)

This is a multi-part message in MIME format.

-----=_NextPart_000_000D_01C862D1.0C49A8E0
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charset="iso-8859-1"
Content-Transfer-Encoding: quoted-printable

Wow, too much fun. Reminds me of the time, I punched a wall stone drunk, = thinking it was sheet rock, but in reality it was constructed out of = cinder block. Man was I surprised when I heard my left hand snap. I was = giggling in Lima with the Contemporary Orchestra in Peru, 1st Alto chair, = and did the gig for 2 weeks with a broken hand. Of all of the memories I = have of Lima, batidos made with Cherimoya, a creamy subtropical sweet = fruit, cheap alpaca sweaters; what I remember the most is that you could = buy Darvon over the counter. Darvon and I became well acquainted for 2 = weeks and my hand set on its own, albeit a little crooked. I was in pain = for 2 weeks, but managed to pull the gig off without anyone except a few = knowing I was in pain. I had no strength in my left pinkie and I ghosted = all of my low B and Bb's. I feel your pain.

Rich

"Tom Bruhl" <arpeggio@comcast.net> wrote in message = news:479f7a61@linux...

Bill,

Do you really want to know? Okay here's the story.

The Pats had beat the NY Giants for the first time this season and the beer was flowing. Now the game was long over and three of us took a walk downstairs at about 3:30 AM to shoot some pool. The other two had already started as I was on my way down the 1930s wooden staircase. I made it 2/3 of the way down when my left foot decided to go left just enough to get lodged into the unfinished wall's studs. My upper body continued down the last four stairs as if nothing was=20 out of the ordinary. Snap! There goes my leg.

In great pain my buds were chanting: " Shake it off ! " Riiight. I realized that was not an option. I dragged my sorry ass=20 onto the stairs that had just accosted me. I begged my friends to get me home which was right across the street. The leg was hurting alot. My friend Dan decided the best way to cart my 180lb body back to my home was in his cement dust=20 ridden wheelbarrow. I dragged that sorrowful ass of mine up his deadly stairs across the dinning room and into his living room. =20 I couldn't stand the pain to make it onto his sofa so I remained=20 on the floor. Dan threw my body over his shoulder and gave me the=20 fireman's walk to the unassuming wheelbarrow which was down=20 four stairs outside his front door. =20

After arriving at my house a few painful minutes later, I was given one more fireman's walk inside my home and tossed onto my sofa. This is when my loving wife entered the picture. Her concern

for my well being was dwarfed by the humor my friend and I were experiencing at the time. After Dan's quick departure I slept this one off. Well not exactly . . . After waking up around 11:00 AM in=20 even greater pain, my wife and I decided to head to the emergency = room. =20

There a few oxycodone were popped which barely helped. By 4:00 PM=20 I was in consultation with the surgeon and 12/31 was chosen as the day of the operation.

I can say that pain was the underlying theme from the moment of=20 the fall until three weeks later. All of the nurses enjoyed the ' = wheelbarrow=20

chariot service ' story and were amazed that I waited eight hours = before=20

going to the hospital. Mass quantities of beer make men do strange = things.

So Bill, that's my story as my friends and I remember it. I like = telling=20

it to those that enjoy hearing about man's idiotic behavior and it's=20 potentially life changing outcome.

My leg's starting to ache.

T.

"Bill L" <bill@billlorentzen.com> wrote in message = news:479e3e25\$1@linux...

Wait! I want to know how you did it?!?

erlilo wrote:

> ...if someone ask how you did it, don't try to show them...

>=20

> Erling

>=20

> On Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" = <arpeggio@comcast.net>

> wrote:

>=20

>> Hey everyone,

>> You had me laughing and that's a healing agent right there!

>> Today's better than yesterday and it's usually like that.

>> Your well wishes are graciously accepted. =20

>>

>> I'll get into the studio one way or another. I am in need of a = new

>> armless chair with wheels. Does anyone have any suggestions

>> for less than \$350 ? I like a firm lower back and adjustable

>> height at a minimum. The more bells and whistles the
>> better though.
>>
>> Thanks!
>> Tom
>>
>>
>>
>>
>> "steve the artguy" <artguy@eaglenebula.com> wrote in message =
news:479ce41f\$1@linux...
>>
>> Tom-
>>
>> Reading this made my hair hurt. ouch.
>>
>> Whatever you did, don't do it again!
>>
>> -steve
>>
>>
>> "Tom Bruhl" <arpeggio@comcast.net> wrote:
>> >
>> >
>> >He guys,
>> >It's been a month since my last post. Reason being
>> >I broke my tibia fibula just above my ankle clean through
>> >on 12/30. =3D20
>> >
>> >Got some titanium inserted inside where the marrow was
>> >and screwed in in three places. I spent five days in the =
hospital
>> >due to a fever I was running. The pain was incredible for
>> >the first three weeks. Now I'm barely taking the pain meds.
>> >They helped alot though. Toes are moving and feeling. They
>> >tell me that's good. Ankle feels swollen and tender and is =
tough
>> >to move.
>> >
>> >Physical therapy is in house which is great although
>> >very difficult. I am giving it all I've got to get back on =
my=3D20
>> >feet asap. So far keeping the foot above my heart all
>> >the time is the best way to keep the swelling down along with
>> >ice after exercise.
>> >
>> >I want you all to know that I've been looking in here over the
>> >last few weeks and it's great to feel some what normal again.

>> >I can't spend more than 30 minutes at a desk. The studio
>> >has been out of the question although I'm looking for a way =
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>> >rest my foot on the console without falling out of my chair.
>> >I am gigging once or twice/week which is way bad for me. =3D20
>> >Gotta make a living. =3D20
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>> >My stereo amp is in the shop where I am sleeping and =
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>> >When it comes back I'll be doing some big time listening.
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>> >Any tips from friends here would be great regarding healing
>> >and/or music productivity while healing would be great.
>> >
>> >I'm down but not out,
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>> >
>> >I choose Polesoft Lockspam to fight spam, and you?
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>> ><DIV> </DIV>

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>> >and=3D20
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>> >
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<DIV>Rich</DIV>
<DIV>

</DIV>
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news:479f7a61@linux...</DIV>
<DIV>Bill,</DIV>
<DIV>Do you really want to know? = <FONT=20
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<DIV> </DIV>
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Subject: Re: Busted some stuff while I was gone
Posted by [rick](#) on Wed, 30 Jan 2008 09:45:48 GMT
[View Forum Message](#) <> [Reply to Message](#)

damn...so i was right after all...

On Tue, 29 Jan 2008 14:02:14 -0500, "Tom Bruhl" <arpegio@comcast.net>
wrote:

>Bill,
>Do you really want to know? Okay here's the story.
>
>The Pats had beat the NY Giants for the first time this season
>and the beer was flowing. Now the game was long over and
>three of us took a walk downstairs at about 3:30 AM to shoot
>some pool. The other two had already started as I was on my
>way down the 1930s wooden staircase. I made it 2/3 of the
>way down when my left foot decided to go left just enough
>to get lodged into the unfinished wall's studs. My upper
>body continued down the last four stairs as if nothing was
>out of the ordinary. Snap! There goes my leg.
>
>In great pain my buds were chanting: " Shake it off ! " Riiight.
>I realized that was not an option. I dragged my sorry ass
>onto the stairs that had just accosted me. I begged my
>friends to get me home which was right across the street.
>The leg was hurting alot. My friend Dan decided the best way
>to cart my 180lb body back to my home was in his cement dust
>ridden wheelbarrow. I dragged that sorrowful ass of mine up his
>deadly stairs across the dinning room and into his living room.
>I couldn't stand the pain to make it onto his sofa so I remained
>on the floor. Dan threw my body over his shoulder and gave me the
>fireman's walk to the unassuming wheelbarrow which was down
>four stairs outside his front door.
>

>After arriving at my house a few painful minutes later, I was given
>one more fireman's walk inside my home and tossed onto my
>sofa. This is when my loving wife entered the picture. Her concern
>for my well being was dwarfed by the humor my friend and I were
>experiencing at the time. After Dan's quick departure I slept this
>one off. Well not exactly . . . After waking up around 11:00 AM in
>even greater pain, my wife and I decided to head to the emergency room.
>There a few oxycodone were popped which barely helped. By 4:00 PM
>I was in consultation with the surgeon and 12/31 was chosen as the
>day of the operation.
>
>I can say that pain was the underlying theme from the moment of
>the fall until three weeks later. All of the nurses enjoyed the ' wheelbarrow
>chariot service ' story and were amazed that I waited eight hours before
>going to the hospital. Mass quantities of beer make men do strange things.
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>So Bill, that's my story as my friends and I remember it. I like telling
>it to those that enjoy hearing about man's idiotic behavior and it's
>potentially life changing outcome.
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>My leg's starting to ache.
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> "Bill L" <bill@billlorentzen.com> wrote in message news:479e3e25\$1@linux...
> Wait! I want to know how you did it?!?
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> erlilo wrote:
> > ...if someone ask how you did it, don't try to show them...
> >
> > Erling
> >
> > On Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" <arpeggio@comcast.net>
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> >
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> >> You had me laughing and that's a healing agent right there!
> >> Today's better than yesterday and it's usually like that.
> >> Your well wishes are graciously accepted.
> >>
> >> I'll get into the studio one way or another. I am in need of a new
> >> armless chair with wheels. Does anyone have any suggestions
> >> for less than \$350 ? I like a firm lower back and adjustable
> >> height at a minimum. The more bells and whistles the
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> >> Thanks!
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> >> >.html</A> </FONT></DIV></BODY></HTML>
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Subject: Re: Busted some stuff while I was gone
Posted by [Tom Bruhl](#) on Wed, 30 Jan 2008 16:26:58 GMT
[View Forum Message](#) <> [Reply to Message](#)

This is a multi-part message in MIME format.

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Content-Type: text/plain;
 charset="iso-8859-1"
Content-Transfer-Encoding: quoted-printable
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Well, ya you were right Rick but I got out of the Spandex before I went to the emergency room.

"rick" <parnell68@hotmail.com> wrote in message = news:rph0q39h0n60floc5flc794cqrr3bflumj@4ax.com... damn...so i was right after all...

On Tue, 29 Jan 2008 14:02:14 -0500, "Tom Bruhl" <arpegio@comcast.net> wrote:

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 console without =3D
 > >> >falling out of=3D20
 > >> >my chair.</DIV>
 > >> ><DIV>I am giggling once =
 <FONT =3D
 > >> >face=3D3DArial size=3D3D2>or=3D20
 > >> >twice/week which is way bad for me. </DIV>
 > >> ><DIV>Gotta make a living. =3D
 > >> ></DIV>
 > >> ><DIV> </DIV>
 > >> ><DIV>My stereo amp is in the =
 shop where I am
 > >> =3D

```

> >> >sleeping=3D20
> >> >and exercising.</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>When it comes back I'll =
be doing some =3D
> >> >big time=3D20
> >> >listening.</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
> >> ><DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>Any tips from friends =
here would be =3D
> >> >great regarding=3D20
> >> >healing</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>and/or music productivity =
while healing
> >> =3D
> >> >would be=3D20
> >> >great.</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>I'm down but not =
out,</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>Tom</FONT></DIV></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
> >> ><DIV><FONT size=3D3D2><BR><BR>I choose Polesoft Lockspam to =
fight spam, =3D
> >> >and=3D20
> >> >you?<BR><A=3D20
> >> =
>href=3D3D"http://www.polesoft.com/refer.html">http://www.polesoft.com/re=
fer=3D
> >> >.html</A> </FONT></DIV></BODY></HTML>
> >> >
> >> >

```

-----=_NextPart_000_0017_01C86333.06D651D0

Content-Type: text/html;

charset="iso-8859-1"

Content-Transfer-Encoding: quoted-printable

```
<!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">
```

```
<HTML><HEAD>
```

```
<META http-equiv=3DContent-Type content=3D"text/html; =
charset=3Diso-8859-1">
```

```
<META content=3D"MSHTML 6.00.2900.2180" name=3DGENERATOR>
```

```
<STYLE></STYLE>
```

```
</HEAD>
```

```
<BODY bgColor=3D#ffffff>
```


<DIV>Well, ya you were right Rick but I =
got</DIV>
<DIV>out of the Spandex before I went =
to</DIV>
<DIV>the emergency room.</DIV>
<BLOCKQUOTE=20
style=3D"PADDING-RIGHT: 0px; PADDING-LEFT: 5px; MARGIN-LEFT: 5px; =
BORDER-LEFT: #000000 2px solid; MARGIN-RIGHT: 0px">
 <DIV>"rick" <<A=20
 href=3D"mailto:parnell68@hotmail.com">parnell68@hotmail.com> =
wrote in=20
 message <A=20
 =
href=3D"news:rph0q39h0n60floc5flc794cqrr3bflumj@4ax.com">news:rph0q39h0n6=
0floc5flc794cqrr3bflumj@4ax.com...</DIV>damn...so=20
 i was right after all...

On Tue, 29 Jan 2008 14:02:14 -0500, =
"Tom=20
 Bruhl" <<A=20
 =
href=3D"mailto:arpeggio@comcast.net">arpeggio@comcast.net>
wrote:=

>Bill,
>Do=20
 you really want to know? Okay here's the =
story.
>
>The Pats=20
 had beat the NY Giants for the first time this season
>>and the =
beer was=20
 flowing. Now the game was long over and
>three of us took =
a walk=20
 downstairs at about 3:30 AM to shoot
>some pool. The other =
two had=20
 already started as I was on my
>way down the 1930s wooden=20
 staircase. I made it 2/3 of the
>way down when my left =
foot=20
 decided to go left just enough
>to get lodged into the =
unfinished wall's=20
 studs. My upper
>body continued down the last four stairs =
as if=20
 nothing was
>out of the ordinary. Snap! There goes =
my=20
 leg.
>
>In great pain my buds were chanting: " Shake it =
off !=20
 " Riiight.
>I realized that was not an =
option. I=20
 dragged my sorry ass
>onto the stairs that had just accosted =
me. =20
 I begged my
>friends to get me home which was right across the=20
 street.
>The leg was hurting alot. My friend Dan decided =
the best=20
 way
>to cart my 180lb body back to my home was in his cement =

dust=20

>ridden wheelbarrow. I dragged that sorrowful ass of mine =
up=20
his
>deadly stairs across the dinning room and into his living=20
room.
>I couldn't stand the pain to make it onto his sofa =
so I=20
remained
>on the floor. Dan threw my body over his =
shoulder and=20
gave me the
>fireman's walk to the unassuming wheelbarrow which =
was=20
down
>four stairs outside his front door. =

>
>After=20
arriving at my house a few painful minutes later, I was =
given
>one more=20
fireman's walk inside my home and tossed onto my
>sofa. =
This is=20
when my loving wife entered the picture. Her concern
>for =
my well=20
being was dwarfed by the humor my friend and I =
were
>experiencing at the=20
time. After Dan's quick departure I slept this
>one =
off. =20
Well not exactly . . . After waking up around 11:00 AM in =

>even=20
greater pain, my wife and I decided to head to the emergency =
room. =20

>There a few oxycodone were popped which barely helped. =
By 4:00=20
PM
>I was in consultation with the surgeon and 12/31 was chosen =
as=20
the
>day of the operation.
>
>I can say that pain =
was the=20
underlying theme from the moment of
>the fall until three weeks =

later. All of the nurses enjoyed the ' wheelbarrow =

>chariot=20
service ' story and were amazed that I waited eight hours before =

>going=20
to the hospital. Mass quantities of beer make men do strange=20
things.
>
>So Bill, that's my story as my friends and I =
remember=20
it. I like telling
>it to those that enjoy hearing about =
man's=20
idiotic behavior and it's
>potentially life changing=20
outcome.
>
>My leg's starting to=20
ache.
>T.
>
>
> "Bill L" <<A=20
href=3D"mailto:bill@billlorentzen.com">bill@billlorentzen.com> =
wrote in=20

message <A=20
=
href=3D"news:479e3e25\$1 @linux">news:479e3e25\$1 @linux...
> =
Wait!=20
I want to know how you did it?!?
>
> erlilo=20
wrote:
> > ...if someone ask how you did it, don't try =
to show=20
them...
> >
> > Erling
> =
>=20

> > On Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" =
<<A=20
=
href=3D"mailto:arpeggio@comcast.net">arpeggio@comcast.net>
>&n=
bsp;=20
> wrote:
> >
> >> Hey=20
everyone,
> >> You had me laughing and that's a =
healing=20
agent right there!
> >> Today's better than =
yesterday and=20
it's usually like that.
> >> Your well wishes are =
graciously=20
accepted.
> >>
> >> I'll =
get into=20
the studio one way or another. I am in need of a =
new
> =20
>> armless chair with wheels. Does anyone have any=20
suggestions
> >> for less than \$350 ? I like a =
firm=20
lower back and adjustable
> >> height at a =
minimum. =20
The more bells and whistles the
> >> better=20
though.
> >>
> >> =
Thanks!
> =20
>> Tom
> >>
> =
>>
> =20
>>
> >>
> >> "steve the =
artguy"=20
<<A =
href=3D"mailto:artguy@eaglenebula.com">artguy@eaglenebula.com>=20
wrote in message <A=20
=
href=3D"news:479ce41f\$1 @linux">news:479ce41f\$1 @linux...
> =
=20
>>
> >> Tom-
> =20
>>
> >> Reading this made my hair hurt.=20
ouch.
> >>
> >> Whatever you =
did,=20
don't do it again!
> >>
> >> =

-steve
> >>
> >>
> =&20
>> "Tom Bruhl" <<A=&20
href="mailto:arpeggio@comcast.net">arpeggio@comcast.net>=&20
wrote:
> >> >>
> >> =&20
>
> >> >He guys,
> =
>> =&20
>It's been a month since my last post. Reason =
being
> =&20
>> >I broke my tibia fibula just above my ankle clean=&20
through
> >> >on 12/30. =&20
> =

>> >
> >> >Got some titanium =

inserted inside where the marrow was
> >> =
>&and=&20
screwed in in three places. I spent five days in the=&20
hospital
> >> >due to a fever I was =
running. =&20
The pain was incredible for
> >> >the first =
three=&20
weeks. Now I'm barely taking the pain meds.
> =
>> =&20
>They helped alot though. Toes are moving and feeling. =&20
They
> >> >tell me that's good. Ankle =
feels=&20
swollen and tender and is tough
> >> >to=&20
move.
> >> >
> >> =&20
>Physical therapy is in house which is great although
> =

>> >very difficult. I am giving it all I've got =
to get=&20
back on my=&20
> >> >feet asap. So =
far keeping=&20
the foot above my heart all
> >> >the time =
is the=&20
best way to keep the swelling down along with
> =
>> =&20
>ice after exercise.
> >> =
>
> =&20
>> >I want you all to know that I've been looking in =
here over=&20
the
> >> >last few weeks and it's great to =
feel=&20
some what normal again.
> >> >I can't spend =
more=&20
than 30 minutes at a desk. The studio
> =
>> =&20

>has been out of the question although I'm looking for a way=20
to=3D20
> >> >> >rest my foot on the console =
without=20
falling out of my chair.
> >> >> >I am giggling =
once or=20
twice/week which is way bad for me. =3D20
> >> > =
>Gotta=20
make a living. =3D20
> >> >> >
> >=20
>> >My stereo amp is in the shop where I am sleeping =
and=20
exercising.
> >> >> >When it comes back I'll =
be doing=20
some big time listening.
> >> >> > =
>
> >=20
>> >Any tips from friends here would be great regarding =
healing
> >> >> >and/or music productivity =
while=20
healing would be great.
> >> >> > =
>
> >=20
>> >I'm down but not out,
> >> >=20
>Tom
> >> >> >
> >> > =
>
> >> >> >
> >> >> >=20
>
> >> >> >
> >> > =
>I=20
choose Polesoft Lockspam to fight spam, and you?
> > =
>> >=20
>http://www.polesoft.com/refer.html
> >=20
>> >
> >> >> ><!DOCTYPE HTML =
PUBLIC=20
"-//W3C//DTD HTML 4.0 Transitional//EN">
> > =
>> >=20
><HTML><HEAD>
> >> >> ><META =
http-equiv=3D3DContent-Type content=3D3D"text/html; =3D
> > =
>> >=20
>&char=3D3Diso-8859-1">
> >> > =
><META=20
content=3D3D"MSHTML 6.00.2900.2180" =
name=3D3DGENERATOR>
> >=20
>> ><STYLE></STYLE>
> > =
>> >=20
></HEAD>
> >> >> ><BODY=20
bgColor=3D3D#ffffff>
> >> >> > =
><DIV><FONT=20
face=3D3DArial size=3D3D2>He =
guys,</DIV>
> >=20

>> ></DIV><FONT face=3D3DArial =
size=3D3D2><It's been a=20
month since my last =3D
> >> >&post. =>20
Reason=3D20
> >> =>20
>&being</DIV>
> >> =>20
></DIV><I broke my tibia =
fibula just=20
above my =3D
> >> >&ankle =
clean=3D20
> =>20
>& >&through</DIV>
> =>20
>& ></DIV><on =

12/30. </DIV>
> >> =>20
></DIV>=20
</DIV>
> >> ></DIV><FONT =
face=3D3DArial=20
size=3D3D2><Got some titanium inserted inside where
> =>20
>& =3D
> >> >&the =
marrow=3D20
> =>20
>& >&was</DIV>
> =
>& =>20
></DIV><and screwed in in =
three=20
=3D
> >> >&places. I =
spent=3D20
> =>20
>& >&five days in the=20
hospital</DIV>
> >> =>20
></DIV><due to a fever I =
was=20
running. The =3D
> >> >&pain=20
was=3D20
> >> >&incredible=20
for</DIV>
> >> =>20
></DIV><the first three =
weeks. =>20
=3D
> >> >&Now I'm barely=3D20
> =

>& >&taking the pain=20
meds.</DIV>
> >> =>20
></DIV><They helped alot=20
though. Toes are =3D
> >> >&moving=20
and=3D20
> >> >&feeling. =>20
They</DIV>
> >> =>20
></DIV><tell me that's =
good. =>20
Ankle feels =3D
> >> >&swollen =
and=3D20
> =>20
>& >&tender and is =
tough</DIV>
> =>20

>> & ></DIV>to =
 move.</DIV>
> & >> =20
 ></DIV>=20
 </DIV>
> & >> & ></DIV></FONT =
 face=3D3DArial=20
 size=3D3D2>Physical therapy is in house which is =3D
> &=20
 >> & >> & >> & >> =20
 >&although</DIV>
> & >> &=20
 ></DIV>very =
 difficult. & I am=20
 giving it =3D
> & >> & >> & >&all I've =
 got=3D20
> &=20
 >& > & >&to get back on my =
 </DIV>
> &=20
 >& & ></DIV></FONT face=3D3DArial =
 size=3D3D2>feet=20
 </FONT face=3D3DArial =3D
> & >> &=20
 >&size=3D3D2>asap. & So=3D20
> & >> & >& > & >&=20
 >&far keeping=20
 the foot above my heart all</DIV>
> &=20
 >& & ></DIV></FONT face=3D3DArial =
 size=3D3D2>the time is=20
 the best way to keep the =3D
> & >> & >& > & >&swelling =
 down=3D20
> & >> & >&along=20
 with</DIV>
> & >> &=20
 ></DIV>ice after=20
 exercise.</DIV>
> & >> &=20
 ></DIV>=20
 </DIV>
> & >> & ></DIV></FONT =
 face=3D3DArial=20
 size=3D3D2>I want you all to know that I've been =3D
> &=20
 >& & >&looking in=3D20
> & >& > & =
 >&here over=20
 the</DIV>
> & >& > &=20
 ></DIV>last few weeks =
 and it's great=20
 to feel =3D
> & >& > & >&some =
 what=3D20
> &=20
 >& & >&normal =
 again.</DIV>
> &=20
 >& & ></DIV>I =
 can't spend=20
 more than 30 minutes at a
> & >& > & =
 =3D
> &=20
 >& & >&desk. =3D20
> & >& > & >&The=20
 studio</DIV>
> & >& > &=20

>> =20
>would be=3D20
> >> =20
>great.</DIV>
> >> =20
><DIV>=20
</DIV>
> >> ><DIV><FONT
face=3D3DArial=20
size=3D3D2>I'm down but not =
out,</DIV>
> =20
>> ><DIV><FONT face=3D3DArial=20
size=3D3D2>Tom</DIV&g t;</DIV>
> =20
>> ><DIV><FONT face=3D3DArial =
size=3D3D2>=20
</DIV>
> >> ><DIV><FONT =
face=3D3DArial=20
size=3D3D2> </DIV>
> >> =20
><DIV>=20
</DIV>
> >> ><DIV><FONT=20
size=3D3D2>

I choose Polesoft Lockspam to fight =
spam,=20
=3D
> >> >and=3D20
> =
>> =20
>you?
<A=3D20
> >> =
>href=3D3D"<A=20
=
href=3D'http://www.polesoft.com/refer.html">http://www.polesoft.com/refer=
'>http://www.polesoft.com/refer.html">http://www.polesoft.com/refer</A=
>=3D
> =20
>> >.html =20
</DIV></BODY&g t;</HTML>
> =20
>> >
> >> =20
>
</BLOCKQUOTE></BODY></HTML>

-----=_NextPart_000_0017_01C86333.06D651D0--

Subject: Re: Busted some stuff while I was gone
Posted by [rick](#) on Thu, 31 Jan 2008 10:32:49 GMT
[View Forum Message](#) <> [Reply to Message](#)

a painful yet smart move. i had to go to the hospital a few weeks ago with a tampon shoved up my nose...and a 5 hour nose bleed that wouldn't stop until the public humiliation was complete. i'm still not sure whether or not to thank the nurse at the doctors office for the plug.

On Wed, 30 Jan 2008 11:26:58 -0500, "Tom Bruhl" <arpegio@comcast.net> wrote:

>Well, ya you were right Rick but I got
>out of the Spandex before I went to
>the emergency room.
> "rick" <parnell68@hotmail.com> wrote in message
news:rph0q39h0n60floc5flc794cqrr3bflumj@4ax.com...
> damn...so i was right after all...
>
> On Tue, 29 Jan 2008 14:02:14 -0500, "Tom Bruhl" <arpeggio@comcast.net>
> wrote:
>
> >Bill,
> >Do you really want to know? Okay here's the story.
> >
> >The Pats had beat the NY Giants for the first time this season
> >and the beer was flowing. Now the game was long over and
> >three of us took a walk downstairs at about 3:30 AM to shoot
> >some pool. The other two had already started as I was on my
> >way down the 1930s wooden staircase. I made it 2/3 of the
> >way down when my left foot decided to go left just enough
> >to get lodged into the unfinished wall's studs. My upper
> >body continued down the last four stairs as if nothing was
> >out of the ordinary. Snap! There goes my leg.
> >
> >In great pain my buds were chanting: " Shake it off ! " Riiight.
> >I realized that was not an option. I dragged my sorry ass
> >onto the stairs that had just accosted me. I begged my
> >friends to get me home which was right across the street.
> >The leg was hurting alot. My friend Dan decided the best way
> >to cart my 180lb body back to my home was in his cement dust
> >ridden wheelbarrow. I dragged that sorrowful ass of mine up his
> >deadly stairs across the dinning room and into his living room.
> >I couldn't stand the pain to make it onto his sofa so I remained
> >on the floor. Dan threw my body over his shoulder and gave me the
> >fireman's walk to the unassuming wheelbarrow which was down
> >four stairs outside his front door.
> >
> >After arriving at my house a few painful minutes later, I was given
> >one more fireman's walk inside my home and tossed onto my
> >sofa. This is when my loving wife entered the picture. Her concern
> >for my well being was dwarfed by the humor my friend and I were
> >experiencing at the time. After Dan's quick departure I slept this
> >one off. Well not exactly . . . After waking up around 11:00 AM in
> >even greater pain, my wife and I decided to head to the emergency room.
> >There a few oxycodone were popped which barely helped. By 4:00 PM
> >I was in consultation with the surgeon and 12/31 was chosen as the
> >day of the operation.
> >
> >
> >I can say that pain was the underlying theme from the moment of

> >the fall until three weeks later. All of the nurses enjoyed the ' wheelbarrow
> >chariot service ' story and were amazed that I waited eight hours before
> >going to the hospital. Mass quantities of beer make men do strange things.
> >
> >So Bill, that's my story as my friends and I remember it. I like telling
> >it to those that enjoy hearing about man's idiotic behavior and it's
> >potentially life changing outcome.
> >
> >My leg's starting to ache.
> >T.
> >
> >
> > "Bill L" <bill@billlorentzen.com> wrote in message news:479e3e25\$1@linux...
> > Wait! I want to know how you did it?!?
> >
> > erlilo wrote:
> > > ...if someone ask how you did it, don't try to show them...
> > >
> > > Erling
> > >
> > > On Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" <arpegio@comcast.net>
> > > wrote:
> > >
> > >> Hey everyone,
> > >> You had me laughing and that's a healing agent right there!
> > >> Today's better than yesterday and it's usually like that.
> > >> Your well wishes are graciously accepted.
> > >>
> > >> I'll get into the studio one way or another. I am in need of a new
> > >> armless chair with wheels. Does anyone have any suggestions
> > >> for less than \$350 ? I like a firm lower back and adjustable
> > >> height at a minimum. The more bells and whistles the
> > >> better though.
> > >>
> > >> Thanks!
> > >> Tom
> > >>
> > >>
> > >>
> > >> "steve the artguy" <artguy@eaglenebula.com> wrote in message
news:479ce41f\$1@linux...
> > >>
> > >> Tom-
> > >>
> > >> Reading this made my hair hurt. ouch.
> > >>
> > >> Whatever you did, don't do it again!

> > >>
> > >> -steve
> > >>
> > >>
> > >> "Tom Bruhl" <arpeggio@comcast.net> wrote:
> > >> >
> > >> >
> > >> >He guys,
> > >> >It's been a month since my last post. Reason being
> > >> >I broke my tibia fibula just above my ankle clean through
> > >> >on 12/30. =20
> > >> >
> > >> >Got some titanium inserted inside where the marrow was
> > >> >and screwed in in three places. I spent five days in the hospital
> > >> >due to a fever I was running. The pain was incredible for
> > >> >the first three weeks. Now I'm barely taking the pain meds.
> > >> >They helped alot though. Toes are moving and feeling. They
> > >> >tell me that's good. Ankle feels swollen and tender and is tough
> > >> >to move.
> > >> >
> > >> >Physical therapy is in house which is great although
> > >> >very difficult. I am giving it all I've got to get back on my=20
> > >> >feet asap. So far keeping the foot above my heart all
> > >> >the time is the best way to keep the swelling down along with
> > >> >ice after exercise.
> > >> >
> > >> >I want you all to know that I've been looking in here over the
> > >> >last few weeks and it's great to feel some what normal again.
> > >> >I can't spend more than 30 minutes at a desk. The studio
> > >> >has been out of the question although I'm looking for a way to=20
> > >> >rest my foot on the console without falling out of my chair.
> > >> >I am giggging once or twice/week which is way bad for me. =20
> > >> >Gotta make a living. =20
> > >> >
> > >> >My stereo amp is in the shop where I am sleeping and exercising.
> > >> >When it comes back I'll be doing some big time listening.
> > >> >
> > >> >Any tips from friends here would be great regarding healing
> > >> >and/or music productivity while healing would be great.
> > >> >
> > >> >I'm down but not out,
> > >> >Tom
> > >> >
> > >> >
> > >> >
> > >> >
> > >> >
> > >> >
> > >> >
> > >> >I choose Polesoft Lockspam to fight spam, and you?

```
> > >> >http://www.polesoft.com/refer.html
> > >> >
> > >> ><!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">
> > >> ><HTML><HEAD>
> > >> ><META http-equiv=3DContent-Type content=3D"text/html; =
> > >> >charset=3Diso-8859-1">
> > >> ><META content=3D"MSHTML 6.00.2900.2180" name=3DGENERATOR>
> > >> ><STYLE></STYLE>
> > >> ></HEAD>
> > >> ><BODY bgColor=3D#ffffff>
> > >> ><DIV><FONT face=3DArial size=3D2>He guys,</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>It's been a month since my last =
> > >> >post. Reason=20
> > >> >being</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>I broke my tibia fibula just above my =
> > >> >ankle clean=20
> > >> >through</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>on 12/30. </FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>Got some titanium inserted inside where
> > >> =
> > >> >the marrow=20
> > >> >was</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>and screwed in in three =
> > >> >places. I spent=20
> > >> >five days in the hospital</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>due to a fever I was running. The =
> > >> >pain was=20
> > >> >incredible for</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>the first three weeks. =
> > >> >Now I'm barely=20
> > >> >taking the pain meds.</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>They helped alot though. Toes are =
> > >> >moving and=20
> > >> >feeling. They</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>tell me that's good. Ankle feels =
> > >> >swollen and=20
> > >> >tender and is tough</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>to move.</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>Physical therapy is in house which is =
> > >> >great=20
> > >> >although</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>very difficult. I am giving it =
> > >> >all I've got=20
> > >> >to get back on my </FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>feet </FONT><FONT face=3DArial =
> > >> >size=3D2>asap. So=20
```

> > >> >far keeping the foot above my heart all</DIV>
> > >> ><DIV>the time is the best way to keep the =
> > >> >swelling down=20
> > >> >along with</DIV>
> > >> ><DIV>ice after exercise.</DIV>
> > >> ><DIV> </DIV>
> > >> ><DIV>I want you all to know that I've been =
> > >> >looking in=20
> > >> >here over the</DIV>
> > >> ><DIV>last few weeks and it's great to feel =
> > >> >some what=20
> > >> >normal again.</DIV>
> > >> ><DIV>I can't spend more than 30 minutes at a
> > >> =
> > >> >desk. =20
> > >> >The studio</DIV>
> > >> ><DIV>has been out of the question although =
> > >> >I'm looking=20
> > >> >for a way to </DIV>
> > >> ><DIV>rest my foot on the console without =
> > >> >falling out of=20
> > >> >my chair.</DIV>
> > >> ><DIV>I am giggling once <FONT =
> > >> >face=3DArial size=3D2>or=20
> > >> >twice/week which is way bad for me. </DIV>
> > >> ><DIV>Gotta make a living. =
> > >> ></DIV>
> > >> ><DIV> </DIV>
> > >> ><DIV>My stereo amp is in the shop where I am
> > >> =
> > >> >sleeping=20
> > >> >and exercising.</DIV>
> > >> ><DIV>When it comes back I'll be doing some =
> > >> >big time=20
> > >> >listening.</DIV>
> > >> ><DIV> </DIV>
> > >> ><DIV>
> > >> ><DIV>Any tips from friends here would be =
> > >> >great regarding=20
> > >> >healing</DIV>
> > >> ><DIV>and/or music productivity while healing
> > >> =
> > >> >would be=20
> > >> >great.</DIV>
> > >> ><DIV> </DIV>
> > >> ><DIV>I'm down but not out,</DIV>
> > >> ><DIV>Tom</DIV></DIV>
> > >> ><DIV> </DIV>

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> > >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
> > >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
> > >> ><DIV><FONT size=3D2><BR><BR>I choose Polesoft Lockspam to fight spam, =
> > >> >and=20
> > >> >you?<BR><A=20
> > >> >href=3D"http://www.polesoft.com/refer.html">http://www.polesoft.com/refer=
> > >> >.html</A> </FONT></DIV></BODY></HTML>
> > >> >
> > >> >
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