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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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Content-Transfer-Encoding: quoted-printable

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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>

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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](http://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

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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](#)

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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)

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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

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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  
[View Forum Message](#) <> [Reply to Message](#)



This is a multi-part message in MIME format.

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Content-Transfer-Encoding: quoted-printable

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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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 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,  
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I choose Polesoft Lockspam to fight spam, and you?

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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](#)

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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](#)

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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

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>The studio</FONT></DIV>  
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without =3D  
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>my chair.</FONT></DIV>  
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>twice/week which is way bad for me. </FONT></DIV>  
><DIV><FONT face=3D3DArial size=3D3D2>Gotta make a living. =3D  
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><DIV><FONT face=3D3DArial size=3D3D2>My stereo amp is in the shop =  
where I am  
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>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>  
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healing agent=20
```

```
right there!</FONT></DIV>
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usually like=20
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that.</FONT></DIV>
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anyone have=20  
any suggestions</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>for less than \$350 ?&nbsp; I like a =  
firm lower back=20  
and adjustable</FONT></DIV>  
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bells and=20  
whistles the</FONT></DIV>  
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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.  
>  
>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" <arpegio@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.  
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> >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  
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> >Any tips from friends here would be great regarding healing  
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> >I'm down but not out,  
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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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>> You had me laughing and that's a healing agent right there!

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

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

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>> Thanks!

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>> "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!

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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](#)

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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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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](#)

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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...

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> Erling

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>> >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=3D20  
>> >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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>> >
>> >
>> >
>> >
>> >I choose Polesoft Lockspam to fight spam, and you?
>> >http://www.polesoft.com/refer.html =20
>> >
>> ><!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">
>> ><HTML><HEAD>
>> ><META http-equiv=3D3DContent-Type content=3D3D"text/html; =3D
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>> ><STYLE></STYLE>
>> ></HEAD>
>> ><BODY bgColor=3D3D#ffffff>
>> ><DIV><FONT face=3D3DArial size=3D3D2>He guys,</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>It's been a month since my =
last =3D
>> >post. Reason=3D20
>> >being</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>I broke my tibia fibula just =
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>> >ankle clean=3D20
>> >through</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>on 12/30. </FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>Got some titanium inserted =
inside where
>> =3D
>> >the marrow=3D20
>> >was</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>and screwed in in three =3D
>> >places. I spent=3D20
>> >five days in the hospital</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>due to a fever I was =
running. The =3D
>> >pain was=3D20
>> >incredible for</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>the first three weeks. =3D
>> >Now I'm barely=3D20
>> >taking the pain meds.</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>They helped alot though. =
Toes are =3D
>> >moving and=3D20
>> >feeling. They</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>tell me that's good. Ankle =
feels =3D
>> >swollen and=3D20

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>> >tender and is tough</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>to move.</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>Physical therapy is in house =  
which is =3D  
>> >great=3D20  
>> >although</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>very difficult. I am giving =  
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>> >to get back on my </FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>feet </FONT><FONT =  
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>> >size=3D3D2>asap. So=3D20  
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>> >my chair.</FONT></DIV>  
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>> >face=3D3DArial size=3D3D2>or=3D20  
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>> </FONT></DIV>
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>> <DIV><FONT face=3D3DArial size=3D3D2>Any tips from friends here =
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>> <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>
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<DIV><FONT face=3DArial size=3D2>Do you really want to know?&nbsp; =  
</FONT><FONT=20  
face=3DArial size=3D2>Okay here's the story.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>The Pats had beat the NY Giants for the =  
first time=20  
this season</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>and the beer was flowing.&nbsp; Now the =  
game was=20  
long over and</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>three of us took a walk downstairs at =  
about 3:30 AM=20  
to shoot</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>some pool.&nbsp; The other two had =  
already started=20  
as I was on my</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>way down the 1930s wooden =  
staircase.&nbsp; I made=20  
it 2/3 of the</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>way down when my left foot decided to =  
go left just=20  
enough</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>to get lodged into the unfinished =  
wall's=20  
studs.&nbsp; My upper</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>body continued down the last four =  
stairs as if=20  
nothing was </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>out of the ordinary.&nbsp; =  
Snap!&nbsp;&nbsp;&nbsp;There=20  
goes my leg.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>In great pain&nbsp;my buds were =  
chanting: " Shake=20  
it off ! "&nbsp;&nbsp;&nbsp;Riiight.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>I realized that was not an =  
option.&nbsp; I dragged=20  
my sorry ass </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>onto the stairs that had just accosted =  
me.&nbsp; I=20  
begged my</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>friends to get me home which was right =  
across the=20

street.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>The leg was hurting alot.&nbsp; My =  
friend Dan=20  
decided the best way</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>to cart my 180lb body back to my home =  
was in his=20  
cement dust </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>ridden wheelbarrow.&nbsp; I dragged =  
that sorrowful=20  
ass of mine up his</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>deadly stairs across the dinning room =  
and into his=20  
living room.&nbsp; </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>I couldn't stand the pain </FONT><FONT =  
face=3DArial=20  
size=3D2>to make it onto his sofa so I remained </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>on the floor.&nbsp; Dan </FONT><FONT =  
face=3DArial=20  
size=3D2>threw&nbsp;</FONT><FONT face=3DArial size=3D2>my body over his =  
shoulder and=20  
gave me the </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>fireman's walk to the </FONT><FONT =  
face=3DArial=20  
size=3D2>unassuming wheelbarrow which was down&nbsp;</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>four</FONT><FONT face=3DArial size=3D2> =  
stairs outside=20  
</FONT><FONT face=3DArial size=3D2>his front door.&nbsp; </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>After arriving at my house a few =  
painful minutes=20  
later, I was given</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>one more fireman's walk inside my home =  
and tossed=20  
onto my</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>sofa.&nbsp; This is when my loving wife =  
entered the=20  
picture.&nbsp; Her concern</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>for my well being was dwarfed by the =  
humor my=20  
friend and I were</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>experiencing at the time.&nbsp; =  
After&nbsp;Dan's=20  
quick departure I slept this</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>one off.&nbsp; Well not exactly . . =  
.&nbsp;</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>waking&nbsp;up&nbsp;around 11:00 AM in </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>even greater pain, </FONT><FONT =  
face=3DArial=20

size=3D2>my wife and I decided to head to the emergency room.&nbsp; =  
</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>There&nbsp;a few </FONT><FONT =  
face=3DArial=20  
size=3D2>oxycodone were popped which barely helped.&nbsp; </FONT><FONT =  
face=3DArial=20  
size=3D2>By 4:00 PM </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>I was </FONT><FONT face=3DArial =  
size=3D2>in=20  
consultation with the surgeon and 12/31 </FONT><FONT face=3DArial =  
size=3D2>was=20  
chosen as the</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>day&nbsp;</FONT><FONT face=3DArial =  
size=3D2>of the=20  
operation.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>I can say that pain was the underlying =  
theme from=20  
the moment of </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>the fall&nbsp;until three weeks =  
later.&nbsp; All of=20  
t</FONT><FONT face=3DArial size=3D2>he nurses enjoyed the ' wheelbarrow=20  
</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>chariot service ' </FONT><FONT =  
face=3DArial=20  
size=3D2>story and were amazed that I waited eight hours before =  
</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>going to </FONT><FONT face=3DArial =  
size=3D2>the=20  
hospital.&nbsp; Mass quantities of beer make men do strange =  
things.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>So Bill, that's my story as my friends =  
and I=20  
remember it.&nbsp; I&nbsp;like telling </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>it </FONT><FONT face=3DArial =  
size=3D2>to those that=20  
enjoy hearing about man's idiotic behavior and it's </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>potentially life=20  
changing&nbsp;outcome.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>My leg's starting to ache.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>T.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
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<DIV>"Bill L" &lt;<A=20  
href=3D"mailto:bill@billlorentzen.com">bill@billlorentzen.com</A>&gt; =  
wrote in=20  
message <A=20  
href=3D"news:479e3e25\$1@linux">news:479e3e25\$1@linux</A>...</DIV>Wait! =  
I want to=20  
know how you did it?!?<BR><BR>erlilo wrote:<BR>&gt; ...if someone ask =  
how you=20  
did it, don't try to show them...<BR>&gt; <BR>&gt; Erling<BR>&gt; =  
<BR>&gt; On=20  
Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" &lt;<A=20  
=  
href=3D"mailto:arpeggio@comcast.net">arpeggio@comcast.net</A>&gt;<BR>&gt;=20  
wrote:<BR>&gt; <BR>&gt;&gt; Hey everyone,<BR>&gt;&gt; You had me =  
laughing and=20  
that's a healing agent right there!<BR>&gt;&gt; Today's better than =  
yesterday=20  
and it's usually like that.<BR>&gt;&gt; Your well wishes are =  
graciously=20  
accepted.&nbsp; <BR>&gt;&gt;<BR>&gt;&gt; I'll get into the studio one =  
way or=20  
another.&nbsp; I am in need of a new<BR>&gt;&gt; armless chair with=20  
wheels.&nbsp; Does anyone have any suggestions<BR>&gt;&gt; for less =  
than \$350=20  
&nbsp;?&nbsp; I like a firm lower back and adjustable<BR>&gt;&gt; height at =  
a=20  
minimum.&nbsp; The more bells and whistles the<BR>&gt;&gt; better=20  
though.<BR>&gt;&gt;<BR>&gt;&gt; Thanks!<BR>&gt;&gt;=20  
Tom<BR>&gt;&gt;<BR>&gt;&gt;<BR>&gt;&gt; <BR>&gt;&gt;<BR>&gt;&gt; "steve =  
the=20  
artguy" &lt;<A=20  
href=3D"mailto:artguy@eaglenebula.com">artguy@eaglenebula.com</A>&gt; =  
wrote in=20  
message <A=20  
=  
href=3D"news:479ce41f\$1@linux">news:479ce41f\$1@linux</A>...<BR>&gt;&gt;<B=  
R>&gt;&gt;&nbsp;=20  
Tom-<BR>&gt;&gt;<BR>&gt;&gt;&nbsp; Reading this made my hair hurt.=20  
ouch.<BR>&gt;&gt;<BR>&gt;&gt;&nbsp; Whatever you did, don't do it=20  
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&gt;<BR>&gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;<BR>&gt;&nbsp;=20  
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and=20  
you?<BR>&gt;&nbsp; =  
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face=3D3DArial=20  
size=3D3D2&gt;He guys,&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
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&gt;&lt;DIV&gt;&lt;FONT=20  
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&gt;through&lt;/FONT&gt;&lt;/DIV&gt;<BR >&gt;&nbsp; =  
&gt;&lt;DIV&gt;&lt;FONT=20  
face=3D3DArial size=3D3D2&gt;on 12/30.&nbsp;=20  
&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&lt;DIV&gt;&lt;FONT=20  
face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt; =  
&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;Got some titanium =  
inserted=20  
inside where<BR>&gt;&nbsp; =3D<BR>&gt;&nbsp; &gt;the=20  
marrow=3D20<BR>&gt;&nbsp; =  
&gt;was&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;and screwed in in =  
three=20  
=3D<BR>&gt;&nbsp; &gt;places.&nbsp; I spent=3D20<BR>&gt;&nbsp; =  
&gt;five=20  
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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](#)

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This is a multi-part message in MIME format.

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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  
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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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>> >and/or music productivity while healing would be great.  
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face=3DArial size=3D2>Okay here's the story.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>The Pats had beat the NY Giants for =  
the first=20  
time this season</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>and the beer was flowing.&nbsp;Now =  
the game was=20  
long over and</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>three of us took a walk downstairs at =  
about 3:30=20  
AM to shoot</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>some pool.&nbsp;The other two had =  
already=20  
started as I was on my</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>way down the 1930s wooden =  
staircase.&nbsp;I made=20  
it 2/3 of the</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>way down when my left foot decided to =  
go left=20  
just enough</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>to get lodged into the unfinished =  
wall's=20  
studs.&nbsp;My upper</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>body continued down the last four =  
stairs as if=20  
nothing was </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>out of the ordinary.&nbsp;= </FONT> =  
Snap!&nbsp;&nbsp;&nbsp;There=20  
goes my leg.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>In great pain&nbsp;my buds were =  
chanting: " Shake=20  
it off ! "&nbsp;&nbsp;&nbsp;Riiight.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>I realized that was not an =  
option.&nbsp;I=20  
dragged my sorry ass </FONT></DIV>

<DIV><FONT face=3DArial size=3D2>onto the stairs that had just =  
accosted me.&nbsp;=20  
I begged my</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>friends to get me home which was =  
right across the=20  
street.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>The leg was hurting alot.&nbsp;My =  
friend Dan=20  
decided the best way</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>to cart my 180lb body back to my home =  
was in his=20  
cement dust </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>ridden wheelbarrow.&nbsp;I dragged =  
that=20  
sorrowful ass of mine up his</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>deadly stairs across the dinning room =  
and into=20  
his living room.&nbsp;</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>I couldn't stand the pain =  
</FONT><FONT face=3DArial=20  
size=3D2>to make it onto his sofa so I remained </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>on the floor.&nbsp;Dan </FONT><FONT =  
face=3DArial=20  
size=3D2>threw&nbsp;</FONT><FONT face=3DArial size=3D2>my body over =  
his shoulder and=20  
gave me the </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>fireman's walk to the </FONT><FONT =  
face=3DArial=20  
size=3D2>unassuming wheelbarrow which was down&nbsp;</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>four</FONT><FONT face=3DArial =  
size=3D2> stairs=20  
outside </FONT><FONT face=3DArial size=3D2>his front door.&nbsp;=  
</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>After arriving at my house a few =  
painful minutes=20  
later, I was given</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>one more fireman's walk inside my =  
home and tossed=20  
onto my</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>sofa.&nbsp;This is when my loving =  
wife entered=20  
the picture.&nbsp;Her concern</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>for my well being was dwarfed by the =  
humor my=20  
friend and I were</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>experiencing at the time.&nbsp;=  
After&nbsp;Dan's=20

quick departure I slept this

one off. Well not exactly . . . =  
After 20  
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 =  
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 t he nurses enjoyed the ' =  
wheelbarrow =  
chariot service ' =  
story and were amazed that I waited eight hours before =

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

So Bill, that's my story as my =  
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potentially life =  
changing outcome.



<DIV><FONT face=3DArial size=3D2>My leg's starting to =  
ache.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>T.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<BLOCKQUOTE=20  
style=3D"PADDING-RIGHT: 0px; PADDING-LEFT: 5px; MARGIN-LEFT: 5px; =  
BORDER-LEFT: #000000 2px solid; MARGIN-RIGHT: 0px">  
<DIV>"Bill L" &lt;<A=20  
=  
href=3D"mailto:bill@billlorentzen.com">bill@billlorentzen.com</A>&gt; =  
wrote in=20  
message <A=20  
=  
href=3D"news:479e3e25\$1@linux">news:479e3e25\$1@linux</A>...</DIV>Wait! I =  
want=20  
to know how you did it?!?<BR><BR>erlilo wrote:<BR>&gt; ...if someone =  
ask how=20  
you did it, don't try to show them...<BR>&gt; <BR>&gt; =  
Erling<BR>&gt;=20  
<BR>&gt; On Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" &lt;<A=20  
=  
href=3D"mailto:arpegio@comcast.net">arpegio@comcast.net</A>&gt;<BR>&gt;=20  
wrote:<BR>&gt; <BR>&gt;&gt; Hey everyone,<BR>&gt;&gt; You had me =  
laughing=20  
and that's a healing agent right there!<BR>&gt;&gt; Today's better =  
than=20  
yesterday and it's usually like that.<BR>&gt;&gt; Your well wishes =  
are=20  
graciously accepted.&nbsp;<BR>&gt;&gt;<BR>&gt;&gt; I'll get into =  
the studio=20  
one way or another.&nbsp;<BR>&gt;&gt; I am in need of a new<BR>&gt;&gt; armless =  
chair=20  
with wheels.&nbsp;<BR>&gt;&gt; Does anyone have any suggestions<BR>&gt;&gt; for =  
less=20  
than \$350 ?&nbsp;<BR>&gt;&gt; I like a firm lower back and =  
adjustable<BR>&gt;&gt; height=20  
at a minimum.&nbsp;<BR>&gt;&gt; The more bells and whistles the<BR>&gt;&gt; =  
better=20  
though.<BR>&gt;&gt;<BR>&gt;&gt; Thanks!<BR>&gt;&gt;=20  
Tom<BR>&gt;&gt;<BR>&gt;&gt;<BR>&gt;&gt; <BR>&gt;&gt;<BR>&gt;&gt; =  
"steve the=20  
artguy" &lt;<A=20  
=  
href=3D"mailto:artguy@eaglenebula.com">artguy@eaglenebula.com</A>&gt; =  
wrote in=20  
message <A=20  
=  
=

[news:479ce41f\\$1@linux](news:479ce41f$1@linux)...<BR>&gt;&gt;<B=R>&gt;&gt;&nbsp;=20  
Tom-<BR>&gt;&gt;<BR>&gt;&gt;&nbsp; Reading this made my hair hurt.=20  
ouch.<BR>&gt;&gt;<BR>&gt;&gt;&nbsp; Whatever you did, don't do it=20  
again!<BR>&gt;&gt;<BR>&gt;&gt;&nbsp;=20  
-steve<BR>&gt;&gt;<BR>&gt;&gt;<BR>&gt;&gt;&nbsp; "Tom Bruhl" &lt;<A=20  
[href=3D"mailto:arpeggio@comcast.net">arpeggio@comcast.net</A>&gt;=20  
wrote:<BR>&gt;&gt;&nbsp; &gt;<BR>&gt;&gt;&nbsp; =  
&gt;<BR>&gt;&gt;&nbsp;=20  
&gt;He guys,<BR>&gt;&gt;&nbsp; &gt;It's been a month since my last=20  
post.&nbsp; Reason being<BR>&gt;&gt;&nbsp; &gt;I broke my tibia =  
fibula just=20  
above my ankle clean through<BR>&gt;&gt;&nbsp; &gt;on 12/30.=20  
=3D20<BR>&gt;&gt;&nbsp; &gt;<BR>&gt;&gt;&nbsp; &gt;Got some titanium =  
inserted=20  
inside where the marrow was<BR>&gt;&gt;&nbsp; &gt;and screwed in in =  
three=20  
places.&nbsp; I spent five days in the hospital<BR>&gt;&gt;&nbsp; =  
&gt;due to=20  
a fever I was running.&nbsp; The pain was incredible =  
for<BR>&gt;&gt;&nbsp;=20  
&gt;the first three weeks.&nbsp; Now I'm barely taking the pain=20  
meds.<BR>&gt;&gt;&nbsp; &gt;They helped alot though.&nbsp; Toes are =  
moving=20  
and feeling.&nbsp; They<BR>&gt;&gt;&nbsp; &gt;tell me that's =  
good.&nbsp;=20  
Ankle feels swollen and tender and is tough<BR>&gt;&gt;&nbsp; &gt;to =  
  
move.<BR>&gt;&gt;&nbsp; &gt;<BR>&gt;&gt;&nbsp; &gt;Physical therapy =  
is in=20  
house which is great although<BR>&gt;&gt;&nbsp; &gt;very =  
difficult.&nbsp; I=20  
am giving it all I've got to get back on my=3D20<BR>&gt;&gt;&nbsp; =  
&gt;feet=20  
asap.&nbsp; So far keeping the foot above my heart =  
all<BR>&gt;&gt;&nbsp;=20  
&gt;the time is the best way to keep the swelling down along=20  
with<BR>&gt;&gt;&nbsp; &gt;ice after exercise.<BR>&gt;&gt;&nbsp;=20  
&gt;<BR>&gt;&gt;&nbsp; &gt;I want you all to know that I've been =  
looking in=20  
here over the<BR>&gt;&gt;&nbsp; &gt;last few weeks and it's great to =  
feel=20  
some what normal again.<BR>&gt;&gt;&nbsp; &gt;I can't spend more =  
than 30=20  
minutes at a desk.&nbsp; The studio<BR>&gt;&gt;&nbsp; &gt;has been =  
out of=20  
the question although I'm looking for a way =  
to=3D20<BR>&gt;&gt;&nbsp; &gt;rest=20](mailto:arpeggio@comcast.net)



my foot on the console without falling out of my =  
chair.<BR>&gt;&nbsp;=20  
&gt;I am giggling once or twice/week which is way bad for me.=20  
=3D20<BR>&gt;&nbsp; &gt;Gotta make a living. =  
=3D20<BR>&gt;&nbsp;=20  
&gt;<BR>&gt;&nbsp; &gt;My stereo amp is in the shop where I am =  
sleeping=20  
and exercising.<BR>&gt;&nbsp; &gt;When it comes back I'll be =  
doing some=20  
big time listening.<BR>&gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;Any =  
tips=20  
from friends here would be great regarding healing<BR>&gt;&nbsp; =  
  
&gt;and/or music productivity while healing would be=20  
great.<BR>&gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;I'm down but not =  
  
out,<BR>&gt;&nbsp; &gt;Tom<BR>&gt;&nbsp; =  
&gt;<BR>&gt;&nbsp;=20  
&gt;<BR>&gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;<BR>&gt;&nbsp; =  
  
&gt;<BR>&gt;&nbsp; &gt;I choose Polesoft Lockspam to fight spam, =  
and=20  
you?<BR>&gt;&nbsp; =  
&gt;http://www.polesoft.com/refer.html&nbsp;&nbsp;=20  
<BR>&gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;&lt;!DOCTYPE HTML =  
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face=3D3DArial=20  
size=3D3D2&gt;He guys,&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;It's been a =  
month since my=20  
last =3D<BR>&gt;&nbsp; &gt;post.&nbsp;=20  
Reason=3D20<BR>&gt;&nbsp;=20  
&gt;&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; =  
&gt;&lt;DIV&gt;&lt;FONT=20  
face=3D3DArial size=3D3D2&gt;I broke my tibia fibula just above my=20  
=3D<BR>&gt;&nbsp; &gt;ankle clean=3D20<BR>&gt;&nbsp;=20  
&gt;&lt;/FONT&gt;&lt;/DIV&gt;<BR >&gt;&nbsp;=20  
&gt;&lt;DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;on 12/30.&nbsp;=

inside where  
marrow was inserted  
&nbsp;=3D<BR>&gt;&nbsp; &gt;the=20  
&gt;&nbsp;=20  
&gt;was  
&gt;&nbsp;=20  
&gt;places. &nbsp; I spent=3D20<BR>&gt;&nbsp; &gt;five days in =  
the=20  
hospital  
&gt;&nbsp;=20  
face=3D3DArial size=3D3D2&gt;due to a fever I was running.&nbsp; The =  
=3D<BR>&gt;&nbsp; &gt;pain was=3D20<BR>&gt;&nbsp; =  
&gt;incredible=20  
for  
&gt;&nbsp;=20  
face=3D3DArial size=3D3D2&gt;the first three weeks.&nbsp; =  
=3D<BR>&gt;&nbsp;=20  
&gt;Now I'm barely=3D20<BR>&gt;&nbsp; &gt;taking the pain=20  
meds.  
&gt;&nbsp;=20  
face=3D3DArial size=3D3D2&gt;They helped alot though.&nbsp; Toes are =  
=3D<BR>&gt;&nbsp; &gt;moving and=3D20<BR>&gt;&nbsp; =  
&gt;feeling.&nbsp;=20  
They  
&gt;&nbsp;=20  
face=3D3DArial size=3D3D2&gt;tell me that's good.&nbsp; Ankle feels=20  
=3D<BR>&gt;&nbsp; &gt;swollen and=3D20<BR>&gt;&nbsp; =  
&gt;tender and is=20  
tough  
&gt;&nbsp;=20  
face=3D3DArial size=3D3D2&gt;to =  
move.&nbsp;<BR>&gt;&nbsp;=20  
&gt;&nbsp;=20  
&gt;&nbsp;=20  
face=3D3DArial=20  
size=3D3D2&gt;Physical therapy is in house which is =  
=3D<BR>&gt;&nbsp;=20  
&gt;great=3D20<BR>&gt;&nbsp;=20  
&gt;although  
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face=3D3DArial size=3D3D2&gt;very =

difficult. I am  
giving it  
got to  
get back on my  
&nbsp;  
So far keeping the foot above my heart  
all the time  
the time is the best way to keep the  
swelling down  
along  
with  
ice after  
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I want you all  
to know that  
I've been looking  
here  
over the  
last few weeks and it's great to feel  
some what  
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  
rest my foot on  
the console  
without falling out of  
my chair.  
I am giggling once

=3D<BR>&gt;&nbsp; &gt;face=3D3DArial =  
size=3D3D2&gt;&or=3D20<BR>&gt;&nbsp;=20  
&gt;twice/week which is way bad for me.&nbsp;=20  
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face=3D3DArial size=3D3D2&gt;&Gotta make a living.&nbsp; =  
=3D<BR>&gt;&nbsp;=20  
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face=3D3DArial=20  
size=3D3D2&gt;&My stereo amp is in the shop where I =  
am<BR>&gt;&nbsp;=20  
=3D<BR>&gt;&nbsp; &gt;sleeping=3D20<BR>&gt;&nbsp; &gt;and=20  
exercising.&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&When it comes =  
back I'll be=20  
doing some =3D<BR>&gt;&nbsp; &gt;big time=3D20<BR>&gt;&nbsp; =  
  
&gt;listening.&lt;/FONT&gt;&lt;/DIV&gt;<BR >&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&Any tips from =  
friends here=20  
would be =3D<BR>&gt;&nbsp; &gt;great =  
regarding=3D20<BR>&gt;&nbsp;=20  
&gt;&healing&lt;/FONT&gt;&lt;/DIV&gt;<BR >&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&and/or music =  
productivity=20  
while healing<BR>&gt;&nbsp; =3D<BR>&gt;&nbsp; &gt;would=20  
be=3D20<BR>&gt;&nbsp;=20  
&gt;&great.&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;FONT =  
face=3D3DArial=20  
size=3D3D2&gt;&I'm down but not =  
out,&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial=20  
=  
size=3D3D2&gt;&Tom&lt;/FONT&gt;&lt;/DIV&gt; t;&lt;/DIV&gt; <BR>&gt;&nbsp; =  
  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
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&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;FONT=20  
size=3D3D2&gt;&lt;/BR&gt;&lt;/BR&gt;I choose Polesoft Lockspam to =  
fight spam,=20  
=3D<BR>&gt;&nbsp; &gt;and=3D20<BR>&gt;&nbsp;=20

&gt;you?&lt;BR&gt;&lt;A=3D20<BR>&gt;&nbsp; &gt;href=3D3D"<A=20  
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href=3D'http://www.polesoft.com/refer.html">http://www.polesoft.com/refer=  
'>http://www.polesoft.com/refer.html"&gt;http://www.polesoft.com/refer</A=  
>=3D<BR>&gt;&nbsp;=20  
&gt;.html&lt;/A&gt;&nbsp;=20  
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&lt;/FONT&gt;&lt;/DIV&gt;&lt;/BODY&gt;& t;&lt;/HTML&gt; <BR>&gt;&nbsp;=20  
&gt;<BR>&gt;&nbsp; &gt;</BLOCKQUOTE></BLOCKQUOTE></BODY></HTML>  
-----=\_NextPart\_000\_000D\_01C862D1.0C49A8E0--

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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.  
>  
>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" <arpeggio@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!  
> >>  
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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](#)

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This is a multi-part message in MIME format.

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-----=_NextPart_000_0017_01C86333.06D651D0
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:

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



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