

Indiana Arsenault in the Matisse Court Fall

60 Matisse Court, Pleasant Hill, CA 94523



It was the dead of night and bright as day. We were lying on a path that was hard, maybe concrete or marble, and I am not sure why. I think Mary Anne was there but I am not sure who else was. They were all behind me.

Suddenly some one shouted “GET OUR OF THE WAY, GET OUT OF THE WAY”. I saw a doorway that had a protected entrance projecting out about eight feet. The others were heading to the protection of the doorway. I quickly rolled toward the doorway. SLAM – BAM. I was lying on the floor next to our bed on my right hip. In addition to a sore hip I had a painful leg cramp in my left leg. I tried to get up to ‘step’ on it but had no room and my hip hurt. I had just missed the nightstand with my head. Mary Anne could not believe the noise I was making and came around to see if I had a cramp and fell getting up. She tried to help me up but I was quite incapacitated where I was. I finally was able to move my left foot to the same position that it would be if I had stepped on it. The cramp started to go away. I struggled to get up and finally made it. Shaking somewhat, I told Mary Anne how the doorway had saved us.

If you remember some of the Indiana Jones movies (I think it was Indiana Jones and the Temple of Doom) that he and others were running down a pathway and a big rock was rolling behind them, about to roll them over. That is what I was thinking about when I started to roll to the doorway (the floor).



These are pictures from the Emergency room at John Muir Hospital in Walnut Creek. This is the doctor that treated me. She was very nice.



They are in the order I took them.

I was finally able to go back to bed and found my hip hurt but I could lie on it. I could not get back to sleep. I finally got up and slowly made my way downstairs. It was then that I realized that I was in trouble. When I fractured my left hip downhill ski racing, it hurt worse walking off the hill but less than my current injury did now.

I thought about waking Mary Anne up but decided that would do no good. I did find the Emergency Care and called them but they would not open until 9:00 AM. It was a long time trying to get around by holding on to the furniture. I even learned that it was easier to shuffle backwards than to go forward. I made my way to the storage room off the garage and got one of my hiking poles. I have been using it as a cane.

After 9:00 AM we called the Emergency Care but could not get it until 3:00 PM. We decided to go the emergency room at the hospital. I showered and shaved with Mary Anne's help. I was going to drive but I was not sure I could handle the brake. Mary Anne drove.

We got right in to be seen and the first picture on page one is the admitting person. She is from Mankato MN. The doctor came in and after some discussion she said she would order X-rays and if they showed nothing then a CT Scan.

See the pictures of my rides.

After the X-ray showed that I had no cracks and the CT Scan showing nothing I was told I could go with crutches. I was a happy camper.

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Orderly

Your ride is here sir.

Ride

He gave me a ride to the X-ray room.



Who is that fat guy on the table

I thought I would not put this in but maybe it will give me a push to exercise after my hip heals.

The best nurse I have ever had

Mary Anne is a real trouper. She works so hard to take care of me when I am injured or hurt.



