

SURFING HEALS ALL

By Kim Hamrock

This summer a friend of mine accidentally took me out when she was dropping into a wave as I was paddling out. Using my own advice (ALWAYS COVER YOUR HEAD) I blocked myself with my hand to prevent a serious head injury. I got slammed into full speed with the palm of my hand and my hip taking the brunt of it.

Thank goodness for no blood or stitches, just a lot of bruises and pain. I tried to surf more but I couldn't hold onto my board or push up.



Luckily my daughter was there to help me get out of my wetsuit, strap the boards onto the car, and drive us home. I iced right away to reduce swelling and numb the pain but I really wanted my CHIROPRACTOR!!! I knew if I could get adjusted as soon as possible it would greatly reduce my healing time. Being that it was the weekend I won't be able to get an adjustment until Monday.

I thought of the many life lessons that my Chiropractor has taught me, like is it really going to serve me to be injured? One of my jobs as a patient is to keep a healthy state of mind and to express wellness. That did it right there. I AM SURFING IN THE

MORNING!!! With these positive thoughts in mind I drifted off to sleep telling myself "PAIN IS JUST WEAKNESS GOING AWAY!"

Sure enough I woke up early the following morning and after a killer cup of coffee, headed to the beach for a surf session. I was able to hold onto my board and picked off a few prime set waves.

After I got out of the water, I changed into my clothes and plugged my ipod into my ears. I sat on the beach being very grateful to have just surfed and watched the other surfers catch a few waves.

In the past I wouldn't have even thought it was possible for me to surf that soon. I would have expected to be out of the water for at least a week.

I have learned to dig deep within and rise above the pain. Mind over matter. One of the many great things about surfing is you want to stay healthy and injury free and if something does happen you heal quickly so you don't miss the surf!