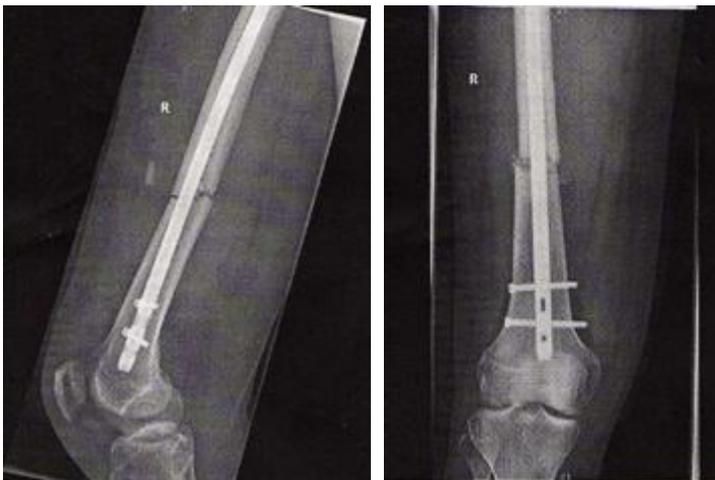


# The Road to Recovery

After four months since my accident (November 15th 2008) I am at last back on my feet (just about!) and can walk short distances without crutches or a stick. Have also started to think about what happened, having blocked most of it out for the last few months. Began by looking over the pictures from my X-rays:



Taken just after the accident but when my leg had been stabilised in an inflatable splint - shows the break quite clearly! Then spent 6 hours in surgery having the bone straightened out.



These were taken 6 weeks later after the bone had been stabilised with a nail through the length of the femur, with two screws at the top and two at the bottom above the knee. The bone had not really started healing yet.



Ten weeks later these are the titanium screws taken out of the top of my thigh. Under local anaesthetic until I passed out with the pain!



Found a bag under the stairs today - this is all that is left of my BMW Tourance suit. After the accident there was only a slight tear in the outer skin above my knee - by the time the air ambulance doctor had finished there was not a lot left - I remember vaguely trying to tell her it was just my leg but she cut straight through my jacket, Cold Killers thermals and t-shirt - including through the zips, buttons, and armour!

My recovery has been greatly helped by the generosity of the staff at Arley Sports Centre who have let me use the gym facilities whenever I could, without charge. The first time I sat on an exercise bike in January I could only push the pedals back and forth but not round - that came a couple of weeks later. Gradually I built up my strength using the exercise bikes and the stepper machine and can now even manage the running machine (at walking pace!) as part of the 45 minute programme I have been following every other day.

Rode the bike for the first time at the end of March - my first ride was to take the bike for its MOT since it had expired while I was laid up. This meant travelling exactly the same route I had been taken when I last went out, on the TX - I felt very nervous, especially going through the series of bends where I

crashed, but reckon it was probably the best therapy. A week later I completed my first long ride, down to Nailsea to stay with my friend Phil Weston, and took part in the first [South West Peninsular Rally](#) the next day and then rode home, riding 600 miles that day. My leg felt fine although I was very tired and then slept for twelve hours!

Over the next few months I got stronger and carried on riding. I went back to work after the Easter holidays, although only for four days a week for the first month or so. A year on the leg is not as it was by any means and I still walk with a limp and get tired if I have to walk any distance. My consultant is talking about possibly taking the pin out middle of next year (which is making planning next year's rallies difficult!), but they may even end up leaving it in - I see him again in January.