

LEG INJURY KICKED BY HORSE

I got kicked square on my thigh on Thursday afternoon as I was putting a cover on a flighty mare in high winds without haltering her. I attempted to grab the hind strap flapping around in the wind. I had just got hold of it when she moved, pulling it out of my hand. It snapped back and hit her, and she jumped away, kicking out. My leg immediately went excruciatingly numb: fortunately, she didn't have shoes on!

I managed to finish putting the cover on and she stood like a rock while I whimpered and moaned, as if she knew she'd done something wrong and then followed me as I hobbled back to the fence, hanging over my shoulder in apology. I could barely get up into the Kubota and drive back up the hill to my car and drive straight home to my Bioptron! I used a lot of purple and my Pro/Fullerene.

The next day my leg felt like it was encased in concrete and I couldn't bend it without extreme pain. On Saturday it felt like I had a very tight bandage on; I was using the light twice daily.

On Sunday I was walking normally - as long as nothing touched the area. Within a week I'd almost forgotten it was there (unless I knocked on the area). There is nothing to see except the faint outline of the hoof. Bioptron didn't allow the bruising to coagulate so it's very disappointing I've got nothing to show for all that pain - but once again, Bioptron to the rescue!

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