

Vintage Whine



## The Massacre At Wounded Knee

By Kate Gilderdale  
Stouffville Free Press

It's been 10 years since I went into therapy. Physiotherapy, that is. The kind you are forced to undergo when your foot gets stuck under a streetcar track and you plunge pavement-wards and break your kneecap in three pieces. First you have to get the pieces pinned and wired together, then you have to learn how to hobble about on crutches. Then you have to go into therapy.

As a reluctant member of the broken kneecap community, I found myself part of an exclusive network consisting of two people, my new best friend at the clinic and myself. We sometimes discussed, over a nice cup of tea, such enthralling topics as hamstring stretches, straight leg lifts and our latest knee-bending stats.

During our physio sessions we were subjected to a variety of tortures which included hanging the affected leg over the side of a gurney with a 5lb weight attached to the ankle and swinging it for 10 minutes. At first it felt as though someone was tearing my leg off; by the time I was allowed to get down, I was amazed to find it hadn't stretched to twice its normal length.

The only bit of treatment which could be considered palatable was the first 20 minutes, when I lay on my back with electrodes affixed to my knee, listening to the general ebb and flow of chat accompanied by the saccharine soundtrack of CHFI, in the halcyon days before CP24 was routinely inflicted on captive audiences across the nation. Popular conversational topics included the weather, traffic jams and the plethora of injuries and conditions bravely borne by fellow sufferers.

When I first lurched into the clinic, I felt as though I'd stumbled on a cross between a torture chamber and a house of ill repute, where ankle cuffs and pulleys lined the walls and the grunts and groans of the afflicted rent the air.

My physiotherapist was lovely, but she had a job to do and she wasn't afraid to do it. My least favourite part of therapy, euphemistically referred to as stretching, was about as much fun as having all your teeth pulled without an anaesthetic, or listening to a latter-day parliamentary 'debate'.

If it had been up to me, I would have been reclining delicately on a king-size bed, surrounded by bonbons and books, reaching for a restorative glass of vin rouge to stave off reality. However, a few weeks into my knee crisis, even I

had become weary of sitting about reading, or watching all 24 episodes of the first season of *Lost* on DVD, riveting though it was.

True to my physiotherapist's predictions, things began to improve steadily until one day, several months after my accident, a couple of shiny lumps appeared on the battered site at wounded knee. Terrified that they were about to burst forth in the manner of the scene in *Aliens*, in which the monster erupts through John Hurt's annoyingly toned abdomen, I consulted my surgeon, who arranged a second operation to remove the errant pins.

This time, recovery was swift and my ordeal was soon over. It wasn't until I came across my long-abandoned crutches during a huge clearout of the basement that memories of my sojourn as an invalid flooded back. Like giving birth, the pain is long forgotten but the joy of a flexible knee still makes me grateful to my patient, determined and kind therapist.

And this is definitely not a knee-jerk reaction.

### Stouffville.com Has The Community Covered

Stouffville.com has a brand new website which incorporates the online version of the Stouffville Free Press.

Other features of the site include an overview of the community, an events calendar, an up-to-the-minute link to council meetings, a business directory, tourism information and an extensive photo gallery. Click on Town Buzz

for video clips on current events and upcoming attractions. Information on local services clubs, seniors' groups, cultural groups and sports club are all just a click away.

It's simple to navigate and offers a comprehensive, one-stop source of local news and information.



### United Church to Host Bible Camp

From July 6 to 10, Stouffville United Church will host Camp Awesome! a vacation Bible camp for children aged 5 to 12.

Activities will include games, stories, crafts and songs, and hours are from 9 a.m. to noon daily. There is no charge to participate, but registration is required. For more information and to register, call the church office at 905-640-1163.

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