

What The Heck is ELDOA update 12/9/19

What's up everybody? I wanted to update everyone since my last post on November 18, 2014 as there have been some changes in my life. On October 16, 2016 I was surfing 3-5 foot waves in San Clemente when I injured my neck pretty badly. Basically I came down the wave, made a bottom turn and I was coming back up the wave I saw that I wasn't going to make it around the section coming at me so I tried to jump over the wave.....but the lip hit me and sat me back down on my board and pounded my forehead into my quads all the way down the wave. When I finally fell off my board and came up my neck and back had a small burning sensation and I knew something was not right.

To make a long story short I ended up have 2 disc herniations in my neck at C2 and C6, a compression fracture in T8, and I tore my subscapularis. My neck was basically frozen stiff, I could not look up at all, and I was in pain at all times. My head fell like it was about to fall off. Doing the normal things in life such as getting off the couch or even driving were not fun! As a physical education teacher this was not the best injury to have lol as I need to be functional, mobile, and able to demonstrate many activities.

Thankfully not too long after I wrote "What The Heck is ELDOA" I became a level 1 ELDOA practitioner and met Bryce Turner the owner of Beach Fitness and ELDOA USA in Seal Beach. Without Bryce things would not have turned out as well as they have.

I had one doctor tell me to have surgery and make it easy so you can get rid of the pain and recover quicker. But I knew that was not the answer as the discs above and below the injuries would now have to work overtime and would be compromised.

Again making a long story short here I am 3 years and 2 months later writing this update and I have made serious progress in my healing. For the first 18 months I was getting weekly hands on therapy with Bryce, doing my exercise home program designed for my needs, and of course my ELDOA's. I would improve and then regress, improve and then regress. It was a very humbling time. But finally at the 18 month mark everything started to change. My neck started to unlock, mobility in my neck started to come back. Once I saw that happening my mind set changed and then even more healing started to take place.

Shortly after that and not surfing for 18 months(which was the worst since I live close to the water and surfing is my passion) I decided to try and ride my bike on the beach trail. Any little jarring of neck set me off. So I rode down the street and hit the trail. About 1 minute into my ride my tire went flat and I was so defeated and pissed off. It was a beautiful warm day and the waves looked fun and glassy. So in that moment I said screw it, I am going to walk my bike back home, grab my 8 foot soft top surfboard and go out and I don't care how much pain that causes me.

I paddled out scared but hopeful and caught 2 waves. I still could not look to the left at all but I could look to the right ok. When I got out I was waiting for my neck to stiffen and regress but IT DIDN'T. I waited a few days and went out again and this time caught 3 waves, then a couple days later I caught 4 waves and so on until I build up some stamina.

As many of you know when you are recovering from an injury there comes a time where you have to face your fears and get back out there. When I did that everything changed.

Now I am about 80% of my normal self and can surf every day, bike, strength train, teach etc but I am very careful and particular in everything I do. I still have neck pain daily but with the tools Bryce has taught me and his hands on therapy everything is manageable without surgery or drugs!

If you are in pain, in need of physical therapy, an athlete, or just want to make sure you stay dialed in and functional the rest of your life I encourage you to set up an appointment with Bryce and see how he can help you. Trust me he will change your life.

Email me anytime if you have any questions.

dunamisneal@protonmail.com

Bryce Turner

<https://www.beachfitness.com/>

<http://eldoausa.com/>

562-493-8426