

Mountain Madness: Episode 14

What Does It Mean To Be Injured?

by International Mountain Connection

Hi, I'm Michelle Onofrey with International Mountain Connection. Welcome to Mountain Madness.

In this video I'm going to talk about what it means to be injured, but I'm going to add a second word, injury, because these two words are often used together.

Now who could benefit from learning these words?

Well, on the mountain, if you're ski patrol, mountain rescue, or a guide, these words would be perfect for you.

Off the mountain, if you're a doctor, nurse, first responder, or even a physical therapist, these two words are great for you.

And in this video, I'm going to do something a little bit different. I'm not going to give you the definition right away.

What I'm going to do is tell you a story. And this isn't just any story, it is my story. It's a true story, something that happened to me last week and it uses these two words.

So as you listen to this story, try to imagine what these two words mean and at the end, I'll explain everything. So sit back, relax, and get ready to hear my story.

And remember, you can add the subtitles or the captions at the bottom of the screen and you can download the transcript. The link is in the description box below.

Alright, here's my story. So last week, I went ski touring.

And I'm just a beginner, but I did go up 900 meters, I was really excited because it was just a little bit more than the last session, and the goal was to try a little bit of skiing off-piste.

And when I say off-piste, really there was the ski run and just a little area to the side that wasn't groomed and so that would be the perfect opportunity to practice my turns in fresh snow.

The goal was for me to stay in the tracks of the person in front of me. And I started to do a really good job and it wasn't easy.

The snow conditions were okay, but there were some places where the snow was really light,

so you just kind of fell into the snow and it felt like you were kind of dragging. You weren't going very fast.

And then you would go to a place where there was like a small crust of hard snow and you'd go really fast and so you're constantly to keep your balance as you're going through these two different types of snow and turning!

And so in the beginning, I was really excited because it was okay. And then, I was supposed to turn left.

And my right ski turned left, and my left ski, well, it wasn't quite parallel to the right ski. It kind of went like this.

I don't know what was going on, but I couldn't stand up any longer. I fell. And I fell face first into the snow.

There was snow everywhere...in my nose, down my coat, everywhere!

And I had the worst pain ever in my knee. I was hurling!

And when you hurl, it's not like it's a little scream because you're afraid, it's like this, it's this noise that comes deep from your stomach because I was in so much pain!

And then the...And then the ski boot released or detached from the ski.

And then you know, everything kind of went in the right direction and it didn't really hurt so bad.

So the person I was with, helped me to detach my right foot from my ski and turn around and we checked my leg.

We were able to straighten and bend my knee, so that seemed okay.

And so I tried standing up and I was able to stand on my left leg. So we thought, well, okay, there's not too much pain and I'm able to stand on it, so why not, let's try.

So, I clip in both of my ski boots and I'm ready to go.

At this point, there was zero visibility. You could see about 4 or 5 meters ahead of you and then there was this wall of clouds. And so, you can't really see where you're going.

I was a little bit stressed about my knee, but I was ready to go down the mountain.

So we started off and everything seemed okay. And then we got to a part that was steep. And I was a little bit nervous, because I wasn't sure if my knee was going to be okay and it was a little slippery and so I fell, again, on the left side.

As I was falling, I don't know what happened with my left hand, I know I was holding onto my ski pole and then all of the sudden, there was this horrible, horrible pain.

And I have to say that it hurt worse than my knee at that point. And so once again, I hurled in pain.

But, I got up and I continued to ski down the mountain. And I made it all the way down without falling again. Thank goodness!

So, when I was home, everything seemed okay I could walk, I could bend my leg, the next morning, it was a completely different story.

My knee hurt so bad! So, obviously I needed to see a doctor.

And when I was at the doctor's office, he asked me, Why are you here?

And I said, I am injured. I think I have a knee injury.

So, with this information, and all of my story, what do you think it means when I say that I am injured?

To be injured, means that you are hurt and your injury is what hurts.

I have a knee injury. I have a thumb injury. Or, we can just say that I have two injuries. But, I was injured skiing.

So that is my true story.

I'm sitting here with a big knee brace on and I'm waiting for my leg to stop swelling so I can see a doctor and see what's going on because I am injured.

And I have a knee injury. Thank you for joining me, if you would like to know when the next International Mountain Connection video is released, all you have to do is click on the subscribe button and the bell.

And remember, why trust International Mountain Connection with your English training?

Because Brian isn't in the kitchen. He's in the mountains!

And I'm not in the mountains at least a month or two.

But, I'll see you soon. Bye!