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## Wishing Dan Well

Posted by Patty Jenkins - 08/07/2007 04:39pm

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One of TCI's stellar members in New York, Dan Connell (message board username Dannyc), sustained a bad knee injury in his work as a firefighter. He's now recuperating following fairly extensive surgery. Not only can he not climb for several months, but he also has to postpone the facilitator training he was planning in September, a big disappointment on both counts.

The good news is that Dan will be able to get to his computer starting tonight or tomorrow. I've been told by his buddy, Eric (MB username Hoot), that Dan is "desperate for tree climbing stories." So all you storytellers out there!--please start posting for Dan (the wilder the better??), and join me in wishing him a very speedy recovery. See you in the treetops soon, we hope!!

Best regards from TCI and all our friends in the tree climbing community,  
Patty J

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Posted by moss - 08/08/2007 09:32pm

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Dan, wishing you a speedy recovery.  
-moss

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## Can you post Dannyc"

Posted by Treeman - 08/16/2007 10:19pm

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Can you post? I mean, can you write behind the computer here? If you are laid up and can write, now would be a good time to ask those questions you've always been wanting to ask but never had the time to write.

Are you stuck in a room or temporarily grounded with your knee? What is your status? The climbing community here is a tight knit group. Keep us updated with posts and correspond if you are able. We want to hear from you.

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## status

Posted by dannyc - 08/17/2007 12:38pm

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Thanks for the concern. I have been on crutches for 4 weeks. I got the stitches out from surgery yesterday. Dr. is aggressive, I told him i have been laid up long enough. So i am now in a brace that articulates to 90deg. So i can walk w my crutches now and therapy is going good. I can almost straighten the leg and can almost get to 90 deg. bend. I hope to be off crutches in a week or less and then i can get back to work. Light duty doesnt sound very exciting but it will get me out of the house. Once i'm back to work i will be back to climbing.

Climb safe  
Dan

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## Good to hear you are on the mend.

Posted by Treeman - 08/21/2007 01:42pm

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That's great! You'll just have to be patient while the body mends itself. Light duty sounds good as well so you can be back with the guys. Keep us posted here on your progress as you move forward with recovery.

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## Re:Wishing Dan Well

Posted by dannyc - 11/10/2007 02:02pm

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I am back to work full duty as of last Tuesday. Did a climb on Monday, Wednesday and Friday. So i am back climbing. Taking it easy on the left leg but it feels good to climb after a 4 month layoff.  
climb safe  
Dannyc

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## Re:Wishing Dan Well

Posted by treeman - 11/11/2007 10:51pm

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Thanks for the update. Glad to hear you are up and climbing again.

Do indeed favor your knee. I have been having problems with my right knee because I use it so much to foot lock the tail. I have now been training my style to include alternate use of right and left legs. I'm getting closer to instinctual with the technique (doing it easily without thinking about what I am doing).

Changing or moderating climbing style takes a bit of conscientious effort to get the technique to work effortlessly. It certainly helps protect you from re-injury.

Who else has changed their climbing style to reflect their physical condition?

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