

Toney Bigsby

English 3 5th period

Ms.Feher

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Broken Thumb Broken Dream

I had never broken a bone in my life leading up to this point. Before I get into that let's talk the night before. It had started off good I had woke up not knowing what to do like always so I ended up texting my friend in a group chat to see what they wanted to do for the day. My two friends jack and jill wanted to hang out so they ended up going to my house and I hung with them the whole day. We ended up playing call of duty, Fortnite, 2k, and GTA all day and all night and night eating Oreos and milk, pizza, and ice cream. Threw out the whole day somehow I had forgotten I had practice early in the morning the next day but I stayed up until 5:00 in the morning and practice was at 6:30. So I'm just now going to sleep to be woken up by my mom yelling I have practice and It starts In 30 min.

So I get up in a hurry trying to make it to practice on time I get up and I can't find any workout clothes cause I had forgot to clean them the day before then I go to brush my teeth and my toothbrush is nowhere to be found cause my brother threw it away. We also have to drop my brother off at his practice all the way across town in my head I know that I'm not gonna make it on time so I text my friend to tell him to tell my coach I will be late luckily my linebacker coach was one of the nicest coaches on the team. I get to the locker room for what I thought would be a regular everyday practice. It started normally we did warm-ups, hitting drills, and ran plays like any other day three hours go by it is about to be the end of practice. My Linebacker coach Cruz

decided to do a new drill with a rolling dummy where you had to roll on the ground with the dummy. I go first time no problem, second time no problem but the third time I go I feel a sharp pain in my thumb but I didn't think much of it. I figured it was just a stinger so I kept going until I look down and see that my thumb is completely messed up and the bone was out of place sticking out the bottom of my thumb facing my palm, throbbing and shaking because of the pain. So I tell my coach and he tries to contact our team doctor but he is at a whole different school at the time. I ended up having to wait on him or see a doctor in training so I just end up waiting. An hour passes by of me waiting still with my hand out of place and in pain. I'm finally leaving the practice field to go to the hospital with one of the coaches, the team doctor, and my mom all in one car. We get there and I have to wait two more hours just to see the doctor. They took x-rays and said I needed emergency surgery. The surgery went well. I still couldn't move my thumb for a while. I couldn't pick anything up. I couldn't even play the games I wanted to play like Call of Duty or Fortnite. The doctor had put me in a cast for eleven weeks and also therapy for a whole month after the eleven months. I was mad because I wouldn't be able to play football anymore. Being in the cast for that long was hard mainly because of the thought of getting out of the cast is always present, and you really can't do anything physical because if it's sweet in it it will start to stink and if it starts to stink you won't be able to wash it at all.

So all summer I was stuck in the house, bored, couldn't do anything but eat and play games on my phone and laptop but I ended up pulling through right before school was starting but in the end I'm glad I went through this because I learned a lot about myself and how I think and a lot about the people around me and in the end came out stronger physically and mentally.