

THE ODE TO THE KNEE REPLACEMENT

(In Line Dance Title Mode--In Quotes)

Folks say knee replacement surgery is not as bad as it sounds. Well, those "People Are Crazy" because "It Hurts" like a never ending "Slow Burn!" I just had a knee replacement (11/11/10), and "Everything I Do" now takes a huge effort--something as simple as "Walking In The Rain." By the way, I came back from the hospital on "Monday Morning," November 15, "2010." I do know that my doctor is one of the best knee surgeons in the "San Francisco" Bay area. When he says to "Trust Me," I have no choice. He's such a "Smooth Operator." I'm in it "Knee Deep" now, and simply cannot just "Runaway." Oh yes, I can tell you that I was definitely "All Shook Up" when I first saw my 22 staples!

The good news is that I was "Homeward Bound" from the hospital within 5 days. At "Home" it "Doesn't Take Much" to get "Easily Hooked" on staying in my "Easy Chair" and letting my "Amore" just wait on me! But still, "Sometimes When" it's about "Quarter After One" in the morning, "Mister Blue" shows up and gives me those "Dog-Gone Blues" which make me want to throw my "Hands Up" and "Shout!" "It's Amazing" that the "Days Go By" either fast or slow, depending upon how I "Feel" at any given moment. At first I thought I would "Miss Everything" about my job in the Silicon Valley. But I found out quickly that staying around the house has a "Bad Influence" on me in making me think I should retire! "No Way Jose!" Not yet any way.

But, then I get my "Attitude" back and say to myself, just "Wait A Minute" and "Hold Your Horses" because "Come Tomorrow" "I Gotta A Feeling" everything will be "Alright Girl!" It's "Unmistakable" that, being the "Cook Chick" I am, I can do it! There is "No Doubt About It."

In the meantime, there's a lot of "Stuff You Gotta Watch" for like taking meds on time, getting to therapy, figuring out the walker, etc. There's not much time left in a day to "Fall Apart," since I've got to keep on my "Toes" to make sure nothing slips. I must admit though, that I feel a little "Dizzy" sometimes and probably look like a "Tumbleweed" blowing around in that darn "Oklahoma Wind." Oh yes, then there is the newly decorated handicap bathroom--complete with a "Crystal Chandelier" (not really; just wishful thinking). "Lucky, Lucky Me" that the configuration is only temporary. Also, there's a tool or apparatus to use for almost "Everywhere I Go" in the house so I won't fall or trip. For sure "I Remember" to do all my exercises every day even though they cause "Razor Sharp" pain.

My husband drives me everywhere because I'm not supposed to get behind the wheel yet. I go "Along For The Ride" since I have no choice. My doctor doesn't want to "Turn Me Loose" in traffic right now that's for sure. "Perhaps" my hubby will put up with me a little longer. "Am I" lucky or what?

Bottom line now though is that there is no "Looking Back," and all will be well again "Under the Sun" tomorrow. There is no "Holding On To Yesterday!" "All Day Long" I tell myself, "It's Up To You" to make "Something Good" happen. I also tell myself that, if you just "Snap Your Fingers" anything can happen. Ha! I wish it were that easy. I really do need to "Take It Easy" however. "Still, The Same" thing keeps happening--the moment I think it's time to rest, it's time to start "Cruisin'" for a bruise and push hard on those darn exercises.

"How Sweet It Is" to be cared for by "Mi Amor." He always says, "Baby, Baby, Baby" "Baby Come On." He knows I can do it and tells me I've "Got What It Takes" to "Beat It." He brings me "18 Yellow Roses" almost every day --at least I can "Just Imagine" that they will arrive! I don't need a "Rhyme or Reason" to use the power of "Dreams," right? I'm sure there are days when he thinks I'm just a "Bundle of Joy!" (Yeah, "That'll Be The Day"). All I can say about him is "Yes Sir, That's My Baby!"

"Thanks A Lot" to all my friends who have sent me a ton of good wishes. Keep those presents coming too! If you still want to send a gift, just "Box It Up" and send it "My Way" (just kidding).

Since "I Ain't Going Nowhere" for a while, I'll just "Go With The Flow" and make the best of it. After all, tomorrow is "Another Day" under a "Blue Sky."

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