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I have been an avid runner for the past 10 years, participating in too many half marathons to count and a numerous full marathons. Over time I began to seek new challenges, I was drawn to the sport of triathlons. I started with Sprint, Olympic, and Half Iron Mans and was just beginning to train for my first Full Iron Man which will be this fall.

Injury: I was trail running at the end of December and half way through my 8 mile run I felt a surge of pain as I hit a small rock. I painfully had to run/walk 4 miles back to my car. After an X-ray I was informed that I had broken my 5th metatarsal bone. Initial diagnosis was cast and boot for minimum of 8 weeks. My doctor said it was a very bad break and career ending for many athletes. His prognosis was fairly grim and he said even professional athletes with access to the best doctors & best physical therapists often did not make a full recovery.

I had the good fortune of my neighbor who by week 2 started lasering the injury. By week 4 the doctor was shocked to see how well the bone had healed and was "ahead of schedule". He mentioned that this is the best case scenario one could ever hope for based on the break. By week 6 was allowed to start light workouts (swim / bike). By week 8 I hope to be out of the boot an into physical therapy. I am so grateful to Penny Sneed for her expertise with the Erchonia laser and helping me get back to the sport I love. I look forward to getting back to Ironman training!