

LEE SPILLS HIS MIND!

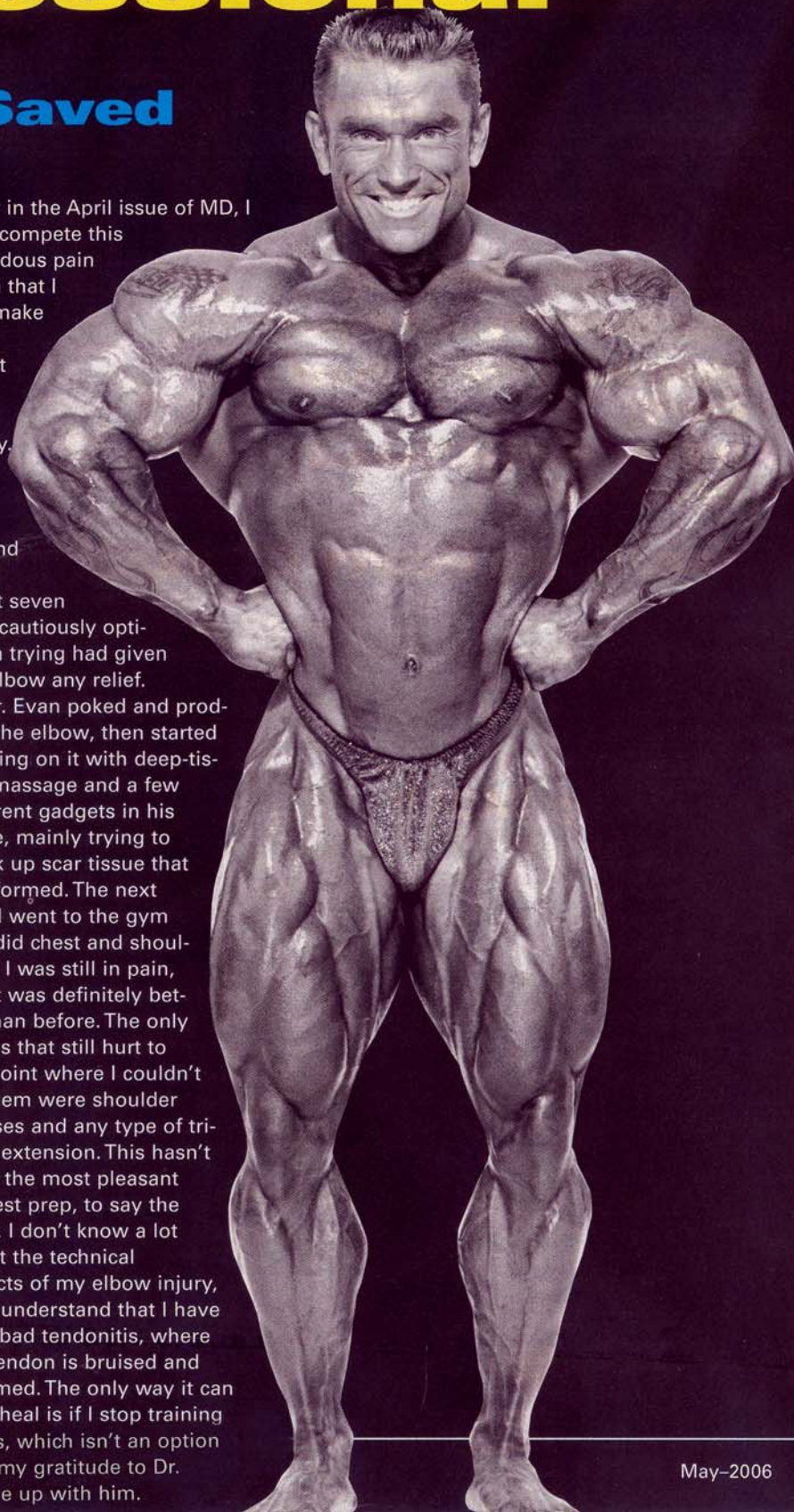
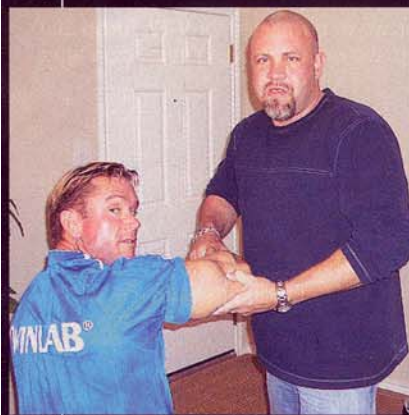
The Priest By Lee Priest Confessional

Dr. Evans Saved My Elbow!

When I made my last journal entry in the April issue of MD, I wasn't sure I was going to be able to compete this spring. My right elbow was in tremendous pain and was limiting my training so much that I just couldn't see how I was going to make it to the contests, or at least make it without looking and feeling like shit. It was getting very depressing to go to the gym every day and have almost everything I tried to do result in agony. Shortly after that, a guy I train with named Richard Stone referred me to Dr. Dennis Evans, a man with over 10 years of experience in sports rehab and who's worked with several name UFC fighters. I saw him for the first time at seven weeks out from the Arnold and I was cautiously optimistic. If you'll recall, nothing I'd been trying had given my elbow any relief.

Dr. Evan poked and prodded the elbow, then started working on it with deep-tissue massage and a few different gadgets in his office, mainly trying to break up scar tissue that had formed. The next day, I went to the gym and did chest and shoulders. I was still in pain, but it was definitely better than before. The only things that still hurt to the point where I couldn't do them were shoulder presses and any type of triceps extension. This hasn't been the most pleasant contest prep, to say the least. I don't know a lot about the technical aspects of my elbow injury, but I understand that I have very bad tendonitis, where the tendon is bruised and inflamed. The only way it can fully heal is if I stop training

completely for a couple of months, which isn't an option right now. Still, I have to express my gratitude to Dr. Evans and to Steve for hooking me up with him.



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