

# Shaken, not stirred



Ah, the stability of the printed word.

I was working hard on the front landscape this morning, caparisoned in my usual landscape gear: long sleeve shirt, jeans, junky shoes, glasses, face mask and hat.

Today was a particularly nice morning, low 70's (albeit high humidity). I began working on my long-overdue trimming, pruning and yanking and, in the course of an hour or so, managed to trim enough to fill six large trash bags...a personal record!

At one point, I was breathing so hard and heavy I had to stop and lean against the fence, pulling down the face mask to catch some real breath. I leaned over to pick up my water bottle to drink and was presented with quite a stunner.

I could not hold the bottle still enough with my left hand to actually drink. My hand was shaking so hard that the water just spilled. Crazy, right?

Over the last few months, I've noticed some small shakiness in the left hand. Instances like holding my iPhone to take pictures or after a long stint playing computer games would leave me with a little shake that would eventually go away.

Nothing like today. While I can now drink with either hand, the left is still shaky.

In general, I've lived a lucky life. Little bad has ever happened to me. So, I consider this situation to likely be of small concern as well. In fact, I can think of a number of non-serious explanations for the occurrence.

As mentioned previously, I've been putting in a bunch of hours on some computer games, using the mouse (lefty) nearly constantly. It's probable that the tendons and muscles in that arm are over-tired.

Additionally, the left shoulder is where I had arthroscopic surgery some ten years ago to treat an arthritic joint. Could be that's cropping up again, causing referred tremors.

Finally, it could simply be I worked too hard and fast on the landscape and strained something without recognizing it at the time.

My annual physical is next week, so I'll bring the issue up to my doctor. In the meantime, I'll step back a bit from playing at the computer and see what difference that makes.

I feel strongly that this is muscle fatigue and not essential tremors or something more dire. I remain calm as I await next week's exam. I may have been shaken, but I have yet to get stirred up.