





“JOINT”
/
LATERAL
FORCES

d.a.
beaulieu

A HOUSE PRESS CHAPBOOK

"JOINT"

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LATERAL

FORCES

d.s.b

benlueu

A HOUSE PRESS CHAPBOOK

bound
been waking up leg sore & tight
don't remember falling
why am I so sore?

TYLENOL

Dr. M-----(1)

"x-rays"

*"well, kiddo -- you have patella-femoral disease. . .
I could prescribe anti-inflammatories if you would like"
"lots of physiotherapy before Dr. P----- will even see you . . ."*

TYLENOL

Dr. P-----(1)

"x-rays"

*"before I do this I want you to know that there is only a 50/50
chance of improvement . . ."*

gives me the bum's rush
he's complete and everything
but
I've had this problem for months & I'm
in

& out

of his office in under 5 minutes
in that time he's determined more physio, surgery, anti-inflammatories &

TYLENOL

but
he's still guessing &
I'm still limping
(out of the office)

Dr. P-----(2)

"well,

we performed an orthoscopy and looked around your knee and everything was ok. we smoothed some spots on the underside of your kneecap, but certainly nothing that could account for this type of swelling . . ."
"physiotherapy"

im told that I spent the surgery talking -- yes, I was out but talking away bright & alert, cracking jokes-- hadn't seen anything like it before
(yeah -- I get that a lot . . .)
after surgery leg stops
mid thigh & reconnects mid calf
oliver sacks' "ghost limb"
like him I am left w/o a leg to stand on
no sense of knee at all -- don't even recognize what to move

TYLENOL 3

brings on dreams -- restless moving
cold sweat
shaking
cold
chattering
and this is supposed to be relaxing?
fog draping mind
cannot connect
2 thots

Physiotherapy(1)

"I cant think of anything else to do to help you . . ."

suffering at work
trying to figure out to be comfortable at least
keeping it moving flexing my leg continuously.
what a dance I perform -- under my desk & from doctor's office to doctor's office. . .

Dr. M-----(2)

"I'll call Dr.P----- and set up another appointment, and there's gotta be lots of physiotherapy before Dr.P----- will even see you. . ."

Physiotherapy(2)

"I cant think of anything else to do to help you. . ."

twice a week I walk down to physiotherapy -- taking up evenings I could better be doing something else
(anything else)
consists of hot baths
cold baths
ultrasound therapy
weights
electric pulse therapy
(sets teeth chattering and tinfoil taste)
exercise bikes
wraps with tensor bandages
stretches
to increase the strength and mobility of atrophying muscles
saying that the problem is that

Physiotherapy (3)

"the muscles are pulling the knee cap in an incorrect direction"

why?
they can't tell me
they don't know

they give up

TYLENOL

Dr. P-----(3)

"I told you there was a 50/50 chance before & now"

*there's an 80/20 chance, & I wont
operate under those odds. . ."*
"physiotherapy & anti-inflammatories"
"these things just happen"

I refuse to believe that "these things just happen". I need some sort of answer.

...
alarm goes and I jump out of bed, used to sitting and then standing
easing myself onto "old" bones. stand and immediately
hit the floor
sweat at temples before my face can even react

I cannot stand without . . .

the 4 steps down from my apartment to street level are
excruciating. hobble to trainstation, head fuzzy from Tylenol, knee and hip
aching with each step.

before work I have to face climbing god knows how many steps &
7 flights of stairs.
each step clinches my teeth & eyes.
worse today than ever before

Emergency Rm. Nurse

*"oh -- I see -- this is the emergency room and this is not an
emergency. . . well, you'll have to wait. . ."*

wait for 2 1/2 hours as old men with continuous nosebleeds
fall

asleep next to me
woman runs to washroom -- green -- every few minutes, and the nurses
don't even react

(they could at least get her a bucket
or a

mop. . .)
have to keep my leg moving or still -- I can't decide as
each brings intense pain.

but I just have to sit here (this has to happen on the one day that I
forgot my book. . .) thinking abt

that goddamned dismissive tone
I wouldn't have come here if it wasn't an
emergency

I'll have to wait
I'll have to wait
I'll have to wait

Emergency Rm. Doctor

"x-rays, bloodwork"
"arthritis"
"see Dr.H----"

(more x-rays? I'll be glowing like some sort of 50's b-movie x-files
backwoods monster.
they'll fix my knees
but I'll glow green at night. . .)
sent home with bandaid on my arm

&
no more answers than when I came in.
they cant even tell me what it isn't.
they don't think arthritis
but they still don't know.

long wait answerless day
I head back to Courtney's house to tell her the news
she sees the bandaid before I can say anything
and her face
just

drops

TYLENOL

Dr. M----- (3)

*"well, I told you --
you have patella-femoral disease. . .
I could prescribe more anti-inflammatories if you would like"*
"I don't understand why you went to the emergency room."

*"I've set up an appointment for you with Dr. O-----, but I don't know what she can tell you.
and you'll have to do plenty of physiotherapy
before she'll even see you"*

patella-femoral disease -- I ask what that means
and I am told :

Dr. M-----(4)

"you have a bum knee. . ."

which of course excuses nothing and leaves
me without
answers

relief

solutions

or even suggestions beyond
staying off it & keep going to physio . . .

Physiotherapy(3)

"I cant think of anything else to do to help you. . ."

TYLENOL

concerned -- it says
on the box of

TYLENOL

that I shouldn't take them more than 10 days in a row
ive been taking
4 a day (at least)
for the last 2 months.
60 days.
4 a day
240 TYLENOL

Dr.H----

*"try these anti-inflammatories. what you seem to have is mono-
arthritis without any of the symptoms. . ."*

NOVO DIFENAC (DICLOFENAC SODIUM)

finally something that takes down the swelling some
(but already after taking them for a few weeks --

I can tell they're not doing as much as they were)

and I have to be alert for

bleeding ulcers

cramps

poor digestion

take these with food ("take one tablet by mouth twice daily with food")

tight -- w/o a leg to stand on

DEVIL'S CLAW ROOT

FISH BODY OILS (MEGA EPA-1000 OMEGA 3)

NT-OX (ANTI-OXIDANTS)

IBUPROFEN

ECHINACEA

VITAMIN C

Dr. O-----(1)

*"I have to have a sample of that fluid . . . wait here while I get my
weapon"*

*"certainly physio wont help at all,
& will only increase the pain . . ."*

treats with some

common sense

& takes

some

time

but still

no answers

more tests

some guesses

Dr. O-----(2)

*"there's nothing wrong with your joint themselves -- which explains why
Dr.P----- didn't see anything. You have a problem with your Immune
system. Your knee thinks that the joint lining is
foreign body*

&

*is therefore trying to kill it.
This will either disappear as quickly as it
appeared
or will manifest itself in other joints. There is nothing that I can do."*

I am left with a mysterious possibility
that my body is trying to

kill

part of me

& that it doesn't recognize me

(well --damn, neither do I at times . . .)

an immune system problem that could just "go away"

how optimistic --

how miraculous in the age

of science

of guesses

w/o answers

&

lots
of
physio
before
they'll
even
see
you

.

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special thanks to The NEW Gallery for a great environment & lots of support

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ph: 403.270.4440
fax: 403.270.4584
dabeauli@calcna.ab.ca
cfthomps@cadvision.com*

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