

July 2<sup>nd</sup>, 2007



Here is a photo from last week's 3 day backpacking trip. I went into the Big Horn Mountains in north central Wyoming with 3 of my sons and my only son-in-law. All of them are 26 to 32 years old. I am 55 and will be 56 in September.

My back never would have handled a backpack like this at any time since I injured it when I was 13. It has taken 3 years to build up close to full strength through our daily activity but I have grown stronger ever since the discs were implanted (4/7/2004). My calf muscles did fine from my daily 2 mile walks but the quads need a lot of work since my boys want to do this every summer from now on. Our youngest son, 22, missed out but wants to go next year.

Lake Florence is over 11,000 ft in elevation and still about 80% frozen as of last Thursday.

Thanks, more than a million Dr. Janssen.

Bob