



## New Hopes for People in Seemingly Hopeless Situations

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### Abstract

I want to give people in seemingly hopeless situations new hopes. I want to give these hopes by telling how I and the US ski superstar Lindsey Vonn coped with very serious, seemingly hopeless situations by acting according to the motto 'Do never accept a very bad, seemingly hopeless situation, try to improve it as much as possible.

## Explanation of the Situations

I got my serious injuries at April 6, 2010, when I went with my race bike (as always) in the morning to the Max Planck Institute for Intelligent Systems, Stuttgart, Germany, where I worked as professor for theoretical physics. At that day a car came against me. The car driver has taken a lot of heroin in the night before. He lost his consciousness, lost his side of the street and crashed at me directly from the front with 100 kmh. I was very seriously injured. I had many internal injuries, and all my bones were broken in a very complicated manner from the head to the toes. The doctors in the hospital told my wife that nobody can survive such serious injuries. When I survived, my bones were reconstructed by 73 metal implants (which were removed later). I was in several hospitals for many months. After six months a doctor in the hospital told me that the peroneus nerve in my right leg (which is responsible for lifting the leg) is dead, and that it will never recover, so that I will be a wheel-chair patient for the rest of my life. This seemed to be a hopeless situation, especially I did a lot of sports in the years before. Fortunately, there was a female physiotherapist in that hospital, who told me that I should not take such absolute statements literally, they may be right on 99.9 percent of such cases, but there are individual differences, especially when the patients do a lot of physiotherapeutic exercises. Therefore, when I was back home from the hospitals, I did such exercises for 6 months, 9 hours per day. And this helped. Now I can walk again reasonably well, I can even run a bit, I can make cross-country skiing (up to 75 km per day), and I can ride my race-bike again very well. I even could win against a professional race bike, 10 years younger than I, a former world-class race biker, in private races several times. And I could give again lectures on theoretical physics and the university of Stuttgart, Germany. All this showed me that one should always act according to the motto 'Do never accept a very bad situation, try to improve it as much as possible.'

The American ski-superstar Lindsey Vonn had similar experiences. I am certainly Lindsey's greatest fan, not just because she was the world-best female ski racer with most world-cup wins and because she is a very beautiful woman (just to fall in love), but mainly because she coped very well with seemingly hopeless injuries, which she got by ski-accidents. People thought after each accident, that she will never come back to races. But she also acted according to the motto 'Do never accept a very bad situation, try to improve it as much as possible. And she always came back, always skiing better than before the accidents.

## Conclusion

I hope that I can give people in seemingly hopeless situations new hopes when they read this article. Then the very serious injuries of me and of Lindsey would have a very good side effect