



THAT'S GOTTA HURT...

CLAIRE'S TOP 10 GROSSEST INJURIES!

Forget the ability to fly, time travel, or even see into the future; they all pale into comparison when you have the gift of rapid cell regeneration. In layman's terms, broken bones, mangled fingers, burns, even amputations are no obstacle for someone with a regenerative power. Someone like high school cheerleader Claire Bennet.

Unfortunately for Claire, being almost indestructible isn't all it's cracked up to be. She desperately craves normality. But there's nothing normal about having the power to pretty much heal any wound — even serious, life-threatening injuries — almost instantaneously (although it

saves on medical bills and beats having to wait around in some ER for a few hours every time you break a bone!).

And boy, has she broken a lot of bones! Which brings us to our countdown of Claire's 10 most disgusting injuries. In short, the best of her worst moments. But be warned. There's blood. There's gore. And there's *plenty* of protruding body parts!

(This feature takes into account season one and the first few episodes of season two. We're sure much gorier things may have happened to Claire since we went to press...!)

BY KATE ANDERSON

10. BREAK A LEG!

THE EPISODE: *Four Months Later* (season two, episode one)

THE GORY BIT: Claire is trying to settle into her new school unnoticed, but being a new student makes that pretty impossible. During gym class, Claire stands up for a student, Martha, who is being picked on by head cheerleader, Debbie. She tries to dare Claire into attempting a difficult cheerleading move – a back-tuck off the tower. Of course, Claire is up for the challenge, but backs down when she realizes it will make her stand out more than ever.

INJURIES SUSTAINED: Alone in the gym, Claire decides to attempt the tricky manoeuvre. She manages to do the back-tuck and lands on her feet. But as soon as her feet hit the floor, there's a loud crack and Claire falls to the ground with a groan. She's in pain (well, that's what happens when you break your leg!) and although she snaps her leg back into place (ouch!) a rather large and ugly-looking bruise starts to form. It's dangerous enough pulling off a decidedly difficult move like that – but without a safety mat to land on...?

GROSS-OMETER: ♥♥♥ (out of 5)



9. QUICK, SOMEONE PASS A BAND AID!

THE EPISODE: *Six Months Ago* (season one, episode 10)

THE GORY BIT: Claire thinks she's won the lottery. Well, for most teenage girls, getting the opportunity to join the cheerleading squad must be exactly that! So it's no wonder Claire's bursting with excitement when her friend Jackie breaks the good news to her. Unfortunately, things turn a bit bloody during a rather innocent game of tug-of-war for a cheerleading uniform. Hmm, wonder what would happen if they were arguing over some pom-poms?

INJURIES SUSTAINED: Claire wants to try on the cheerleader costume. In her enthusiasm, she pretty much literally yanks the uniform out of Jackie's hands. But in doing so, the uniform rips and Claire is thrown backwards. She puts her hands out to brace her fall, but in doing so, her hands crash through a glass cabinet door. Cue lots of shattered glass and lots of blood. It even managed to make bitchy cheerleader Jackie flinch! In fact, there's so much blood, we almost thought we were watching an episode of *ER*, instead! Ordinarily, such a deep cut would almost certainly require a few stitches, but when you're Claire Bennet and you have the power of regeneration, there's no need for a trip to the hospital.

GROSS-OMETER: ♥♥♥♥♥



8. EMOTIONAL PAIN

THE EPISODE: *Fallout* (season one, episode 11)

THE GORY BIT: Okay, so where's the gore, you may ask. There's no blood, no broken bones, and no physical injury. True. But sometimes an emotional pain can hurt equally as much, if not more, than anything physical. And for Claire, nothing hurts quite so badly as the truth surrounding her adoptive father. When the mysterious Haitian pays her a visit, Claire discovers that her best friend Zach, her brother Lyle, and even her mother have all lost their memories because her father had the Haitian erase them – as he has, many times before. Not knowing whom she can trust anymore, for the first time in her life, Claire truly feels alone. And she stops being daddy's little girl. It's a real eye-opener for a young girl, who, up until this point, has always idolized her father.

INJURIES SUSTAINED: Nothing hurts quite like the truth, particularly when we're talking lies and betrayal. Especially when the pain is caused by the actions of someone you love; someone you trusted. Someone like, say, your father, for instance.

GROSS-OMETER: ♥



7. A BAD CASE OF NECK-ACHE

THE EPISODE: *One Giant Leap* (season one, episode three)

THE GORY BIT: Some innocent kissing in the bleachers turns decidedly ugly after high school quarterback Brody Mitchum proves what an all-out jerk he is. The jerk – sorry, jock – is determined to have his wicked way with the young cheerleader. Claire tries to fend him off, but he won't take no for an answer. After a struggle, Claire manages to kick him off her and she scrambles to her feet. But just as she does, Brody pushes her into a wire fence, only for Claire to bounce off the fence and onto a pile of wood.

INJURIES SUSTAINED: As if almost being assaulted isn't horrific enough, what transpires leaves Claire, well, pretty much dead! Talk about being in the wrong place at the wrong time! After falling into a nearby pile of wood, Claire somehow gets a branch stuck in her neck. She's got a big branch protruding from the back of her neck and to make matters worse, she's completely motionless. As in dead! So much for being an indestructible cheerleader!

GROSS-OMETER: ♥♥♥♥♥

6. THE EXORCIST AUDITION

THE EPISODE: *Don't Look Back* (season one, episode two)

THE GORY BIT: Claire's got a lot on her mind. She's more than a little miffed about bitchy cheerleader Jackie taking the credit for her recent life-saving heroics. Claire's starting to despise the cheerleader even more. Out on the football field, Zach catches up with Claire and delivers some even worse news. It seems the videotape of Claire's various attempts to off herself has gone missing. But before Claire can get into any kind of a panic, she's accidentally tackled by a football player (yes, that horrible Brody!), which causes her neck to, well, snap.

INJURIES SUSTAINED: The force of the impact throws Claire to the ground and her head is completely twisted so she's actually facing the wrong way. Aside from bringing new meaning to having eyes in the back of your head, it looks painful – mighty painful! Zach's jaw drops and Claire forces her head back into its rightful place. Linda Blair, eat your heart out!

GROSS-OMETER: ♥♥♥♥♥



5. SPARE RIBS ARE SO OFF THE MENU...

THE EPISODE: *Genesis* (season one, episode one)

THE GORY BIT: Claire asks her friend Zach to record a videotape of her throwing herself off of a platform at an abandoned refinery, some 70 or 80 feet from the ground. After hitting the ground at speed, Claire survives with only a shoulder injury and barely a scratch on her. But shortly afterwards, Zach and Claire discover that she actually sustained a bit more than just a cut to her cheek and a dislocated shoulder.

INJURIES SUSTAINED: Aside from the facial cut and dislocated, possibly broken, shoulder, Claire has three cracked ribs – which stick out from her side like a sore thumb! Not surprisingly, it makes us (and Zach!) flinch. Body parts protruding from her body is so not a good look.

But Claire seems totally unfazed and simply uses her bare hands to shove the ribs back under her skin.

GROSS-OMETER:



4. QUINCY WAS NEVER THIS GORY...

THE EPISODE: *Collision* (season one, episode four)

THE GORY BIT: After the incident with Brody Mitchum and a piece of wood, Claire suddenly regains consciousness when the branch is removed from the back of her neck. But the news isn't all that good. She wakes up in a place she least expected – on an autopsy table with her upper torso cut open and spread out. Yes, she's woken up in the midst of an autopsy examination!

INJURIES SUSTAINED: Talk about an extreme test of her powers! Technically, having the base of her skull punctured by a broken tree branch proved fatal. However, the removal of said branch revives her. But suddenly coming back to life after being dead for a few hours, only to look down and find your chest spread open from a "v-cut" surely takes the award for most surreal moment. Hands up who didn't feel like throwing up watching Claire close the flaps of her skin back into place?! Definitely not an episode to watch whilst eating your dinner!

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"I HAVE BUSTED, LIKE, EVERY BONE IN MY BODY, STABBED MYSELF IN THE CHEST, I'VE SHOVED A TWO-FOOT STEEL ROD THROUGH MY NECK AND I DON'T HAVE A SCRATCH ON ME!"
– CLAIRE BENNET, *GENESIS*

3. BE CAREFUL WHAT YOU DO WITH THOSE SCISSORS, SISTER...

THE EPISODE: *Lizards* (season two, episode two)

THE GORY BIT: At school, Claire begins to learn more about regenerative abilities (who said you can't ever learn anything useful at school?!) Wondering if mankind has already taken that next step in evolution, after reading a book about limb regeneration, Claire decides to do her own homework and test out the theory. And yes, you've guessed it – she's the guinea pig!

INJURIES SUSTAINED: Claire decides to experiment further with her powers when she takes her attempts as self-bodily harm to a whole new level. She's long past the point of discovery. Now she wants to really test her power and, more importantly, its limits. So what does she do? She takes out a pair of scissors and cuts off her pinkie toe! Luckily, after a short time the toe grows back. We certainly don't fancy letting her near our toes either – even if it is for a pedicure...

GROSS-OMETER:



2. A BAD CASE OF SUNBURN

THE EPISODE: *Company Man* (season one, episode 17)

THE GORY BIT: Ted Sprague and Matt Parkman hold Mr. Bennet's family hostage in an attempt to force him to show them proof of the experiments he's conducted on the Heroes. But like most hostage situations, it soon goes horribly wrong. Bennet's superior, Thompson, shows up and shoots Ted. And what with Ted having the power to generate and manipulate radiation, he starts to overload. Literally. His hands and face start to glow, and he starts zapping electrical pulses uncontrollably.

INJURIES SUSTAINED: With Ted and pretty much everything around him on fire, Claire runs back into the house to help her father, who's planning to tranquilize Ted. Unfortunately, Bennet cannot get anywhere near him, so Claire takes the syringe from her father, and attempts to tranquilize Ted herself. As she gets closer towards him, Claire's skin begins to burn. She blackens and peels and regenerates with every step she takes, while around them the house starts to explode. Thankfully, Claire makes it out alive. She looks horrifically injured from massive radiation burns. But what's a few radiation burns when you can self-heal?

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1. ALWAYS DISPOSE OF YOUR GARBAGE WITH THE UTMOST CARE...

THE EPISODE: *Genesis* (season one, episode one)

THE GORY BIT: At the Bennet residence, Claire is in the kitchen, doing dishes and chatting to her mom. Being the careful girl that she is, Claire takes her class ring off, but in doing so, accidentally drops it in the garbage disposal unit. Guess she's not so careful after all! Distracted from the conversation with her mom, Claire reaches in to try and retrieve the ring – with the garbage disposal still running!

INJURIES SUSTAINED: A clang of metal and a crunch of bones and moments later, Claire pulls her hand – a very bloody and mangled hand! – out of the disposal unit. Putting your hand into a running garbage disposal unit is perhaps the silliest thing in the world to do, but the look of shock on Claire's face pretty much says it all. We watch in awe as her bloodied digits straighten and regenerate instantaneously. Gross with a capital "G"! Don't be surprised if it puts you off using the waste disposal unit in your sink for life.

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