

# Sussex Woodsman

Traditional Skills In A Digital World

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## \*\*\* Recovery Update – August/September 2018 \*\*\*

Welcome to another update on my recovery.

Progress in my recovery has slowed a little in the last month or so, mainly due to the heat I think, as it has caused my knees and feet to swell, certainly speaking to friends and family who have arthritis they are noticing tighter joints etc because of the excessive heat, but on the plus side it has forced me to take things a little slower and not to try rushing things as I tend to do, only to pay for it the next day.

I've made a few trips up to the ponds and have been doing my bit to keep some of the Willow & Aspen cut back by sitting there in the shade of a lofty Oak whittling or stripping the bark off sticks to make cordage with, all good for my dexterity, which is improving, it sounds daft, but I at long last I can put the palm of my left hand on my right shoulder, so things are starting to move a little more freely, well, some things anyway, its been two years since I could last scratch my right shoulder with my left hand, trust me, if you have never experienced this type of mobility loss, you really cant understand how elated small victories like this make you feel.

My legs are getting better, although as mentioned above, the heat hasn't helped, standing up is no longer the chore it was and although my legs and knees still click and creak, it is getting less, its not quite as uncomfortable as it was, as an aside I made a recording of my knees as I stand up, for those to want to hear it I have put it on my YouTube channel, it gives some idea of the level of discomfort I experience each and every day. <https://youtu.be/a3lXBZ5-N74>

Despite the hot weather, ive been cracking on with a few projects, I still overdo things and then pay for it later as is my nature, but its no good just working to the same level, its the little push each and every day past the comfort level that makes me stronger, when I think two years ago I couldn't even move and I would have paid anything to feel as I do now, unfortunately the healing process is slow, but rest assured um still working hard at getting fit and I will get there, as ive said before there will be one winner in this – ME.

That's about it for now, as always thank you for your incredible patience, love and support whilst i continue my recovery from this debilitating disease.

With my best regards

Mark