

Sussex Woodsman

Traditional Skills In A Digital World

*** Recovery Update – December 2018 ***

I'm still making progress in my recovery, although the cooler, damp weather is not helping with muscle stiffness at the moment, the old adage of I can tell when its going to rain as I can feel it in my bones, certainly rings true.

Overall though I'm on the up, even if progress has slowed a little, my upper body strength is returning and at long last I can place the palm of my left hand on my right shoulder, doesn't sound much I know, but when you consider not that long ago I couldn't move my left shoulder at all, I'm more than happy with this small victory.

My legs are getting there too, my left leg although still sore, is considerably better and feels almost normal, the occasional shooting pain and discomfort I can live with as it is now only occasional, my right leg is getting stronger but still makes the wonderful creaking, cracking & popping noises when I stand and walk, although I can now stand up for some fairly long periods of time in relative comfort, its only when i go to move after being stood that I feel it, at the moment i'm between the devil and the deep blue, I need to exercise my legs, but to exercise, bloody hurts, maybe not at the time, but once ive stopped and particularly overnight when everything just seems to seize up, although it has to be said it is nowhere near as painful as it has been and as long as I do exercise, I can only get stronger.

For those to want to hear it I made a recording of my knees as I stand up, it gives some idea of the level of discomfort I experience each and every day.
<https://youtu.be/a3lXBZ5-N74>

I'm still getting out in the workshop and making things, I think I have enough spoons to last me for a while, although im still making them as the entire process of sawing, splitting and processing a log, then carving the spoon exercises my entire body and helps with my dexterity, i've also been tinkering with a couple of new products which you may have seen on my Facebook & Instagram pages.

That's about it for now, until the next update, I wish you all a Merry Christmas and a Happy, Healthy New Year and 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