

Sussex Woodsman

Traditional Skills In A Digital World

*** Recovery Update – February 2018 ***

Welcome to another update on my recovery.

I have unfortunately taken a small backward step in my recovery as i am not walking as well as i was before Christmas and the creaking i had in my right knee has now migrated to my left knee as well, but strangely it only creaks when i stand up straight from bending over and not when i walk, however i feel the the slight backward step is more down to the weather than anything else, although i have also noticed that my posture has changed and im now standing more or less evenly on both feet and the creaking and popping is also muscles and tendons adjusting and getting back to working properly after being more or less immobile for so long.

Speaking with other sufferers of this disease and also friends & family who suffer from arthritis, they all seem to be experiencing similar creaking and joint pain at the moment and we can only put it down to the cold & damp weather, another thing that makes me feel that its weather related, is if i put a hot water bottle on my knee, it mitigates the problem slightly, unfortunately i cant walk around with hot water bottles strapped to me all of the time, i have a gut feeling though that when the weather dries and warms up, things are going to get better.

Despite the slight set back i am more mobile, albeit a little slower than before, and have been spending a good amount of time in the workshop making and exploring new product designs and ideas, what i have noticed is my stamina has increased and what took perhaps three afternoons to complete, i can now do in one.

A case in point was a week or so ago, where i needed to split some wood, normally i would need someone to help me do this as i couldn't even hold the tools let alone use them, this time however, i not only split the logs, but then proceeded to sit on the shave horse and turn them all into boards, all in one afternoon, in addition, just yesterday for the first time in ages i managed to stand in front of my axe block and axe out a spoon blank, up until now ive had to sit to do it, yes it was uncomfortable to stand and bend whilst carving, but it didn't really hurt, so in that respect im making good progress.

I'm also starting to feel more and more that i need to find out if i can last the course when it comes to instructing again, so when it warms up a little I will be looking for a guinea pig for one afternoon, who would be willing to take a half days course at my home, this person would need to be fully aware that they might have to pack up and leave in a hurry if i need to call it quits because it's just too uncomfortable for me to continue, i know it sounds daft, but im starting to feel that its something i need to do, even if im dosed up on pain killers, i need to know, it may or not work, but until i try, i wont know, and if i can do an afternoon, then it wont be long before i can do a day.

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

With my best regards

Mark