

Sussex Woodsman

Traditional Skills In A Digital World

Recovery Update - 15 January 2017.

Progress continues to be made and i am certainly a lot more mobile than i was and i have even started to be able to help around the house a little, even if it is just peeling the potatoes for dinner, ive also been a lot more active in the workshop, although as it is unheated, at the moment, due to the cooler temperatures i don't spend a great deal of time out there, but im more productive in the time i do spend there, a case in point is i have started to make small garden trugs from recycled timber, whereas before i used to spend a couple of hours crafting the components and then spend the next day making the trug, im now able to do all of the steps required in the same session, a good indicator i feel of the progress i am making.

I still have limited dexterity, although it has to be said that this is improving and in an interesting development my right leg is getting better, as you may recall this is the leg that has been giving me some problems, although it still continues to make me wince a good number of times each day, it is getting stronger, even if it is making some weird and wonderful "popping" noises from the knee and groin areas as i walk and the sensation i get from the knee joint in particular when i walk feels almost akin to the feeling you get if you rub a wet finger against a rubber balloon.

I think what is happening is down to me using my left leg more as my weight distribution changes, i am now standing flatter on my left foot and due to the change in my stance, my muscles, tendons and ligaments are having to adjust as i grow stronger, ie tighten or indeed loosen, hence the weird and wonderful noises and sensations i am experiencing from these joints.

Despite progress being made, it is slow, not helped by the weather im sure, however, i am making progress and am starting to look at when i might resume courses again, at the moment im aiming to resume service in May, at least that is my plan, i will not however be accepting any dates or bookings until i know i am fit enough to provide the course content.

As before, all i can do is to thank you from the bottom of my heart for your patience and understanding whilst i continue to make my recovery.