

Sussex Woodsman

Traditional Skills In A Digital World

***** Recovery Update – June 2018 *****

Welcome to another update on my recovery.

I've made some good progress in the past month, my mobility and dexterity have both increased and although my legs & knees still click when I when I walk, at least they now only click and don't creak, mind you they still creak quite well when I initially stand up from sitting down, but the time it takes for the discomfort to disappear is considerably less than it was, I know one thing for sure, I definitely cant creep up on anyone, you can hear me approaching from a mile away.

I'm concentrating on rebuilding my strength and stamina at the moment, but I'm very much between the devil & the deep blue, I need to exercise, but to exercise bloody hurts, still no pain, no gain and whatever doesn't kill you makes you stronger – allegedly.

The better weather has certainly helped me of late, although at times I've given up in the workshop as its just too hot, 35C and high humidity is not pleasant, on the plus side, I've been venturing out morning and afternoon and only last week, I put in a seven hour stint in the workshop, I paid for it later that day mind, but the point is I did it and took a step closer to recovery.

I'm getting there folks and the light at the end of the tunnel is getting bigger by the 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 debilitating disease.

With my best regards

Mark