

Sussex Woodsman

Traditional Skills In A Digital World

*** Recovery Update – March 2018 ***

Welcome to another update on my recovery.

February was not a particularly comfortable month for me, I had a lot of pain in my legs, mainly due to the intense cold and damp, as since the snow and ice has gone im feeling much better, a lot of the pain has gone and what's left is manageable with low dosage pain killers.

All I have now is a lot of stiffness, although as stated previously I think this will disappear quite quickly once the warmer weather arrives, my legs still make the wonderful creaking noises, but this is becoming less and certainly my right leg is nowhere near as creaky as it was, again, I think this creaking will disappear quite rapidly once the warmer weather appears.

I've been spending a fair bit of time out in the workshop as you may have noticed from my Facebook & Instagram feeds, ive mainly been spoon carving as this is good for exercising my hands and arms and whereas not so long ago it was taking a couple of days to make a spoon, im now managing two in an afternoon, a good indication of my progress and improved strength and dexterity, all I need now is for my legs to get there too and they will, because as ive stated before, there will only be one winner in this and that is me.

I have a guinea pig lined up to come to the house to undertake a half days tuition, this is going to happen towards the end of this month, when hopefully it is a little warmer and we can sit out on the patio, once I know I can do an afternoon, then it wont be long before I can do a day and if I can do a day, then I can do another day.

I'm getting there folks, albeit so very much slower than I would have hoped for, but the light at the end of the tunnel is getting bigger.

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