

Sussex Woodsman

Traditional Skills In A Digital World

*** Recovery Update – May 2018 ***

Welcome to another update on my recovery.

Hopefully as you read this the sun is shining and the temperatures are starting to increase, it's been a long, sore winter and early spring, where the damp and cold really has not helped me much at all, but the weather looks set to improve and with it so will I, it's noticeable how much less discomfort I feel when its dry compared to when it's damp, the old adage of "i can feel it in my bones" certainly rings true.

I continue to make progress in my recovery and have not taken a pain killer for approximately a month, my legs still creak, comically so some days, but this is now mainly down to having to rebuild my strength and get muscles which have not worked hard for some time, working again, on the whole though I am very much on the up, although my legs still creak, they are sore rather than painful, the worst part is initially standing up as anybody with a hip/knee injury or arthritis can attest, but once im up the discomfort soon wanes and I can move around, albeit slowly, but at least im moving.

Im now able to venture out into the workshop morning and afternoon and have been up to the lakes for a walk, ok shuffle round, I am so close to making a full recovery I can taste it, but I do need to build up my strength and stamina, being out in the workshop certainly helps with this, what used to take a day or more to accomplish not that long ago, I can now do in a matter of hours and sometimes ive even surprised myself, like splitting a log for instance, sounds silly, but not that long ago I couldn't even hold the froe and mallet, now im splitting wood like a goodun, but not stopping there, im then shaving them down on the shave horse and then making blanks from the resulting boards, all in one day, not too many weeks ago, it would have taken me a week to do that.

I'm getting there folks and 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