

Sussex Woodsman

Traditional Skills In A Digital World

*** Recovery Update – October 2017 ***

Monthly update time again.

I've made some remarkable progress in the past month, for three out of the last four weeks, ive for the main been walking without the aid of a walking stick, ive still used it when walking on uneven ground or when going up and down stairs, but not as an aid, more of an assurance should i need it.

I did massively overdo it at one point, i was up at the lakes and walked round to a point that i had made it to and back from a week earlier (video on my facebook page), but instead of turning round and walking back, which would have been the easy option, i carried on until i was at point where no matter which way i went it was equidistant back to the car park, so i carried on and walked all the way round the pond, by the time i got back to my chair i was knackered, but felt more or less ok, later that night though things took a dramatic turn for the worse, my groin was so painful as to be untrue and the following day it was difficult to even stand let alone walk and even now ten days later im still paying for it, but nowhere near as bad as i was, as ive said before, i have to push myself to know my limits, this time i pushed myself a little too far, but despite having to revert to using a stick for a few days, im now back walking without it for 98% of the time.

When i overdid it i think i exercised muscles that had not been used for a while and they really didn't like it, i now find following my overexertion that im standing on my right leg a lot more than i was and things are starting to recover nicely, and im glad to say that despite some discomfort in my groin it is now really only my hands, knees and left shoulder that continue to cause me problems, my hands still have dexterity issues, my knees just plain hurt, but are not painful and my left shoulder has that horrible dead feeling like you get after an injection, its just very stiff with a single point of acute tenderness in the muscle, im sure it just needs working, but a little at a time i think.

I've not spent a great deal of time out in the workshop as i ran out of materials, however, following some work parties up at the lakes i now have some wonderful green Willow & Birch to work with and now my groin is better than it was, im back out there making a few things.

I'm well on the way to recovery, what i have now compared to where i was a year or even six months ago are just niggles, albeit, very uncomfortable niggles, but im making headway at last.

As always thank you for your incredible patience whilst i recover from this debilitating illness.

Mark