Sussex Woodsman

Traditional Skills In A Digital World

*** Recovery Update – Spring 2019 ***

Welcome to another update on my recovery.

Progress in my recovery has been slow over the winter, with some very dark and painful days, however im hoping now that as Spring is here and Summer is approaching, that I can get more mobile and get rid of the last remnants of this disease once and for all, I can still remember the words of my Doctor when i was first diagnosed with this three years ago "it will go as quickly as it came", I've since called him a bloody liar.

Because of the pain in my legs and the cold and damp, I've not spent much time at all in the workshop over the past weeks, although as I type this the sun is shining and we are supposed to have temps in the mid teens, so fingers crossed and legs and knees willing, im off out to sit on the patio this afternoon and absorb some vitamin D, might even do a little whittling whilst im there.

As the weather improves I'm hoping I will be able to get and about more and as I get around the exercise will certainly help build the strength in my legs and increase my stamina, im very much between the devil and the deep blue at the moment, I need to exercise, but to move bloody hurts, but it is getting better, whereas just a few weeks ago it would take me 5-10 minutes just to be able to stand up, im now standing up getting to the kitchen or bathroom and being back in five minutes.

My legs are still making some weird and wonderful creaking noises as I stand and walk, but nowhere near as bad as they were and the strength in my hands and arms is returning and getting better day by day, I can even open a brand new jam jar these days without popping a blood vessel, I appreciate it doesn't sound much, but when you consider at one point I couldn't even pick up or hold my toothbrush, I've come a long way.

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