

Diagnosis

I was diagnosed on Friday 31st May 2013 in A&E by a SHO who seemed just as perplexed as me. I was in A&E, because my GP wasn't available and the walk-in center wasn't happy. I was in agony and they couldn't determine why. Because I had had my neck manipulated by a Chiropractor the day before they were concerned it may have been broken. There was no point telling them I knew it wasn't because I couldn't explain the pain either.

One doctor drugged me up completely - Oramorph, Diazepam, Paracetamol and Diclofenac, I don't think they actually took the pain away but for some strange reason I just thought everything was funny despite wanting to cry from the pain.

The SHO then came to assess me, after taking a brief history, I don't know who was more surprised - him or me. It boiled down to this 'so you have been having bone pain for over a year', it was only as he said it did I hear how it sounded, for me that had just become 'normal'. The various spine, ribs, shoulder and neck pain had just been one of those things up to that point.

Initial x-rays showed something abnormal I guess (the SHO hardly told me anything as he assessed me), he came back put me in a neck collar and head-block then sent me for more x-rays. That was painful just being in that but at the same time it was also comfortable because I was flat at last, instead of sitting on metal chairs.

The x-rays were repeated 4 times so the doctor could get the view he wanted/needed of my c-spine which showed my C5, C6, C7 and T1 vertebrae were fused (and was not fractured as they had feared). He briefly explained it's probably the root of my ribs problems etc. as he removed the collar and that I needed to see my GP to arrange an MRI. He gave me a letter and I left in a daze that there was actually an explanation.

My shock mostly stemmed from the fact that my other various complaints had led me nowhere and I had gotten tired of chasing them, much to the point I began to believe it was all in my head. It was half a relief knowing it wasn't and an emotional one at that.

I got home, and looked at what KFS is, all the sites said the same 3 characteristics, none of which were of much help. I told my 3 closest friends and tried to begin to absorb the enormity of it all. I think the thing that caught me most was reading that this pain is basically just the beginning and pain relief is going to be a big focus for me now.

Over the weekend the pain began to decrease (needless to say it never goes, it just becomes bearable). As soon as Monday hit, I rang my doctor surgery as soon as it opened, and my GP rang me back shortly after. I briefly told her about the diagnosis and left it that we would meet on Thursday.

So far Ibuprofen is good for short-term relief, co-codamol knocks me out so I sleep through the pain but I don't think it takes it away. Gentle massage is what I crave the most and is the most comforting. Sunday however I put an ice pack on my neck for 2 hours (I know this is not advisable, but I didn't care at this point) and that alongside the brief massage worked wonders =). I'm also using Voltarol muscle rub and that's doing some good I guess.

Today has been a good day because I've managed to stay sitting up all day without being in agony, I'm gonna smile at this memory because I know it's a lull before a new Chapter in my life, of which is going to bring its own hurdles.