

Physiotherapy and Acupuncture

My first physio appointment was an assessment, this had to continue over to the second appointment because of the sheer length. She was very thorough though which was good. I took both my cervical and lumbar MRI reports with me so that she could have a good grasp of what she was letting herself in for.

She was very kind and great about it, although KFS is something she hadn't heard of before so she also wanted to go away and read about it before she dished out any treatment. Which I can only say is a credit to herself and made me feel quite blessed to have somebody who actually practiced their profession properly.

She made sure I understood both reports which is more than any health professional before her did, explained them properly, took all the relevant notes, assessed my physical abilities and limitations. I should also mention that she asked about my symptoms etc. so she had a good picture of exactly what was wrong.

In the second half of the assessment she told me she wasn't going to manipulate my neck ever in any way (wise choice) and that she wasn't going to experiment with any exercises per say, but recommended acupuncture which she left me to consider for the following week. We discussed lumbar exercises because at this point I couldn't sit, stand, or walk for any length of time. I was sleeping badly because I could not lie in any decent position for long because I lie flat for my neck comfort, but my back needed me on my side for relief basically. She also recommended different supports, but no braces or collars, and sent me away with paperwork to read on acupuncture before my next appointment.

After that, acupuncture commenced, and although the very first session totally killed my neck - I had to take extra strong painkillers and the works. I won't lie there was swelling, redness - it was awful but my back was fine. I still however went back for round two and she did do my neck again.

Every session since has worked wonders for me. My back is practically perfect - no pain there at all, plus I am taking extra care not to provoke it. I think that will last a while after I finish this set of treatment. My neck is an interesting one - I was skeptical anything was going to work but it has, and to my own surprise and delight, it has also helped my arms a lot. Generally, my muscles are just more relaxed to there's no spasms, pain, numbness or tingling. That was not something I had expected to happen so I am very pleased. This however will probably need to continue after this course of treatment as it lasts about a week before twinges start returning which is excellent though in my eyes.

So, I would highly recommend acupuncture, its working for me so far, I am in a much better place now. I feel almost normal and I am taking extra care not to push my boundaries too far so I stay well. I am not currently on much medication which is great and I am coping well. There's hope yet!