

## Learning the Hard Way

You would think I would know better, but it seems I don't. I've been relatively pain free for the past 2 weeks which is saying something. The feeling of having been stabbed in the neck had gone.

I'm on Naproxen (an NSAID) for my ribs, but I accidentally missed a dose the other day and soon realised they were helping my neck too. They are strong though for me for some strange reason (morphine doesn't knock me out, but they do a pretty good job). That pain however went by morning thank god - I will admit I also double dosed to make up for the missed dose because I was not willing to risk that 'stabbed in the neck' pain coming back even though it's not advisable.

Anyway, I've been able to be at work during the day for a few hours, being that I felt great despite the twinges and the tiredness, I figured testing doing manual work again - lifting a few boxes around. Monday went fine, yesterday I did a few more hours and was also fine. Today I did the same thing and my neck has decided to get its own back - like I said I should have known better.

Now I feel like somebody is slowly sticking that knife in, deep freeze has been sprayed in excess, the Voltarol has been rubbed in and now I'm contemplating painkillers to get through the night. My best friend just asked me if I've told my boss and I haven't yet because I still don't know what to say. Hopefully once the MRI results are through I will have something more to say, until then I'm choosing not to tell anybody.

So, the lesson I learned from working today was - even when the pain calms down, I can't pretend I don't have KFS because it's looming in the background just waiting for an excuse.