

Update & Muscles

Pain wise I am doing relatively well, it is activity dependant and provoked by anything over about 1.2kg, not to mention the hormonal involvement that spikes it. During the days it is mostly in my shoulders, especially over the past week, feels like they are being crushed. Night brings pain in the sides of my neck, still trying to master the art of lying down comfortably but the pillow adjustment is still proving tricky to accommodate.

One of my lumbar discs prolapsed in the final days of last month, that hasn't helped much with the neck pain, at one point I had to choose between the two and ended up offering my neck as the sacrifice. I paid for it the following days, but it prevented my legs being totally wiped out, like what happened in Florida, so I was grateful for that. First it was pressing on the right nerve root, went into some random space then moved to the left. It is uncomfortable to sit in some positions but can walk just fine, albeit tiring quicker than usual. Considering I just declined lumbar investigation a few days before this, I was not impressed, spent a while debating what imaging would be best considering I can't have an MRI yet, settled on a CT.

As of this week the scarring from the incision has become slightly irksome, not sure why. It is like an itchy/burning sting sensation – no actual heat coming from it though, nor is it red or inflamed so I know it is not infected. A cold compress helps ease it. Headaches are a frequent visitor as are visual disturbances, but I guess I am supposed to wear my glasses anyway so that is the reminder.

Going to see GP this week about lumbar spine, was supposed to see a consultant too but may have to delay it due to other commitments.

University have approved an assistant to handle any potential heavy stuff such as books and laptop when needed, so that might prove helpful. Other than that, my timetable only has me in one day a week this academic year (for 7 hours) so I don't have to worry about back-to-back days of energy. My personal tutor should be totally looped in at some point, but with people that have no prior experience of spinal issues, I find that a very awkward conversation to have.

Struggling with sleep as of late, it is beginning to annoy me now but hoping it will resolve itself soon. Mental health has taken a small dip to 'don't care' level but I think it's mostly because I am tired rather than anything else, plus I am missing my lecturers now so that isn't helping. Still getting through my summer to-do list, pretty much just the fun things left now, so I am very much looking forward to getting those done. Ribs are joining the party too intermittently – linked to sleeping position I think, I really need to sort out lying down. On the whole though I am okay.