

## A Painless Update

Apologies for the time lapse, amongst other reasoning, uni started and all the craziness of being in the final year of my degree kicked off.

Pain wise I am doing amazingly well, very pleased indeed. We are now nearing the end of November and fortunately the usual pain flare up has not presented itself. There are odd days, when I pick something too heavy up, or do something stupid that I end up paying for it after, but on the whole, I am doing great!

The shoulder issue got sorted in the end, I had frozen shoulders basically, one more so than the other which was sending the pain back into my neck and arms. There was vast improvement from my first session of physio onwards, had to go every week at first, then every fortnight, until eventually movement was almost normal and pain had gone with it, it was a great relief. I won't lie, the last session my osteopath got far too excited and decided he would try and improve mobility of spine too near the cervical region for my liking resulting in a lot of pain, needless to say it is probably the reason I didn't go back after that.

I and my pillow have finally got to grips with each other, I think a lot of it was tied up with the shoulders but now most nights are comfortable. On that note I will also mention I have barely been on any painkillers since September, at a real push, then maybe paracetamol on the odd day, very happy.

Lumbar spine can still be temperamental, but as of right now it is okay, I had two MRI scans in the end (separate chronicle). My assistant is very helpful, yes it means I sometimes have to wait to return and take out books, but when there is no rush it is highly beneficial to my health. She carries all my heavy book loads to and from the library for me. My one day timetable only becomes problematic in that I have to remain mentally alert for the entire day. After 4 hours of critical discussion, the final 2 hours for the last module often becomes tolling but I wouldn't change it.

My actual personal tutor and I never quite managed a conversation about my spine this year. The overriding thought was that I needed him more as my supervisor and I wasn't willing to risk that by unnerving him with discussions he isn't comfortable with. Fortunately, it hasn't been necessary though either so it is all good, any comfort or reassurance I needed I got from my personal tutor from last year – it is one of his strengths. My mental health (separate chronicle) picked up too after I spoke to him so that got back on track too in the end.

I have my 6-month post-op on Monday!