

Update at 6 weeks Post-Op

Other than the self-inflicted blip with the internal suturing, recovery has been progressing well. For the past week I've finally felt able to lift my head up from lying down (think sit-up style), but continued with the rolling just for my physio. It doesn't hurt to sit up for long periods now, there has been several days of being vertical for the entire day without suffering the consequences afterwards, so that has been pleasantly delightful.

I rarely take Sevredol and trying very hard to come off the MST, it shouldn't be long now. Withdrawal from it when I was cutting down was eventful, but with perseverance it was fine. I am still being good and not overdoing it, very conscious about not lifting too much weight even though I now feel able to. I worked out that I was only supposed to be lifting 850g max or 1.5pints - not sure which metrics will mean more to you. There may have been a few occasions when I surpassed that, and I would feel the strain, now I don't – that is basically what I am saying, not that I have started testing weight loads.

I can sing, cough, gulp and probably shout too if I wanted. Yawning still has a very slight strain but it is doable quiet comfortably. Movement is ace, the biggest difference is in the alignment, I am still trying to adjust to that in a good way. The only thing to note is the swelling which comes and goes but I can usually feel when it is there because it correlates with pain and overdoing it mostly.

I am delighted with my progress thus far, and in time I hope that the tremors will continue to improve and pain levels eventually have a noticeable difference. Returned to working and academics earlier this week, and my concentration has not let me down. I don't have much patience or tolerance but I am beginning to absorb context again. It is all progress. I am looking forward to seeing my consultant at the end of this month.