

Finding a Balance

So I had my thoracic and lumbar MRI scan - which completed the spinal MRI package. Mostly it was good news and a good baseline for what may be to come. In short, it's my L4/L5 that was the main problem, it was compressing a root nerve.

It got to the point where I could barely sleep at night because I usually sleep flat on my back now for the comfort of my neck, but once my lumbar disc blew I was kind of screwed because that wanted me on my side. Lack of sleep, could barely walk, sit or stand - it was not good times but I know it could have been worse. I was popping a range of pills to keep me going.

On some days, I won't lie, the pain was quite unbearable and I would lose all rationality. I would somehow manage to get through it by consoling myself that it was just because I was in pain and the pain will pass. Drugged up and exhausted from the pain I eventually would find a level of relief that would bring back some rationality, but it was a battle with my mind.

I am still determined not to have surgery so to alleviate my symptoms my goal became to get those discs healed as a matter of urgency for both my mental and physical health.

I know people have given up a lot more due to KFS and associated problems but I created a new dream of getting a Sociology degree following dropping my previous one and I really want my health to allow me to achieve that so I am trying to keep everything as balanced as possible.

I've accepted some of my limitations at work - whenever possible I delegate those tasks I shouldn't be doing now and when I know I have overdone it I take painkillers almost straight away so it doesn't build and then I rest. I still test my boundaries but for the biggest part I know my main problem is lifting weight so I try as much as possible not to.

So long as people adhere to me not lifting I can pretty much carry on life as normal and with minimal pain. My family have been ace in understanding my limitations and pain now, partly because I've let them see all sides of it without hiding the bad days, but mostly because I've explained to them the balance I have to live in to stay okay.