

Update for Matt

Walking

- Thank you – better able to walk a reasonable distance – that was hugely important to me. It would be good one day to be able to do it without crutches, but for now this is a very welcome improvement. I'm grateful.
- NHS crutches are better with my hands – please can I keep them?
- Own crutches now at a better height.
- Have gone back to using crutches a bit more, which helps significantly, but won't over-use them. I don't use them for short distances, unless I know I'm going to have to stand still for a while.
- Could do with being told not to be self-conscious about using them!

Sitting

- I have worked really, really hard on this. Sitting pain is a real problem to me.
- Once the nerve pain is 'wound up' I can 'interrupt it' but not for long at all (unless I stop sitting). I have tried heat, different sitting positions, changing positions, relaxation, different surfaces to sit on. The only thing that I have found that will break the cycle once its wound up is medication, eg co-codomol.
- I have tried doing more pre-emptive pain management to stop the sitting pain getting to the fully 'wound up' stage. I need to go back to being better at this somehow.
- I don't know what else to try?

Medication

- I think it would help if I can 'take a break' from the pain overall from time to time, partly to break the cycle but also to have a short break from it. To use it like a 'rescue' medication?
- Taken all the difficulties I have had in the past with medications, and still do to some extent, I'm not sure where to go with this.
- It could be I should just accept taking medications isn't wise! Alternatively, it could be that I could be cleverer about the way I use them? Any advice about medications?

Neck and shoulders

- Both neck and shoulders are ok at the moment, but if any of them start to play up (which they frequently do) then the addition of that pain into the rest makes it more difficult to cope overall. I seem to have a three-quarter cup full of pain to manage, but any added in from neck and shoulders causes the cup to fill, and my ability to cope with that varies. It certainly makes it more challenging and is a 'weak spot' in terms of coping for me.
- Can I do anything to stop my neck flaring up? What pre-emptive things should I be doing?

Updated ideas on pain management

- Is there anything else that I can learn to help my situation? Or to just understand it better?
- Do I need to become physically stronger?

Balance

- I'm curious (and I think it would help me) to understand why my balance has been so affected?

Going forward

- I'm hoping you will help me a bit longer, but before these sessions end please can we have a conversation about going forward. If I can avoid getting to a stage when I feel I might need professional input again I will, but I could do with discussing what to do if I start to struggle again. 'Conventional' physiotherapists don't seem to work too well for me.