

Prolapsed Disc – August 09

Symptoms

- Pain in leg which causes me to wake up literally screaming in night. On a pain scale of 1 to 10 – 10. Approximately every other night, sometimes every night now. Intense pain lasts for about 5 minutes and then leaves muscle pain for about 12 hours, sometimes longer. Often recurs during the same night. Triggered I think by movement in my sleep of right leg – I think stretching of leg. Currently being controlled by staying awake!
- Numbness of foot/lower leg which is more often than not present. Occasionally disappears altogether. Sometimes extends up leg. Increases if I carry anything (even a handbag) or walk for a long way etc. Varies quite a bit during the day.
- Pain in lower back – felt sometimes during the day, gets worse in the evenings. Very uncomfortable to lie on back after about 8.30pm.
- Pain when sitting. Occurs during the day, but worse during the evenings. About 8.30pm starts to become very uncomfortable so usually I go to bed at about 9.00pm to relieve the discomfort.
- Pain in leg often, sometimes muscle pain due to intense spasms during night. Sometimes during the day I can get intense pain, but not often, that usually occurs during the evening/night.
- No reflex in lower leg (don't understand where).

Medication

- On high medication for many months after disc prolapsed, but currently on very little. I have chosen (since February?) in the main to live with the pain rather than exist on a lot of pain killers.
- I take Naproxen from time to time depending on level of symptoms and what I'm doing (eg will take if staying away as I can expect more difficulties then).
- Currently taking Naproxen.
- Take co-codamol when needed, but try to avoid.
- Current medication is not relieving the night pain and I don't know how to achieve this.
- Last epidural hasn't had any significant effect. Can't be sure whether it's had any.

Concerns

- The pain in the night is so severe I'm concerned I may be doing some damage
- I don't know how to control the pain in the night, apart from staying awake. Fear of the pain is currently causing me to stay awake (not purposefully). This will be problematic when I return to work next week.
- Not sure if my desire to stay off pain killers and live with the pain is the right choice.