



**Introducing Health Sciences : Trauma, Repair and Recovery**  
*Recuperating After Injuries*

**Woman**

After the last fall, which was the worst one, well I couldn't walk very well at all because my whole side was aching, difficult to go to bed because lying on that side, and the way I seemed to come over and come on the other side, you know what I mean, so it took me about six months or more really before, in fact that shoulder's still a bit, well it's not painful but I describe it as heavy, you know, it's not the same anyway, so that.... shoulder. And I had an examination not so long ago and they said that the fall had triggered arthritis down my left side, so because of my hip and all, you know, the size of my legs, so six months or more, more I'd say because in fact I'm still thinking of that fall, you know, and yet it's a good while ago now. Well I don't go out on my own any more, I always have to have someone with me. I can go on a bus if there's someone with me, I can haul myself in but it's difficult, very difficult getting out, and that's what I'm scared of 'cos I know if I went out on my own I probably would have fallen, only there's always someone with me, as you know. I still do my own washing and my own cooking, and little labour jobs, but Stephanie comes in, my granddaughter, and she does the whole cleaning. As you know my Hoover is out of action as well so this place doesn't get cleaned some days so, but she's great. You see now she's doing all my shopping, the only, the only place I go down on my own is downstairs where the shops are, which is near my, the front door, and the ..... keep an eye out for me, you know, so I walk there if I just want milk or bread, but otherwise I don't, I wouldn't deem to go out to the shops now on my own, no, no. I'm scared really.