



Introducing Health Sciences : Trauma, Repair and Recovery

Coping with deterioration

Woman

Right in the beginning they supplied me with different things I needed, and I had this sort of trolley, and I didn't need to use it at first, but I have to use it now because I have had some falls indoors as well, so it's better than a stick. So all the things that I've been given by the occupational therapist at first I thought oh I don't need those, but I need every bit of it now. I start having falls indoors now and so I'm in the process of applying for one of those pendant things. The last fall I had it was, I just got off the chair and I fell, and I couldn't pull myself up, and it took a whole hour till I managed to get up, and so I thought this is the time now to apply for one of those pendant things, so I'm just in the process of doing that. I have a lot of pain and I have painkillers. King's College I attend the pain clinic, and I've had a couple of injections, I had an epidural which didn't work. Recently I had a facet injection and a couple of days I felt better which, not completely free of pain, but my foot went straight and I thought oh this is lovely, but that's all, it didn't, 'cos they said if they did work they would give to me occasionally, you know but, so I just sort of, I think they just sort of help with the pain and I get a lot of pain all the time, but sometimes I sort of think that I'm lucky that I'm alright when I'm sitting, well more or less alright, or in bed, so I'm very lucky in that way. But sometimes I think wouldn't it be lovely if I could just get up and walk, you know, just ordinary.