

Subject: : Paflyfish General Forum

Topic: : Just call me Lefty....

Re: Just call me Lefty....

Author: : PENZZZ

Date: : 2013/8/3 17:54:26

URL:

Fiveweight,

Continued best wishes on the therapy and pain management. I'm nine months post-op and feeling great. Early days on the trout stream and mountain bike made me wonder if I was really recovering. But as of now both are no problem and I have no strength problems (dead zones). Summer and into Fall must be a difficult time to be going through the process but you can look forward to a good Winter workout and fly tying season then good as new fighting fish in April.

I was able to manage without pain meds, but friends who used them for things like knee replacements told me that cutting back will take time. You're hooked in a pretty short timeframe and even when you cut to half dose you'll experience withdrawal symptoms. As always, follow therapist and doctor orders to a T.

Regards,

Jeff