Subject: : Paflyfish General Forum
Topic: : Just call me Lefty....
Re: Just call me Lefty....
Author: : FiveWeight
Date: : 2013/8/23 12:45:12
URL:

All going well here. Have 80/85% range of motion back again. Some pain in the motion but I can live with most of it. I'm starting to wonder if I'll ever be able to pull a gun from the small of my back again but I can at least tuck a shirt in again. Started light strength training and have been doing some casting in the yard. Shoulder/arm does act up a bit after being used but nothing Aleve and Bourbon can't fix. So far the worst part of the whole deal was weening myself off the damned heroin pain meds. Nasty little drug. I up and stopped taking it about 2 1/2 weeks ago and my body just went in to revolt on me. So I thought I would just start tapering off slowly. It worked. Took week aqnd a half or so but when I got down to snap'n pills in half and talking a total of one a day. I finally thought ok, If I can go 48+ hours without anything I've got it made. Tough going but I'm at day 6 right now and feel'n good. If you or any one you know is put on these heavy duty pain meds, just do what ya gotta do not to have pain but don't be embarrassed if you wind up with a problem. Either talk to your Dr or just set up a plan of attack and give the pills to your wife and tell her to dole um out when she sees you get'n close to the edge. And most of all. Fight it, fight it hard. It's tough.

Head'n to camp mid way thru next week. Plan on hit'n Spruce, The LJ and a few others. Looking forward to get'n back out on the water.