

walking

Posted by ann - 29 Dec 2005 04:07

hi doc sarah.

i hope that you and your family had a wonderful christmas.... and i hope that you will have a great new year... ann+family ☺

this is a new e-mail that has come ini know that you are not posting until after the 6th of january... but i have put it up anyway.

I have had arch since 2000 and was self employed, june this year it got

so I could hardly walk. I was taking large doses of pain meds. in Sept.

I walked a little further than normal and have not been able to walk

more than 30 feet. and have to stop. the pain is referred to the left

hip, I had a steriod shot in the hip and it dropped the pain about 20%. I

can not sleep on the left side. I have been going to a very light PT

and the small exercises they have me do is killing me the next day, and

they are the lightest, you could imagine. Do you have any ideas,

=====