

Letter 173
Medical Update
2012-03-13

Dear Dan,

Beginning in October of last year I did physical therapy for my lower spine for six weeks, but that really did not do anything for the pinched nerve bundle. After that, the Spine Surgeon (Letter 149) sent me to a clinic for an injection of steroid.

That had immediate effect, but after two weeks it wore off and the pain returned even worse than before.

So, at my last appointment with the Surgeon, which was 21 February, it was decided that I should have surgery. This will involve installing two screws that will help to stabilize the "loose" vertebrae, and a spacer will also be installed between the impinging vertebrae. I understood all this and it made sense.

When I asked if this would reduce my range of motion, he said not a whole lot, because most of the motion at that area of the body is performed at the hips.

Then I asked about recovery time, with regard to the heavy nature of the work that I do. The Surgeon said to allow 12 weeks, or three months. Based on how much leave I have now, and the rate of accumulation each month, I will need to save for an entire year in order to have enough leave time to cover three months.

So the plan is now for me to work the best I can for the next year, save my leave time, and look forward to three glorious months away from (G6).

Later on after seeing the Spine Surgeon, I went back to the Osteopath for an update. While at that appointment we begin to discuss pain management. Apparently, as of January 2013, the State Of Washington has further restricted the Liberty of both Doctors and Patients regarding the use of opioid medicines. I actually had to sign a contract with the Doctor stating among other things that I understood that I could only have one prescribing physician (him) to administer opioids.

That appointment was last Thursday, 7 March. I signed the contract and gave a urine sample for drug testing. But I knew as soon as I signed the contract that there would be a battle over which camp would be supreme. Christ's, or Hermes?

I will describe that battle in detail in the next letter.

Blessings...

R. C. Theophilus