

## STILL KEEPING POSITIVE - 14 MONTHS AFTER MY STROKE



Fourteen months ago I was lying in a hospital bed in Antwerp, Belgium being washed and cared for.

I could barely stand or walk without the feeling of the room spinning around, so my balance was severely affected.

My sight was double vision and sensation on all of my right side was nothing.

Thoughts of ever practising or teaching Aikido or driving a car again were a distant dream or impossibility.

After eight days in hospital being treated for a mild Stroke in the lower brain stem, I was allowed home for my rehabilitation.

First I had to re-learn how to walk. Aikido Foot and Hand Movements helped here and my Physiotherapists were all happy for me to do these.

In between the severe bouts of tiredness I continued with this and day by day my balance, vision and stability came back.

Ten months ago I remember my first attempt at swimming. It took me over half an hour to get into the pool.

The sensation of cold water (or hot) on the right side of my body is immediately turned into horrible pain.

The process is to test the water with my left and let the brain reattach the right side that this new feeling is OK.

Although my right side is far from back to normal, swimming in the sea recently was not too difficult.

My recovery is still on a day by day basis with improvements so small that sometimes it is not noticeable.

Aikido is good, although not the same as before and driving; over 10,000miles in my car and about 8000miles in other cars.

All positive! :-)