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March Letter. …Physio

March letter??? On March 25TH ??? Good Grief. Yes, we know, … but better late than never.

Should you be able to move, balance and have no problem gliding from here to there, read no more and thank your lucky stars. Your dual “Outlook” writers are divided on this psysio subject. Lucille, from her Ste. Agathe days as a super skier, still walks and balances with the best. Ken is a different story.

What does one do when answering a 2 A.M. bathroom call and end up just about crawling on one’s hands and knees to get there? Get a cane? Get a Hand cart? Wheelchair? Pop Aleve/Advil? When needing a hip replacement, about circa 2001, and popping 5 Aleves just to finish a round a golf, Ken thought , *“This is not the way to address this problem,”* and got a hip prosthesis. Come 2015, more hip pain. Diagnosis, … bursitis. Per best advice, the best way to cope with the problem, … Physio.

Okay, … and with this course of action a complete change in previous philosophy. *“No Pain no gain?”* Gone, out the window, … Physio philosopy, *“If it hurts don’t do it.”*

So, Physio Sessions were started. Special exercises targeted toward the problem were begun, … and done … , and done …, and done. Must have been weeks. When just about ready to toss the whole thing in the garbage can, bounced out of bed one early morning, went to the bathroom, got in there and realized, … *“Great Scott, … nothing Hurt!!”* We had *“turned the corner”* was the response of Sarah, our Physio Instructor when we related our joy to her. This person is now a confirmed Physio advocate and has started to work on his wasted shoulder, wasted since about circa 1984. Probably be 2016 before a report on this, … but confident we possess the only needed requirement , … patience.

Might be Spring but, we are still snow-covered and cold here. Better days due here very soon. Write to you soon.

From Ottawa, Lucille and Ken.