

Personal Daily Recovery Plan

Phase Two

Phase 2: Sub-acute stage (Weeks 4–8): Goals: Increase mobility, begin gentle strengthening, reduce stiffness, continue with holistic mind, body & spirit practices.

Common sense:

- Continue working from home: aiming for longer days. Stick with my usual routine, but increase focus and tasks.
- Increase what I can around the house, continue to get up at the usual time (around 6.00am), shower, dress, prepare meals as usual. Put washing on, Peg washing out, but don't carry a heavy basket. Wash dishes- helps with strengthening.
- Rest when my body tells me to.
- Change position every 45 mins- stand, sit, lie on firm bed with support pillows (only using one pillow now, and I think I could do without that).
- Healthy varied nutritious diet with little processed foods (which I do anyway- well most of the time):
- Keep moving! Just don't overdo it.

Allopathic advice/ prescription:

- Walking 15 to 20 mins every other day (I've been doing this for over a week).
- Continue with painkillers (I've had none for a week now).
- Avoid heavy lifting, bending forward and twisting (twisting within reason actually helps).

Holistic/ complimentary:

- Meditation every morning (usual routine).
- Yoga practice (usual routine): start including gentle moves and stretches, with relaxation.
- Gratitude (usual routine).
- Tai Chi: start to work through usual patter in small bursts: good for maintaining balance and core strength.
- Self-healing: Reiki 2 x 15mins bursts when I'm resting: Usually when meditating.
- Booked in 4 weekly holistic treatment sessions, with a Reiki/crystal healer.
- Visualisation/power of thought: usually when meditating- imagining my vertebrae mending and becoming whole, and bones strengthening.

I am writing this having just completed the first 4 weeks (day 30), and I already feel that I am way into phase two. I feel so much more flexible and stronger.

Next

Phase 3: Rehabilitation stage (Weeks 8–12): Goals: Strengthen core, improve posture, rebuild confidence, embed holistic mind, body & spirit practices.