

Personal Daily Recovery Plan

Phase One

After researching NICE guidelines <https://www.nice.org.uk/guidance> and best practice etc for this kind of fracture, I decided early on that I will follow allopathic medical advice, but will also follow my intuition and own philosophy, of a truly holistic and complimentary approach.

I framed the recovery period into 3 stages:

Phase 1: Acute stage (Weeks 0–4): Goals: Pain control, safe movement, avoid further strain, add in holistic mind, body & spirit practices.

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

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

From here I decided on the following common sense, allopathic & complimentary routine

Phase One: Acute Stage Weeks 0-4

Common sense:

- Continue working from home in short bursts: Stick with my usual routine, but take it slowly and gently. Do what I can around the house, get up at the usual time (around 6), shower, dress, prepare meals as usual, if I can, but stop at the slightest strain.
- Rest when my body tells me to.
- Change position every 30 mins- stand, sit, lie on firm bed with support pillows: Reading and research (which I do a lot for work). can be done anywhere.



- Healthy varied nutritious diet with little processed foods (which I do anyway):
Improve gut health and immune system: lose weight to minimise stress on spine and internal organs.

Allopathic advice/ prescription:

- Keep moving: Gentle walks around the house, a few minutes initially, several times a day.
- Take painkillers (I'm only taking these when I need them, not as often as prescribed)
- Avoid heavy lifting, bending forward and twisting.

Holistic/ complimentary:

- Meditation every morning (usual routine).
- Yoga practice (usual routine): But now I could not complete many Movements (asanas), so I would concentrate on breath work (prana). I also attend a weekly class, which would go on hold.
- Gratitude (usual routine).
- Tai Chi (upper half of body movements only for now). I usually attend weekly classes, this would have to go on hold.
- Reiki 2 x 15mins bursts when I'm resting.
- Crystal healing: Amethyst: Reduces pain/inflammation

Selenite: Good for back pain, clears negative energy

Carnelian: Good for lower back pain, provides strength

Black Tourmaline: Protects & regenerates

Clear Quartz: Stimulates the immune system, promotes healing.

These can be placed around you, or carried in your pockets, or taped to the part of the body where the problem is. As this was my back, it was impossible to tape myself during the day when I was alone, so I kept them around me.