
back stretching exercises Maybe I'll sew tomorrow

Posted by Juno B - 2010/02/10 17:17

I haven't been near my sewing machine since the week before Christmas. I hurt my back a couple of days after the holiday and was in agony for more days than I can count. Finally went to the doctor a good week after the spasms began. She put me on muscle relaxers. Took them for a week and decided I really didn't like the way I was sleeping so much. I've been living on Tylenol for close to 2 weeks. I'm feeling better but still have some discomfort. Today I said enough is enough. My DDIL asked me to make her some bags to carry her boots. Tomorrow, I'm going down to the machine and sew. I figure it can't be any worse than doing nothing. The bags are simple enough and shouldn't require much in the way of standing. It's the standing that gets to me. Getting old is not for sissies, that's for sure. Giving into aches and pains when they don't have me doubled over is not worth the effect it has on my general well being. Juno

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Posted by Kate XXXXXX - 2010/02/10 17:17

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Posted by Emily Bengston - 2010/02/10 17:17

I quit getting down on the floor some 15-18 years ago, after I had the incident at school. The orthopedist said a mat on the bed would work, though it takes more time, so that's my way of exercising, plus I also ride my exercise bike, using the handle bars to simulate rowing at the same time.

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Posted by Pogonip - 2010/02/10 17:17

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There are things I refuse to do, Sand chairs, sit o the ground, pull myself out of a pool. There is nothing more insulting to my pride then to have to turn over ,get on my knees and stick my butt end up in the air in order to get to a standing position. I use to like to sit on a a sand chair, at the shore, at low tide and have the water come in and tickle my toes. Now I would have to sit there until the tide came in far enough to float me out of the chair. I'd probably drown because the damn chair got bogged down in the soft sand. Now I sit in a sturdy chair an hard flat sand or I don't sit at all. What's really embarrassing though is that there is a woman at the beach,who is 85. she goes every day, sits in a sand chair and gets to a standing position like a teenager. I think I hate her!!! Juno

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