

My Days of Leg Pain
By
Stacy Leatherwood

Day 1 – April 18, 2002

8:30pm

As of right now my pain level is rising in my (10-15) left leg and calf muscle. It feels like someone is stabbing me in my leg with a sharp butcher's knife; and like a very bad charley horse (however you spell it) that you can't rub away. I really hate that I have to go through this mess. Took 2 Lortab's and a phenegan and laid on the couch with my leg prompt up, had my knee brace on and the heating pad.

2:45pm

Got up because my knee was killing me, man I can't even walk to the kitchen. You know what, in a way it feels like a pain crisis. I mean it's aching real bad plus it has like a burning stinging kind of feeling to it. Took some more pain medicine this time I just laid in the bed with a pillow between my legs and nothing on my leg. Maybe the brace was too tight that's why it felt like a crisis.

Day 2 – April 19, 2002

6:30am

Slept through the rest of the night. Woke-up still hurting, my pain level is about an 8 now. I have to take Tracy to the doctor to get her ultra-sound. I hope it's not real cold in there so it won't start to hurt worse. When I got up after my shower (since I can't take a bath, because it's kind of hard for me to get out). I tried to put some jeans on and it felt like the pants were too tight on my left leg, just that one. I mean I literally couldn't get my pants up all the way. So I had to put some running shorts on. I can't even seem to put tennis shoes on because my knee won't bend all the way for a long time.

8:00am

At the doctor's office I went outside to sit in the car because it was too cold and it kind of calm down.

10:25am

Drove home with no problems, and the worst thing happen, since I can be clumsy at time I stumble on the step and twist my knee a little bit and boy oh boy did I holler! Jesus that hurt! Came in call my mommie told her what happen and she told me to lay down and to take some medicine and rest. Well since I still had some in my system from this morning I laid down and went back to sleep.

9:45pm

Got up because it felt stiff (my whole leg) and it was aching like crazy. So I took 2 regular ibpoufen's and 1 lortab. It was hurting just that bad.

Day 3 – April 20, 2002

10:35am

It was stiff and hurting but I ignored it because I refused to get up and walk on it. Got up eventually to fix me some breakfast.

11:55am

Took a shower and put some clothes on for today and of course they're shorts not jeans. Tried to go outside to walk on it, man I got to get up out of the bed and this house.

1:11pm

That didn't do anything for me but made it hurt worse. I mean I did not even get to sweat yet. Came in the house put me knee brace on and watched TV. Didn't take any medicine because I don't want to go to sleep. (I only got a chance of walking down the sidewalk).

2:45pm

About to take a nap because I think I'm going through a pain crisis. Ooh! It's hurting so bad, I'm crying right now as I'm writing this down. Ooh, Jesus please deliver me from this pain!

7:12pm

I'm still hurting like I'm in a pain crisis. So I got my oldest sister Alondra to go get my other prescription filled for ibuprofen 800 mg because the lortabs wasn't quite doing the job.

7:45pm

Took that my sister then massaged my thigh from my thighs to my ankles. After that I put my knee brace and the heating pad on for a while.

8:40pm

The medicine calmed the pain down to about an 11 on a scale from 1-25. Got my leg prompt up. But it feels like my calf muscle is straining and it feels like it's pulling. Still aching a lot around the knee.

Day 4 – April 21, 2002

7:15am

Trying to get ready for church, but man I can't bare this pain. Only thing that seems like it's working is the ibuprofen 800 mg, and I can't take that now and go to church too. So I'm just going to pray that I at least make it through church. Took a shower and let the hot water run on it. Got out part of my clothes and put my brace on plus the ace bandage (hope that hold me through). Well I got to church OK. Got to my parent's house and I was walking in the driveway which is very ragedy and stumbled but it felt like a twist my ankle and the strange think about it my knee hurted worse than my ankle. Came home to 1 lortab and 2 ibuprofens and went to sleep.

Day 5 – April 22, 2002

7:35am

Well my oldest sister Alondra woke me up to walk around the track with her. An I thought that maybe my leg could use a little exercise and it actually helped a little bit but it felt like the back muscles in my leg was pulling and I know I stretched properly. So that was the end of that. Came home took a shower to start my day. Didn't take anymore medicine because I was tired of being drugged up.

10:00am

Ate breakfast and lefted to go visit my mommie and Tesia. Wore my knee brace because even though it was hot I know that they were going to have the a/c and and sure enough it was. I believe because my knee was sweaty from the brace when that cold air got to it, it decided to act up. It's funny because if I'm just in a comfortable place where the temperature is bareable it doesn't bother me, but as soon as it get too cold or wet like, it acts up. See it's not as bad as it be when it rain. Oh! Lord that's another story.

5:30pm

I took a nap on the den's couch which is a love seat and when I woke up I had the worse Charlie horse I ever had. And since I'm having car trouble I stayed over my mother's house, I didn't (well still) take any medicine since yesterday, but took two Aleve but it didn't work and went to sleep.

Day 6 – April 23, 2002

9:30am

Well I was suppose to have some x-rays done on my leg. But since my inconsiderate sister Tesia lefted oof in my mom's car I had no way to the doctor. I really was hoping to get them done because maybe this time they could fine out what the problem is, since they didn't see anything when I was in the hospital the last time. But guess I want ever know because I can't go see. Ate breakfast and later walked with my mother for her daily diabetic exercise. I didn't have to much of a problem it just still feels like I pulled something a loose in my leg. Tesia finally came home about 12:00 almost 1:00pm. So today all I can say about my leg is that it feels like it pulling and every now and then it has like a burning sensation to it.

Day 7 – April 24, 2002

11:25am

Well I woke up doing some leg exercises because my leg felt a little stiff and num like. But there's this one particular spot that hurts now and it feels like a little knot. I know it feels very tight all of a sudden.

11:45am

I took a bath this time and it wasn't so hard. I guess it's getting a little better. Because I'm not in any pain it just feel hard and has a stingy feeling to it.

1:00pm

Me and Tracy walked around in the mall while the car was getting fixed at Sear's. It kind of started to ache a little bit. It's starting to act like a pain crisis hurting when it wants to hurt. Took 1 ibuprofen since the last time I took some medicine which was Day 4 on the 21st. Went to church about 6:00pm for Bible study and since church was packed I was cramped up and I know that I can't keep it bent for a long period because I went into a pain crisis just that quick.

9:45pm

I'm glad that I had some pain medicine to catch it before it gotten any worsen than I could bare. So you know how the rest of that night went.

Day 8 – April 25, 2002

Go to Dr. Haynes

The End
Stacy Leatherwood