

The Lyme Log

Part 2: 1996-2005

1996:

I began to feel pain in my left thigh and right shoulder. I theorized due to archery and horse-back riding activities.

I remember from a young age, when I would go to sleep, when I closed my eyes, the room would be spinning. I use think this was due to an over-active imagination. My doctor, Dr. Walker, my primary doctor, indicated nothing was wrong with any of these things.

Throughout this time, my vision was deteriorating. My eye doctor found nothing wrong, just updated my glasses/contact prescription on a yearly bases.

1998-2005:

I saw Dr. Walker about pains in my arms, fingers, elbows and wrists. She diagnosed me with tendinitis. She prescribed Relafen most of the times I came to her with pain complaints.

I used heat compress, refrained from using the computer or lifting weights and used wraps/braces for stability in my hands and wrists since moving them hurt.

I assumed I was prone to tendinitis because I would not have to do anything stressful to acquire the pain. Pain reoccurred about every 5-6 months to varying degrees – I did not see a doctor every time I hurt. I gave up other activities due to pain but I continued to go to gym for running and weight lifting. I would tend to feel sick after a workout, which I thought meant I was out of shape. By 2000, I would dry heave, as well.

September, 2005:

I went to Dr. Walker with severe pain in arms and shoulder. Predominately, my left shoulder. The conclusion was that I had a very badly pulled neck and shoulder muscle since I had been working out and lifting weights. She gave me a muscle relaxer to help with the pain and healing, explaining I am young and healthy and with a little help should recover.

I ask about my tendinitis because I had tingling in my left arm and knuckles - she said it's tendinitis. She told me to research and see if I wanted to take Glucosamine and Chondroitin Sulfate to help.

October 14, 2005:

I went back to Dr. Walker because the pain had only been getting worse. I was getting worried. I told her it is also getting a little hard to breathe and that the pain had moved toward my chest. I told her I had to wear button down shirts because I could not lift up my arm at all. She was shocked I was still hurting from the “muscle pull”. She gave me another muscle relaxer to take during the day and prescribed Physical Therapy (PT). She thought it could also be bursitis and once I was in PT, if I could pin-point the pain, they could give me an injection.

October 25, 2005 - November 29, 2005:

I went to PT at a NovaCare facility and they evaluated me:

No mobility in my shoulder or back and lots of pain. They formulated a routine.

I did not notice any dramatic difference in my pain. I did not hurt more in doing the exercises (I had been warned I will “get worse” before I get better). However, the pain was moving into my other shoulder.

When I was finished with PT, I was re-evaluated:

Mobility returned but they were baffled as to why the pain was moving. They theorized it might be a nerve issue or irritated cartilage or a pinched nerve and pulled muscles. They suggested talking to Dr. Kevin M. Walsh (of Orthopedic Specialists) for more follow-up.

Dr. Walsh x-rayed both my shoulders and said I had a Type III Acromion and calcification on my right shoulder on the rotator cuff. The x-rays showed no bone damage. I was told I would just “be in pain” and other than surgery there was nothing that he could do.