



On the Road with Ernie

The good progress continues, 22 August 2005

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Well, my very own 'dream team' continues to do a great job driving me down the road to recovery. As I've said many times already, we've got a long way to go yet. But to be honest with you, things have gone a little bit better than I thought they would. On Sunday I met up with the surgeon Andrew Unwin, who performed both operations, and he told me that he was very happy with my progress. He tested the graft and says that it's in great shape. I think both he and Sophie are surprised how far we've come, seeing as it's only two weeks since the op. Like I said, I'm pleased and also a little bit relieved. I don't think it's tempting fate to say that we're ahead of the game.

As with my previous few reports I'll use this space to give you a quick rundown on the knee. This week I've definitely felt like I've got over the initial pain from the surgery, which has meant I've been able to do more in the way of exercises. Of course, with that added activity has come the realisation of just how far we still have to go. But that's okay. I can deal with that. And as I said, I've got a really good team of people around me and they help drive me on, if ever I happen to be feeling a bit low.

There haven't been too many downs this week, though. One thing that is a bit weird is the pain is jumping around a bit at the moment and seems to want to take up residence in various parts of my leg! I'm told this is fairly typical at this stage of the post-up rehabilitation process. Swelling is still a factor, which does interfere a bit with some of my muscle-building and mobility exercises. But again that's normal; it's basically a result of stepping-up the activity levels a bit. There's more I could tell you, but I won't bore you with too many details right now.

Oh, I have been back on the ATM2 machine again, though. This is an amazing piece of equipment that I was telling you about just after the op a couple of weeks ago. Being on it is really hard work and I build-up a serious sweat, but I would say it's my favourite of all the rehab exercises I have to do. It just feels like it really hits the spot in terms of targeting the muscles that need attention. It's good for increasing my range of movement also.

Obviously I can't just suddenly neglect the rest of my body during this period so I've got Josh Salzman, my personal trainer at Wentworth, helping me with my upper body exercises - you know, basically inflicting the kind of torture in the gym that he usually likes to put me through! Sorry Josh...only kidding. With his and Sophie's help, I'm hopefully going to be in the best shape of my life by the end of this year. Like I said, the

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SITE DESIGN

'dream team' is in full swing!

Coming up this week...

I'm flying out to South Africa this week, armed with a long list of orders and instructions from Sophie. There's no way she's going to let me get away with not doing my exercises while I'm away! Not that I'd dream of neglecting them. We've been working really hard the past few days to get myself in a position where I could make the journey without it being a problem. Things have gone well, so providing I keep up the hard work while I'm in South Africa, there's no reason why I can't go. In fact, it'll be good in some ways to have a change of scenery. I'm not used to being around the house for a whole month solid!

Anyway, I'll probably write again some time next week and let you know what's been happening.

Until then, bye for now.



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