

today I had an early morning physio therapy appointment at the public hospital, it did not feel appropriate to ask for a photo, but it was nice, I went there to be reassured that my shoulder is dysfunctional as normal. I was worried because of the fall and the hotel was next door so it was minimal effort to go. The senior therapist was very efficient, felt my arm and movement in the hallway and asked why I came: to make sure nobody will tell me in 3 months that I should have gone to a specialist sooner. That was the right answer and 5 min later I was asked in, I had to take my shoes off and he asked if it was okay an interim was going to join, i always like it when students are there because the specialist explains more and I learn from the conversation between student and therapist.

This time it was extra fun because they went for "healing my stroke"

which means they will offer some treatments that might improve the function in my arm, I mostly want to try everything, I already had dry needling and the pneumatic tapping at my physio in the netherlands, here they put the TENS on my calf and lower arm against the atrophy, i have had TENS against the pain but it did not work and in the beginning also for "remembering" how to move the arm but it did not work at that time, now it was for a different reason after 5 minutes I got infrared lamps, they felt nice but it is a bit counter productive to do this in a cooled room.

Then the student moved my arm like they also do at home and it felt similar(meaning it was painful 7 average with 2 peaks of 8), I had told them I got botox against tension. <and the warm weather makes my arm much less tense. This is what I hoped they would do they also moved my leg, but there is less spasm there and I maintain some of the muscle by walking and riding my bike, it was a funny moment when the trainee tried to push the toes of my left foot towards my knee and it would not move, this was after the arm that had hurt at many times stretching muscle and tendon.

But the ankle has a maximum of 90 degrees while a normal can go past 100, the trainee was pushing and looked at me for response I told them I do not feel anything, so they pushed harder and after that the senior tried and also did not manage to move it further or make me feel it, when he moved it in the direction of pattern it did move and also hurt a bit.

It was nice getting another experience and other point of view.

And because it is public it is very cheap I felt guilty for taking up their time and only had to pay 85k wich is 6 euro. My friend had told me the maximum would be 120 so because I took so much of their time I assumed I would pay maximum.

I then had to move to the next hotel where I will stay for 3 weeks before moving to maratua to support the project there