



My Recovery Story: Carrie (57 years)



“When Carrie has ups and downs with pain and her mood, she goes to the gym”

Carrie lives in Edmonton with four dogs, two cats, one of her two adult sons, and his girlfriend. She is retired and stays busy going to the gym and painting.

Carrie was in a motor vehicle accident when she was a teenager but had recovered to the point that the injuries didn't bother her any more. She served in the military and had training and service related injuries, including broken bones, which made her pain worsen over time. Now she has chronic arthritis and tendonitis. Looking back, she thinks that if she had had better access to treatment at the time of her injuries she believes her outcomes would have been different. Carrie also had to fight for recognition of her injuries afterwards, and this had a negative effect on her mental health.

Carrie had treatment for her broken limbs. She has had IMS (intramuscular stimulation and dry needling), physiotherapy, chiropractic treatments, cortisone injections, tapping (a grounding self-help strategy), and psychological counselling.

Her goal is to go to the gym three times per week.

Her values are family and her health

She goes to the gym, changes positions frequently, uses tapping, and breathing strategies. She also has occasional cortisone injections and counselling. She has learned to include back stretches into her daily routine. She also asks for help sometimes. She also likes listening to nature sounds because they are calming.

For sleep, she needs a dark room and she says “don’t think” over and over.

When Carrie has ups and downs with pain and with her mood, she goes to the gym.

There were times when her family or friends did not understand what she was going through. It could be embarrassing when she’d be in a crowd and get anxious or even panic, and the person with her would misunderstand her behaviour and think she was being intentionally rude to others.

Carrie has learned to have a better understanding of how mental and physical pain can be interrelated. After experiencing both mental and physical pain, she can now recognize pain in others and have more empathy.

“After experiencing both mental and physical pain, she can now recognize pain in others and have more empathy”.