Hello World! Got any aches and pain?

Description

This is a brand new blog about keeping moving when the pain sets in. Don’t fall into a wheelchair if you can possibly help it. I’ll be sharing ideas about how to handle pain from arthritis, some things I’ve done to stay upright and walking with severe spinal stenosis. We all need to help each drugs. Stay tuned for my story.

Keep Moving, Betsy

Category

1. Arthritis
2. Health and Fitness

Tags

1. arthritis
2. sciatica
3. spinal stenosis

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