

December 2, 2022

Dr. Randy Bell  
1401 W. North St  
Jackson, Michigan 49202

Dear Doctor Bell,

As luck would have it, I showed up a day early for my appointment with letter in hand and was sent home. Given another day, I have some additional notes for clarity to describe the changes in my body over the last month, as I have not seen you since 9/1/2022 and there have been major changes.

The biggest problem I have had this year has been the loss of my left leg.

From the first moment I woke up on January 12 (several days after my accident) my left leg felt disconnected and distant – I described it as a million miles away. I could feel all my senses (the sharp pokes and soft qtips over every square inch of my leg) however they were all distant.

Following my internal fixator surgery, this improved greatly; my leg only seemed hundreds of thousands of miles away, but not millions.

Over this year I have had constant issues with my left leg – beginning from the basis of not feeling fully connected to my leg – and not having the experience or vocabulary to properly describe the sensation.

On February 2, 2022 I was able to move my left toe! Through PT in Florida, PT in Michigan, and my own exercises I had been learning to re-control my leg with my limited sense and ability to control.

After June and with the help of duloxetine, I was able to adjust better to life and motivate myself.

I continued working my own self physical therapy, guided by my own internal physician.

Up until November, I had learned how to tolerate the pain and force myself to walk with an improper gait.

On the evening of November 2, 2022 while stretching in front of my mirror I did a “windmill” type stretch to the right as far as I could to the point of severe pain. As I was under the influence of pain killers, I continued to push harder – harder than I ever had before. My left knee was ‘locked’ into the rear position and my left leg held all my weight and I tipped my upper body further to the right and allowed my upper mass to hang freely to the right, forcing all the pressure and all of the pain directly onto my left hip. I continued doing this for at least 30 minutes, gradually going deeper and harder into the stretch, forcing myself to see how much pain I could tolerate. Feeling the pain that would bring life.

When my left hip “popped” I almost fell down to the right – as with the release I can now move my body in that direction several more inches.

The next day I was able to stop taking Oxy – the ten month constant pain was gone.

The next day and for the next several the changes were amazing.

I could feel blood and heat in my leg. Warm tingling sensations – I could feel my muscles.

--I've written too much on this topic already – if you want more details of my recovery, please visit [jeromyalexander.com](http://jeromyalexander.com) to read it all day by day.

On the evening of November 15, 2002 while stretching again, this time my lower left leg outside muscles, I felt a painful pop and ~~feel~~ fell to the floor – and had severe pain for several days.

Importantly here, is after the pop and for the next several days my left foot would spasm uncontrollable in the direction it had not been able to move since my original incident – up and to the left – the direction my lower leg muscle had been frozen trying to pull – and since the pain has receded I have ~~retained~~ regained full use of my leg muscles.

Also over this month, my pelvis has been moving (NOT THE HARDWARE) my waist is an oval again (I can bring pictures for reference of my body over the year. All the constant cramps/pains in my back are gone. (sometimes get a 'PTSD' cramp in the same exact place – even scares me a bit when I do – but, difference now is I can just stretch the cramp and it goes away.)

With the two events, 11/2/2022 and 11/15/2022, I now feel my skeletal issues have been solved; the mechanics of my pelvis and left leg are working correctly and in sync with my body's natural reflexes and although painfully sore, I know I am now on the path of healing and restoring my body.

Now, I have one new problem – and many old ones – I've tried to prioritize:

1. Extreme muscle soreness, all the muscles in my left leg, most noticeably my left lower outside muscle, the inside muscle on my left thigh, and parts of my buttocks hurt. HURT. HURT BAD. NOT PAIN. GOOD HEALING GROWING HURT. Can't sit, stand or laydown without something sore getting bumped and hurting more.
2. Weird muscle/tendon issues with left hand – warm/tingly/contortions
3. Continued left side muscle weakness, especially left arm (hard to compare leg) arm goes "fetal", can use but my body seems to know there is something wrong.
4. Need to get hardware out of me.
5. Other issues – damages done – want to know what I'm dealing with, not looking for formal diagnosis or treatments necessarily, but want to know if I should be supplementing with something or if there is medication that will prevent ongoing issues.

Thank you for your time to read my messages – hopefully this will speed our appointment and make it infinitely more productive – if there is a better way I can assist you – please let me know.