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Thread: [Good morning everyone bad day for me](#)

Squixey - September 8, 2025, 2:54 am

Been almost a day and I sprained my hips or near my spinal cord, idk, doctors said I'll need to recover myself using exercise, really hate this pain, can't walk or go to toilet, stuck in my room for past 24 hrs so going crazy atm, feeling abit well because of the pain meds but still that doesn't allow me to give pressure in my right leg, really tough two days I'm in.

Hope everyone's else morning is good, pray for me!

Lowkey - September 8, 2025, 4:08 am

Hope you get better soon. Praying and thinking of you bro. You got this!

Keep us updated as well! On thread or VIA DM!

P??sonl?af - September 8, 2025, 4:13 am

You got this man! Take it step by step!

Take some of my energy!

Vectura - September 8, 2025, 5:04 am

Hope u get better soon mate! U get this!

W1NK1LL3RX - September 8, 2025, 5:35 am

(Sep 8, 2025 02:54 AM)Squixey Wrote: [\[CITE\]](#) Been almost a day and I sprained my hips or near my spinal cord, idk, doctors said I'll need to recover myself using exercise, really hate this pain, can't walk or go to toilet, stuck in my room for past 24 hrs so going crazy atm, feeling abit well because of the pain meds but still that doesn't allow me to give pressure in my right leg, really tough two days I'm in.

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Man, that sounds rough ?. Glad the meds are giving you at least a little relief, but I can imagine how frustrating it must be being stuck like that. Wishing you a smooth recovery, hang in there, you've got this ?

Jamika - September 8, 2025, 5:40 am

(Sep 8, 2025 02:54 AM)Squixey Wrote: [\[CITE\]](#) Been almost a day and I sprained my hips or near my spinal cord, idk, doctors said I'll need to recover myself using exercise, really hate this pain, can't walk or go to toilet, stuck in my room for past 24 hrs so going crazy atm, feeling abit well because of the pain meds but still that doesn't allow me to give pressure in my right leg, really tough two days I'm in.

Hope everyone's else morning is good, pray for me!

Get well soon my friend, hope u recover quickly

aj33b9009 - September 8, 2025, 7:57 am

May god heal you and cure you soon

Yakless - September 8, 2025, 8:15 am

Is there any type of physical therapy you can do, even in your home, just so you have a professional helping you?

incogporydy - September 8, 2025, 8:27 am

Get well soon get yourself some therapies

banonkiel - September 8, 2025, 11:54 am

Get well soon.

I was in a similar situation not so far back, had to do some practice on daily basis. half-assed it and didn't recover well, so wouldn't suggest that.

But out of it, I started doing some light-training on daily basis. Helped me a lot.

Squixey - September 9, 2025, 1:23 am

Thankyou everyone for the love and care and support. Appreciate your help and ideas and will follow them as well. It feels good when atleast someone stays on with you

diablospartan - September 9, 2025, 8:10 am

I send you positive energy my man

Stay strong as you defeat many problems in life you will not get defeated by this

Yanix - September 9, 2025, 8:11 am

Hope it gets better soon! Are you able to at least move around a little, or completely bed rest?

Dennis - September 10, 2025, 5:24 am

I'll quote the greatest of minds, Mike Tyson: Thpynal

Get well bud

Andy Walker - September 10, 2025, 8:17 pm

That is bad. Hope it gets better, try to find an activity to do. A hobby, anything that is possible from your position on the bed other than thinking about it most of the time. It will keep you sane because trust me the effect of that pain is worse on your mental.

Squixey - September 11, 2025, 4:00 am

(Sep 10, 2025 08:17 PM)Andy Walker Wrote: [\[CITE\]](#) That is bad. Hope it gets better, try to find an activity to do. A hobby, anything that is possible from your position on the bed other than thinking about it most of the time. It will keep you sane because trust me the effect of that pain is worse on your mental.

Life being sucked off atm.

SecureOp - September 11, 2025, 4:15 am

(Sep 11, 2025 04:00 AM)Squixey Wrote: [\[CITE\]](#) Life being sucked off atm.

I read this as a positive statement. Hope you get better soon.

Rsynced - September 11, 2025, 4:42 am

Damn that sucks bad mate! Have you tried the 'kratom' herbal tea? It helps really well for such conditions and not as bad as pain pills for the body, warning though... I used to drink it daily for years and had no idea it had hellish withdrawals, long term use not recommended!

AI Quote: Kratom is an herbal substance derived from the leaves of the *Mitragyna speciosa* tree, a tropical plant native to Southeast Asia. It contains psychoactive compounds, mainly mitragynine and 7-hydroxymitragynine, which produce both stimulant-like and opioid-like effects depending on the dose. Kratom is not approved for medical use by the U.S. Food and Drug Administration (FDA), and its safety and efficacy are a subject of debate among health professionals.

Hackers - *September 11, 2025, 5:05 am*

Damn, really sorry to hear this. Hope you recover quickly man