In 1958, at age 11, there was suddenly a steep downturn in my mental and physical ability. There was no obvious reason why that happened. My parents thought that the simultaneous pains were probably “growing pains” as the only real pain I had was severe cramps in my legs, particularly the left one.

My parents were the type who would stop at nothing to find out what was wrong. They had nearly lost my sister to illness during the war and were determined not to go through the same concerns with me. However nothing was diagnosed, the pains eventually eased after a couple of years and my school work and physical activity gradually improved, although I played rugby rather than my first love football as I was somewhat slower running and I had developed a slight limp. My school work was not as good as it should have been with particular problems at exam times. Previously I had been very good at this although I say it myself!

Generally speaking, despite several health problems, I managed quite well until after university and starting work, I began falling especially when walking over uneven ground. When my left leg started aching again, I was advised to see a specialist who had, by chance, considerable experience with polio both at home and abroad and, after examining me, came to the conclusion that I must have had polio some forty years or more earlier, at the time when the leg pains started at age eleven.
I was advised to wear an orthotic leg brace and other supports which I did for several years.

When my left knee was replaced, my surgeon said that in the process, he would be able to lengthen my left leg which subsequently allowed me to stop using the brace and improved my mobility but the aches and pains continued because of what I now realise was PPS.

There was, and still are, constant mobility problems. However, I think myself extremely fortunate to have survived sixty five years without many of the considerable challenges that most polio sufferers have had to bear. In recent years, I have suffered from sepsis and a mild stroke and recently have had a shunt fitted on my brain as treatment for hydrocephalus. I mention these last three complaints only because my non-medical training makes me wonder if they, in any way could have been promoted by my earlier polio. Has my central nervous system suffered because of polio? Perhaps other PPS sufferers might have a view on this. Nevertheless, I consider myself extremely fortunate in that polio did not have more serious implications for me.

I enjoy being a member of the Lincolnshire branch of the Fellowship, despite not having been to meetings recently as my recent operation means I can’t drive for a while. The secretary is very good at keeping me informed.