

Summary of ECD Global Alliance Internet Chat 17 March 2012

7 Attendees

- A member is having physiotherapy ; Achilles stretching, foot arch stretches, and hip work are all in his program.
- One of the members, troubled with back pain, has had a radiofrequency treatment. This has helped matters but can't be repeated for 6 months.
- Another member, who has been afflicted with back pain (there's an awful lot of this about!) has been advised to attend the therapist once a week for therapy, and once a week for self-directed exercise.
- A member, who was approaching a momentous birthday (50!!), came on an hour late. Daylight Saving Time doesn't have any consideration. The UK still has 2 weeks to go, and the USA is getting all the advantage already!
- There was a "discussion" between 2 UK members about veg gardening and raised beds. They are going to carry this conversation on elsewhere!