Back Pain and Sciatica Post Liver Transplant

It was natural for me to remain physically active before and after my liver transplant.

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Karen Hoyt is a blogger who has a story about hepatitis C, cirrhosis, end-stage liver disease, liver cancer, and liver transplantation. This excerpt first appeared on Karen's I Help C blog.

I've decided it's time to talk more openly about my back pain and sciatica post liver transplant. It was natural for me to remain physically active pre and post transplant. I cycled while getting my TACE for liver cancer, and then went on to win a gold medal and the World Transplant Games with my donor in Malaga, Spain. My right side remained fairly numb throughout, and at about 2 years post, things began to unravel for my left hip.

Numerous doctors, chiropractors, and physical therapists called it tibial tendonitis because my left foot was tingling, numb and in pain. After a foot MRI and an EMG, I was offered Gabapentin and pain medication. At that time, I didn't see an orthopedic doc to get an X Ray and MRI because of being so DONE with testing. I didn't want to hear any bad news. Instead, a self care mindset was adopted, and I proceeded to exercise, do yoga, and work on the emotional healing that comes from liver disease, cancer, and transplantation.

Still Moving

I've taught yoga, Tai Chi, and taken numerous continuing education classes to learn about anatomy, pain, how to remain curious and investigate movement, fascia body healing, mental components of pain, emotional health with physical and mental pain. Well that list can go on and on with numerous hours spent with some of the best teachers, doctors, and physical therapists that were available to me while battling back pain and sciatica after liver

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