

# Kumalo latest update

May 1, 2023

Dear friends and family,

My therapy went very well last month. We spent 11 days in Lusaka and it made a huge difference in the pain that I was feeling. Just after the first physiotherapy appointment the deep burning pain in my back was gone! It has just felt better and better from there. This was just what I needed. Jason, Risa and Arya also had physio and chiro appointments. We all really benefited from this trip.

I got a new MRI and X-ray the first day we were in Lusaka and had the results sent off to a Spinal Surgeon in South Africa. On March 2nd I had an online appointment with him to discuss my results and get a 3rd opinion. Bottom line, he said that I do need surgery to fuse my C6 & C7 but I am not a candidate for a disk replacement surgery because of where my injury is located. The doctor said that my neck seems to be stable enough that if I am benefitting from physio and other therapies, then I can continue to do so. Somewhere with-in the next 10-years I will need to have the surgery so my C6 & C7 don't fuse together in an unwanted position. If I were to do the surgery now the chances of me developing a bone disease above and below the surgery site are high, so I would most likely need another operation for that after sometime as well. Regardless, surgery is inevitable.

I have decided not to have the surgery now and wait until later on down the road. I will do a new X-ray on my neck every 3 months and be in touch with the surgeon in SA just to keep a close eye on it. He says if I ever experience any numbness, tingling or pain in my fingers or arms then we should act quickly and do the surgery.

The plan is to go to Lusaka once a month and be there for 3-5 days for therapy at least till the end of the year, and then reassess.

When the accident happened, I was in ICU for 4 days. Doctors said I suffered from a major concussion. After the 4 days I was then transferred to a room with my sister. We did the math and we figured that I lost an additional 4 days mentally, making it a total of 8 whole days of having no recollection if anything. The doctors kept saying not to worry and that my memory would take anywhere from 6 months up to a year to fully return due to the concussion. It has been 9 months now and my memory is still quite bad. My short term and long-term memories have been affected. I have to write everything down otherwise I forget to do things. Sticky notes and my note app on my phone have become a great companion. I've had to make changes in my lifestyle to help my healing

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process. I'm fasting every Monday, 72 hours once a month and intermittent fasting the rest of the time. I'm doing my physio-therapy homework 4 days a week, walking 5 days a week and swimming for exercise. Between this lifestyle change and prayers I am hopeful for a miracle in complete healing. A big "Thank you" to all of you that continue to pray with and for me.

Would you continue to lift me up in prayer that my treatments will go well and that I will continue to get the relief, strength and mobility back that I have lost?

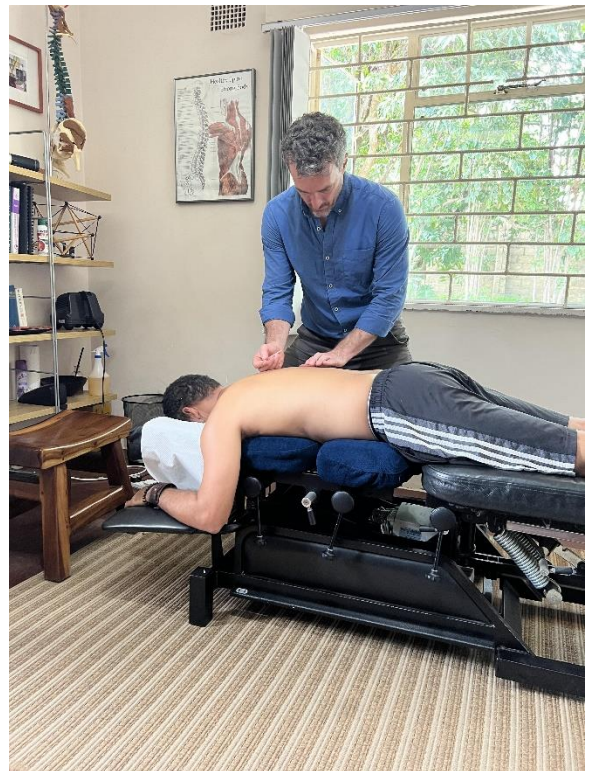
Thank you everyone for all your thoughts, love, support, encouraging words and prayers for the last 9 months. I feel so loved and encouraged by all of you.



Chiro has been so good for my back and hips, don't worry we are staying away for adjusting my neck!

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I'm doing two types of physio therapy.



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Chiropractor adjusted J and did dry needling on him and the girls covered each others

eyes because they were grossed out,



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Lots of love,

Cintia