

What Is Isn't Always What It Is

HOW DO I EXPLAIN OUR PAIN!

It's like listening to your radio.
You can only imagine what the person looks like.
Or can you?

The person behind the voice you hear
seems like you heard talking.
You know they are there!

It is said he who feels it knows it,
the only person that can explain it,
the only person that can truly explain the ravages of their pain.

Pain in your back
down the spine
pain in our shoulders
pain in our arms
pain in our wrist
cramping in the fingers comes again!

RSI ---- I say RSI is the invisible pain you cannot see.
No! It's hard to see, you cannot see it!
Invisible, I say.
No missing limb--
the pain is here, there, it's always there
defeating, excruciating, debilitating pain, pain, pain!
Pain you cannot see,
aggravating, frustrating.
There, I said it.

The pain you cannot see is as real as this page you are reading!
Pain pain is pain.

(by Barbara Stewart-Fischer, Feb. 2007)