

POST OP UPDATE:

January 20, 2025

Dear praying friend,

This morning I went to my first post op appointment and had one bandage removed and the other replaced. Overall I am doing well and feeling much better. I am walking with a (borrowed) walker, 42-56 min per day in 7 min increments. My in-home therapist is doing a great job of encouraging me as well as teaching me about my muscles. I will have one more week with him before moving to the “gym” for therapy. Saturday and Sunday I hardly cried at all during my reps, so he undoubtedly will bring new ones when he comes today.

Thank you all for praying and for your notes (emails) of encouragement!
Pastor Tommy is a great nurse!

Thank you,

Bro. Tommy and Emily Ashcraft
John. 9:4