



affa sair

registered charity SC049728

self help for chronic pain sufferers

www.affasair.org

@affasair

affasair@gmail.com

INVISIBLE PAIN

by Chris Bridgeford

Iron bars. Heavy hot iron bars, strike again and again.
Pulverising the bones, muscle, skin and fibres.
Crushing, pounding the body.
Nothing remains to be seen.

The pressure pushing down, trapping, imprisoning the body.
Squeezing, crushing, adding heaviness upon heaviness.
No energy or will to move to seek comfort.
Nothing remains to be seen.

Tentatively moving to sit, to lie, to find comfort.
Waiting for the sharp dullness of agony
to hit and envelop the weary body.
Nothing remains to be seen.

Fearfully waiting to be touched.
To subject the body to being sharply, roughly, scraped.
No red, bleeding, blistering marks appearing.
Nothing remains to be seen.

The tingling builds.
Changing sensation to become a dull all-pervading feeling.
There but not there.
Inside and out with, painfully dull tingling.
Nothing remains to be seen.

The drill bores into the rock-hard clumps of muscle.
The impeding fibres screech when it breaks through.
Burrowing, ripping, then hardening again.
A miniscule passing in reality but an eternity to the mind.
Nothing remains to be seen.

It begins like a hole of deep pain developing in the bone.
Then, slowly spreading out, fading yet remains.
Affecting more of the limb and progressing to the body.
Nothing remains to be seen.

Searing, incendiary, instantaneous pain.
At first, a flash from ankle to opposite elbow.
Then erratically shooting around nerve pathways.
Nothing remains to be seen.

Cruel sharp claws, ripping through muscle, fibre and skin.
Twisting and digging, pulling apart then tightening the sinews.
Making it impossible to remain in courteous silence
Nothing remains to be seen.

A sharp, penetrating stab to the chest holding you in place.
Too fierce to move.
Too excruciating to breathe.
Nothing remains to be seen.

Exquisite pain.
Quickly growing from deep within.
Soon enveloping the physical body.
Then surrounding around and above.
Nothing remains to be seen.

A crushing, enveloping, squeezing vice of pressure.
Causing the bones to cry out in growing agony.
Sometimes one small part of the exhausted body.
Sometimes spreading from knees, through shins to ankles.
Nothing remains to be seen.