

David

Early signs and diagnosis

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It was about 2022, I'd had COVID really bad and I had about three weeks off work and when I came round I was weak and a friend came round to see me. We're doing this press up challenge and I was like, oh I'm brilliant at press ups. I get down on the floor and I just I just went down. My arms – I couldn't support my own weight.

He looked at me gone out because I couldn't even do a press up. And I think after that it were like that were the beginning of the journey.

What I remember, I also remember when I was driving the car, I couldn't grab the, you know, like this indicator or I think I couldn't do the functions on that left hand side. It were mainly me left. So yeah, it would it were around about 2022.

Originally they thought it were arthritis what I got and I was under rheumatology and they treated it, and I kept asking because I thought it were going to sort my arm out as well. And they were like oh it's nothing to do with your arm, that's nothing to do with us.

When I asked and I kept persistently asking, they got me, they got me a physio appointment and in theory that was the beginning of the journey. As soon as I got that physio appointment it they saw the state of my arm, what were happening and then they were like right, we're going to get you referred.

I think I had three MRIs and a nerve conduction test. Yeah, I had an appointment on 19 March 2025 and it were, it was just like – I didn't think it were MND. I'd still in my head, I were like oh, they're going to tell me something, it's either brachial plexus, brachial neuritis. And I were convinced it were that and it were going to be an operation. Six months later, I'll be right as rain and even when I went in to see the professor I was still, I'd got blinkers on.

I were like, no, I'm all right, I'm fine. And yeah, I go in and he checks me out. He's asking me loads of questions about family, family history, does all the checks, reflexes. And then he just sat there and said do you know why you're here? And I were like no. And then he just brought news to me, said, yeah, you've been diagnosed with motor neurone disease.

And it were like, it were a surreal moment because it was like as if time stood still. But at the same time, everything made sense. Like as soon as he said that, everything what were happening to me body, it kinda, everything all fell into place.

I'd done a bit of homework on it, and it were at top, MND was at the top of the list. But I, I didn't know much about it. I knew who had had it like famous people and how it affected them and how it shortened your life. But I didn't, I really didn't know nothing about the illness at that time until I got like, right. Just the nurses, the team, the Royal Hallamshire needed to see me and do a breathing test and stuff. That's when I started to realise what this is all about.