

Patient Testimonial

I Feel 10 Years Younger *By: Greg Bland*

I had meniscus surgery on my right knee in 2012 and 2017. After a cortisone shot in 2018, I started a three-shot regimen of viscosupplementation which lasted for almost one year.

My doctor recommended total knee replacement in 2017, but I was under the belief that I was too young (54), and that the replacement wouldn't last very long. When the viscosupplementation finally wore off, I couldn't walk even one block before intense pain kicked in. Plus, I had done a lot more damage to my knee. Because of COVID-19 related delays, it took five months before I could get "elective" surgery.

The two main things I didn't realize in this long journey were:

- Why was I sacrificing my quality of life in my 50's?
- Why didn't I believe people when they said how great they feel after TKR surgery?

When you get hurt, especially when you're older, you don't believe that not only can you be fixed, but you can feel better than before. My knee had been deteriorating slowly for over ten years. I could feel it. Now with my new knee replacement, I feel ten years younger. There is absolutely no pain.

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The keys to a successful recovery include:

- If possible, don't have surgery in the winter. You want to immediately start walking. Walking outside in nice weather is the best. I started walking the second day after surgery.
- Buy or get an ice machine with a knee pad attachment.
- Take a pain pill before physical therapy. My therapist was rough, but I'm sure her heavy hand and no-nonsense approach sped up my recovery. I was back to my office job in 7 weeks.

The difficulties I experienced along the way include:

- Stepping into a tub to take a shower. This took about a week to feel confident enough to do on my own.
- Driving – because it was my right knee. This took about 2 weeks to feel comfortable getting behind the wheel.
- Sleeping was by far the biggest problem of all. Save the pain pills for bedtime!

In conclusion, I feel grateful that there is a successful surgical option to relieve osteoarthritis knee pain. Once your knee starts to go bad it's never going to improve. You can take pain killers but why? This surgery makes you pain free!

