

# On Mended Knee

## Knee or hip pain? Is it time to explore your orthopaedic options?



**My Fair Lady:** Thanks to her new knees, Barb Anderson will enjoy a fantastic time at the State Fair.

Pronto pups. Animal barns. Sweet Martha's cookies.

Barb Anderson loved everything about the Minnesota State Fair. Except the knee pain she felt walking all day.

The State Fair was a summer tradition for Barb and her husband, Ron. When Barb's knee pain worsened, she told Ron she wouldn't be able to make it to the fair.

"Do you mind if I go without you?" Ron asked. Barb knew she would miss her husband and Sweet Martha's—though not necessarily in that order. Smart husband that he is, Ron stayed home, too.

"When I couldn't make it to the State Fair," Barb says, "I knew it was time to do something."

### CALL IN THE REPLACEMENTS

Today Barb is walking pain-free on two new knees. She had her knees replaced by orthopaedic surgeon

**Dr. Gordon Walker.**

"Before choosing a surgeon, I went for three opinions," Barb says. "I thought I would end up at some big metro facility, but I found the best care right in Hutchinson.

While knee replacement was right for Barb, not every problem requires surgery. "We always explore other treatment options before recommending surgery," says Dr. Walker.

### A QUICK RECOVERY

Surgical advances are getting patients back in action faster. "I was walking the morning after surgery and

### REGIONAL JOINT CENTER

A new approach is helping people get new knees and hips like never before. Health care providers from the Orthopaedic & Fracture Clinic (OFC) and Hutchinson Area Health Care join together to enhance the patient experience and improve outcomes.

#### KEY FEATURES:

**Patient education:** Patients learn what to expect each step before, during and after surgery through comprehensive education and follow-up.

**Group emphasis:** Group activities, therapy and support make recovery more effective and more enjoyable.

**Coaching component:** All joint patients have a "coach" to support and encourage them.

**Faster recovery:** Thanks to advances in surgical procedures, most patients return home sooner and enjoy a faster recovery.

### Get Moving Again

To see how the Regional Joint Center can help you get back on your feet, call **(320)-484-4400.**

**Holding Court:** Knee surgery with Dr. Barry got Eric Thompson back into the game.



## Physician Focus



### Dr. Gordon Walker, Orthopaedic Surgeon

Patients always come first for Dr. Walker. “I am committed to spending quality time with my patients to provide the most excellent care,” he says. An avid swimmer, Dr. Walker enjoys helping patients regain their mobility and quality of life.



### Dr. Jay Barry, Orthopaedic Surgeon

Dr. Barry enjoys getting patients back to what they love—whether it’s competing in athletics or chasing their grandkids. Before joining OFC in Hutchinson, Dr. Barry served as an associate physician with the Minnesota Vikings, Wild and Twins.



was active three weeks later,” Barb says. Since getting her new knees, Barb and Ron have been biking and walking their adorable dog, Tally.

Barb’s mobility also led to a job as a paraprofessional at Park Elementary School. “Going up and down stairs used to be like climbing a mountain,” she says. “Now I’m chasing kids all day long,” she says. “I have my life back. I wake up every day wanting to live life to the fullest. Now I can.”

### POP GOES THE KNEE-SAL

It started with a “pop.”

During an intramural basketball game at Moorhead State University, Eric Thompson heard the “pop” that characterizes a torn anterior cruciate ligament (ACL). “I was dunking the ball and landed wrong,” says Eric, who returned to Hutchinson to see **Dr. Jay Barry** of the Orthopaedic & Fracture Clinic (OFC).

### GAME ON

“I have 100 percent confidence in Dr. Barry,” says Eric. “He worked on my other knee in 2009 and did an awesome job.” A senior that year, Eric was excited to rejoin a Hutch Tiger team that finished with a 25-4 record and a trip to the state tournament.

More than 200,000 Americans tear their ACL every year. “It is one of the most common knee injuries among athletes,” says Dr. Barry, “especially in sports that rely on quick changes in direction.”

Never one to spend time on the sidelines, Eric appreciates the orthopaedic and physical therapy team that got him back in the game – twice. “I’m pretty tough on my body,” Eric says. “We’re fortunate to have an outstanding orthopaedic facility right in Hutchinson.”

## Be Gentle on Your Joints

**Get moving.** If you’re new to exercise, start out gently with walking, tai chi, cycling or a pool-based exercise program.

**Work smart.** Take frequent short breaks to stretch sore joints and muscles.

**Stretch out.** Experts say that stretching can reduce muscle stiffness and increase flexibility in joints.

**Manage your stress.** Stress can create muscle tension and pain. So take time to relax with a bath or get a massage.