

Who would have thought just 6 weeks after a total knee replacement I could be so pain free and active.

My first knee replacement was 8 months ago and having heard so many horror stories I was nervous to say the least. I returned from theatre not even realizing the procedure was over. My physio began the following day and although it was painful to begin with if you follow the exercises recommended and take the painkillers required you could be up and about in just a few weeks. I was!

I was even more nervous leading up to the second knee replacement because I knew what to expect. I was told no two operations are the same. I can honestly say the second knee replacement was far easier. I took on board how important the exercises are and if the painkillers are taken correctly you can cope far easier.

Less than a year ago my life was miserable. Constantly in pain and barely able to walk. My wife and I would like to say a very big thank you to you and your staff. I have my life back. Its the best decision I have ever made.

Many thanks