

Hello Mr Jafri,

Here is the comments you asked me to pass on.

I was diagnosed with arthritis in my left knee in 2011. The pain was so great that I found walking difficult at times, I didn't think it would even be possible to walk down the aisle at my daughters wedding.

I was offered knee replacement surgery. Although keen to take this option, I was worried about having surgery and how I would feel in the months after. Would I ever be able to walk without pain again? How would my knee feel? I was referred to Mr Jafri who explained the procedure to me; he provided reassurance and explained what the operation entailed and the after care. Having considered his advice, I decided to have the surgery.

I had the operation under a spinal anaesthetic. The thought of this concerned me but it was surprisingly pain and discomfort free. I was given exercises to help rehabilitate the knee which at initially I found uncomfortable but, after two days, I did notice the improvement they made. Within a week I could walk unaided. This was such a pleasant surprise. Within 6 weeks I felt fully recovered, driving again and walking pain free.

I would encourage anyone who is in my situation to have the knee replacement surgery. I never thought I would ever feel so agile and pain free as I do, and I cannot thank Mr Jafri and his team enough for the wonderful care and advice they provided.

Please feel free to edit any comments you feel just.

Best Regards,

Janice

Sent from my iPad