

PATIENT STORIES

Anne Wright Received a Custom Knee Replacement at Speare

ANNE WRIGHT THOUGHT SHE could overcome her worsening knee pain with over-the-counter remedies, braces, creams, and willpower – until she couldn't. A physically active 78-year-old with a lifelong penchant for running and exercise, Anne came to realize that she needed medical assistance for her knee pain.

"Over the last several years, my left knee was starting to make running and exercise difficult until, eventually, I couldn't do either at all," says Anne. "There was a constant jabbing pain in my knee. I couldn't do things I'd done my whole life. I couldn't go upstairs, kneel, or squat, and I'd wake in the night if I moved wrong in my sleep. Over time it just got worse and worse."

Her doctor at Speare Primary Care referred her to Dr. Burns, a Concord Orthopaedics physician who sees patients locally at Plymouth Orthopedics & Sports Medicine and performs surgery at Speare. **After reviewing Anne's X-rays and MRI results, the cause of her pain was apparent to Dr. Burns.** Over the years, the protective cartilage that acts as a cushion between the bones on the surface of her knee had worn away, leaving her bones to rub against each other, causing joint damage and great pain.

"The longer you live with ongoing pain and stiffness," says Dr. Burns, "the more wear and tear you put on your knees and the less you can enjoy life the way you were once able."

Studies have shown that 90% of patients who would benefit from knee replacement surgery wait too long. Anne counts herself as one of them.

"I was leery about knee replacement surgery at my age," says Anne, "but my immobility is what spurred me to consider it." She says it was remarkable how nobody at Speare pushed her into having the surgery. "They were so patient and good about letting me come to this decision on my own."



When Anne decided to have the total knee replacement, she was happy to learn that she wouldn't have to travel for her surgery; it could be done at Speare.

"I love getting all of my health-care at Speare – from blood draws and COVID testing to colonoscopies and cataract surgery," says Anne. "When my husband Steve and I walk into the building, everyone remembers us and greets us like friends. From registration to surgical services, it's a great atmosphere, and we really like it."

Dr. Burns explained to Anne that she could have a standard knee replacement or a customized knee replacement designed to fit her. Anne opted for the customized option because of her small stature (4'11").

The Stryker Triathlon AS-1 knee employs a new technology to create surgical instruments that precisely fit each patient's unique

anatomy while assisting the surgeon in implanting the knee.

Anne says that before the surgery, Dr. Burns explained everything to her, letting her know what would happen, what she would need to do after the surgery, and how to take care of herself.

"I just love Dr. Burns," says Anne. "He really listened to everything I had to say. He got to know me and what was important to me, personally."

The surgery went smoothly, and Anne reports that her pain was gone immediately afterward.

"I feel so much better physically, and mentally, now that this is done," says Anne. "It was a wonderful experience, and I am really happy that I decided to do it. I am mobile again. I can climb stairs, squat, sit for long lengths of time, and exercise."



Anne had the surgery on Monday, April 18th, and was in physical therapy at Speare's Choice PT that Friday, where she continues to make significant improvements on her journey back to the active person she once was.

"Age shouldn't prohibit a person from getting a knee replacement," says Anne. "All the pain that was bothering me has been disappearing. I am back to doing things I haven't been able to for years." ♦

