

## Louise

### Zimmer® Gender Solutions™ Knee Patient

#### Before Surgery



Ten years ago I was able to do my own house cleaning, cook my own meals, and decorate my own house. I love to decorate, and I like to garden, I like to go to sporting events for my children. Now I sit in the car and watch because I can't walk out to the field. And over the years I've just lost quality of life and now I have to have help doing everything. Even cooking meals and cleaning my house, I can't even clean my own home and I love to do that. At night it's my worst time. The pain is excruciating. I have to like move and move and move until I can get my knees adjusted so that I can get myself out of pain. And then I wake up in the middle of the night in pain, almost every night now. I feel like I'm stuck here in my house at 50 years old missing my whole life. I'm missing the activities that my children are doing, you know I'm missing my daughter in law and her horse shows, I'm missing going to Michigan and visiting my daughter you know and I'm just missing life.

#### Deciding to Have Knee Replacement Surgery

Three years ago my husband was diagnosed with cancer so I had to kind of forget about my knees and take on a role of a caregiver. This year I turned 50, my husband is in remission, and we found out we're going to be grandparents for the first time. And that was it, I knew I had to get my knees replaced because I want to be a young grandmother. And I want to enjoy my granddaughter and I also need to be healthy in case my husband ever needs me again. I'm very excited about the new knee for women and I'm very excited that I was a candidate for the Gender Knee. And what a long way we've come in the past ten years with the knee replacements.

#### After Knee Replacement Surgery

Rehabilitation is tough, it's hard work, but it's worth it in the end. My knees feel great now. I'm back to my exercise routine. I'm riding my stationary bike that I haven't been able to ride for the last three years because of the pain. I'm shopping, I'm gardening, I'm cooking, and I'm decorating my house. My knees feel great now. I don't have the pain that I had before with the arthritis, I don't have the clicking when I get up and down.

## **Looking Towards the Future**

I'm looking forward to babysitting for my granddaughter, traveling with my family, taking some cooking classes, decorating my house and just living life to the fullest.

## **What Louise Wants to Tell Others**

I would absolutely recommend the new Gender Knee for women to any woman that's having knee pain, and I would also recommend don't wait, have it done now, don't suffer the way I did. I feel like I lost 10 years of my life but now that I have my knee replacement, I have my life back.

*Disclaimer: Individual results may vary. Your results will depend upon your personal circumstances. Review this information with your doctor. Joint replacement is usually a last option after all other treatments have been exhausted.*