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# BHR STORIES

*Post-op adventures as told by happy BHR patients of Dr. Rogerson.*



“Since my surgery on 3/31/08, as of 6/30/11, I have run an additional 2,240 miles, together with an additional 3,952 equivalent miles on the stairs and elliptical machines. I would recommend Dr. Rogerson

“I work as a personal trainer, life coach, hiking and snowshoe guide, while skiing probably 40 days a year living here in Park City, Utah. As a trainer I’ve learned how much the hip socket effects the back, knees etc. I’ve used that knowledge to help my clients improve their fitness and health. I can’t tell you how much getting my hip resurfaced has restored my health to the quality of life I crave. I’m so very glad I discovered Dr. Rogerson.”

and the Birmingham Hip Resurfacing to anyone requiring hip replacement. Since my surgery I have been pain free, and back to normal in all of my activities.”

“It has been 4 years and each and every chance we get to travel, we do. It has given us the ability to attend the events in our children’s lives, where ever they are.”

“My hip is working fine. Thank you so much team ortho for allowing me to walk and occasionally jog without excruciating pain. The whole procedure was completely first class, I would say world class. Continued success to Dr. John and team ortho. You are truly miracle workers.”

“The outdoor stair climb (126 steps) is like the best outdoor gym. What a workout and great therapy. The hip has been great. I don't even know its been resurfaced!”

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## **DR. JOHN ROGERSON**

“I recently earned my PADI Divemaster rating – all of my dive training and experience has occurred after you resurfaced my left hip. I’m riding my road bicycle 100+ miles a week. No pain or limitations – in fact, I’m thinking of having you resurface all of my joints. Thank you for what you have done to enhance the quality of my life.”

“I showed the state of my recovery by a rope-skipping demo—criss-crosses front and back, double skips. I’ve also been taking ballroom classes for many months, so I’m doing outstandingly at this point. I run about ten miles a week, lift twice a week. If I can find time free, I’m looking forward to volleyball Monday nights again.”

“I’ve enjoyed horse back riding again! No discomfort or pain with trying new things that I haven’t done in such a long time. I am now able to keep up with my 5 year old who loves to move! I am so thankful Dr. Rogerson. I just love going for walks and trips with my family now. Thank you for taking the time to treat me as a special patient and not just another number.

God Bless you!”

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“It’s great to be able to bike again, and my wife and I are doing quite a bit of evening and weekend riding. Nothing too far yet, but we have a 30 mile ride planned for a couple of weeks from now. I’m also swimming again for cardio workouts and that has gone well too.”

“Since I have had my hips resurfaced, my husband and I have traveled a lot. I have walked more than I ever thought possible, even before I had hip problems! From the Great Wall of China, to Greek Islands, to Germany where the castles are either on hill tops or in valleys, I have been able to walk to all of the sites and enjoy everything the trip has had to offer. Thank you so much to Dr. Rogerson and the team!”

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## **“10 Ways Hip Resurfacing Changed my Life:”**

1. Now I can tie my shoes and dress myself pain free.
2. Attend my nephew's high school football games and get up and down the bleachers without assistance and without pain.
3. Walk as fast as my husband when we go out around town!
4. Change how slow or fast I cross a street to avoid traffic unassisted.
5. Carry full baskets of laundry up and down the stairs without thinking about needing the handrail to help keep my balance or adjust my weight off a bad leg.
6. Perform any exercise DVD I choose to keep fit, currently doing *Insanity* by Beachbody, with some modifications on the jumping.
7. Dig and plant in the garden on my knees again.
8. Sweep, mop, and vacuum our home again.
9. Look forward to vacations and travel without worrying about slowing everybody down because of hip pain. In November I'll be on a two week pilgrimage to Israel, Jordan and Rome!
10. Tend to talk on and on and on even to people I don't know very well as long as anyone will listen to me about the skill of Dr. Rogerson and his team, and the comprehensive attention to detail by his office staff who answer the phone in person and call me by name ever since the first call I made 2.5 years ago “to get a second opinion.”

**“Thank you Dr. Rogerson for believing my life as I knew it didn't have to be over because of hip problems!”**

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## “Hip Resurfacing . . . Before and After”

**Date of Surgery: October 11, 2010**

### Before Surgery:

Little sleep . . . sometimes as little as 45 minutes at a time

Constant Limp

Vicodin

Could NOT start race bike

Bike riding hurt

Could not run

Constant back pain and continuous chiropractic appointments

### After Surgery:

Sleep!

No Limp

No pain medication

Can now start a race bike and ride motocross

No hip pain and no back pain

Feel like I did 20 years ago!

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# BHR AMBASSADORS:

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"In addition to a full-time job as a mechanical engineer, Navid owns and operates a horse farm. For about 15 years, he's been breeding, breaking, and showing pureblood Arabian and half-Arabian horses. Navid also competes in a discipline called cutting.

After 12 hours in the saddle on the final day of the 2007 U.S. Arabian and Half-Arabian Nationals, Navid and his horse won the championship in two classes. With all their hard work and preparation, Navid felt fantastic about their accomplishment – especially considering just six months earlier he could barely even walk.

"We went to Dr. Rogerson's website and found out he had done about 100 BIRMINGHAM HIP Resurfacings at that time," Navid said. "He was trained on the BIRMINGHAM HIP and had even written some articles, which gave me a lot of confidence in him."

"I was shocked, especially at the age of 43, to find out I was going to need my hip replaced," Burton recounted. "A friend referred me to Dr. Rogerson, who told me about BIRMINGHAM HIP™ Resurfacing," Burton said. "It was very reassuring reading testimonials from some of his patients, athletes who were still able to compete with a BHR™ hip. And Dr. Rogerson could back its success up with the results he's seen over time. Burton was surprised how soon he was walking on his resurfaced hip. In fact, eight weeks after his January 2007 surgery, Burton took a ten-hour trip to an ice climbing destination in Canada. "I went with friends and I didn't carry a heavy load," Burton recalled. "I didn't go first, of course. I kept it slow and safe...but I was out climbing! It felt great. I couldn't believe it."

Now, whether it's walking or riding, Navid does it all exceptionally well. Since his win at the U.S. Nationals, Navid has also placed first at the world's second largest Arabian riding competition – not once, but twice – on a new, young horse that he started training and working with soon after his surgery.



**Navid K.**



**Burton L.**

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# BHR AMBASSADORS:

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Theatrical dancers are used to dealing with strains and injuries, even performing while in pain – but sometimes surgical intervention is needed to resolve an underlying problem. That was the case for Seth, 48, who suffered the effects of undiagnosed osteoarthritis in his left hip for years before seeking help.

“The pain had been a factor for at least five years,” Seth says, “but it was getting worse, and I was having problems with my mobility.” Eventually, Seth became “so miserable” that his life partner convinced him to have the hip examined. After being diagnosed with osteoarthritis in both hips, Seth sent his X-Rays to Dr Rogerson for treatment recommendations.

“Dr Rogerson told me about the BIRMINGHAM HIP Resurfacing System” Seth says, “and I had my left hip resurfaced in February 2007, a couple of months after the diagnosis.”

At the time, the osteoarthritis in his right hip was not severe enough to warrant surgery. In August 2009, however, Seth injured that hip during a performance. After completing the run of the show, he returned to the surgeon, who diagnosed a torn labrum and fragments of cartilage in the joint. “We’d already talked about resurfacing the joint at some point,” Seth says, “so we decided to do it then and take care of everything at once.”



While keeping busy as a fitness instructor for a chain of gyms, Seth has refocused his theatrical career and now works mostly as a choreographer and assistant director. He’s pleased to report that he’s back to his regular ballet lessons and continues to appear in the occasional production.

“I’m no spring chicken, so I’m more cautious about doing big jumps,” Seth says, “but I’ve performed on stage with no problem at all – and I’m extremely happy with the outcome.”



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