

Prior to my surgery in March of 2008, I had been extremely involved, together with my family, performing on the Rockford Ski Broncs Water Ski Show Team, including barefooting, doubles, trios, and multiple pyramids up to four high. In addition, I remained very active exercising and running over the past 20 years, including 17 marathons.

In the fall of 2007, I was 53 years old and I started to experience increasing pain in my right leg/hip area. I went to a doctor and it was quickly diagnosed that I needed hip surgery, as I had very little or no cartilage in my right hip socket, and it was bone on bone.

I was lucky to come across Dr. Rogerson's web site in my search for the best hip surgeons. Upon meeting with Dr. Rogerson and followup research, I quickly determined and decided the Birmingham Hip replacement with Dr. Rogerson was the best choice for me. It was less invasive and would allow me to continue to remain athletically active in all of my pursuits, such as show waterskiing, marathon running, cross country skiing, downhill skiing, biking, hunting, etc.

I had the Birmingham hip surgery performed 3/31/2008. My recovery progressed rapidly through the follow-up rehabilitation, both in the hospital and initial in-patient rehab. Six days after surgery, the staples were removed, and I was released from the rehab. Once home, I continued with my prescribed stretches, exercises and walking.

After two weeks I no longer needed crutches and continued on with regular walks. After six weeks, I began to build up my cardio with workouts on the stairs and elliptical machines. This continued over the next 4 ½ months.

After my 6 month examination, I was released to start running, but I had only 2 weeks until the marathon. With the endurance I had built up, I successfully completed the 26.2 mile Twin Cities Marathon 6 months and 2 weeks after my hip surgery in 5 hr. 43 minutes. Since then, I have run a marathon in each of the 2 subsequent years, each year increasing the overall pace and reducing my time to 4 hr. 32 minutes in 2010. In addition, I resumed my usual deer hunting and elk hunting in the fall, downhill and cross country skiing in the winter and biking in the summer.

In June of 2011, I rejoined the Rockford Ski Broncs Waterski Show Team and began skiing in pyramids and doubles.

Except for the fact that I am now approaching 57 years old, and naturally slowing down, I can still enjoy participating in all of the activities and sports that I was involved with prior to my Birmingham Hip Replacement.

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 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.



