



Times Remembered
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Sports Injuries

I love sports, especially basketball, but it does come with sports injuries. When Tara played in high school and college, she blew her knee out. She was just three or four games into her junior year. She tore her ACL and was finished for that year. But she came back and played her senior year and received a college scholarship. She was recruited strongly by Louisville and went for several visits . . . but when they saw her knee, they backed off. But it actually turned out very good for her. She met Steve in college

and married someone that loved basketball as much as she did. They both played in college and have coached Girls' Basketball at Scott County High School for over twenty years.

Now they have a son, Colton, who loves any kind of sport, but basketball is his favorite. He is playing Football and Basketball this year at Royal Springs Middle School, where he plays Quarterback and Tight End. And he excels at both. Of course, he's my Grandson; no, he really is an all-around excellent ball player. He has grown so much in the last year. He's 11 and is 5'7 and weighs 120 pounds and wears a size 12 shoe. He has passed his mom in height.

Meanwhile, all these years Bob has been babying his knee problem due to broken cartilage from an old basketball injury. When he was working, every time he would have a flare-up I would try to get him to have something done. But he would say, "Oh! I can't miss work." Men just seem to be afraid of the word surgery. He would ice it, apply heat, and used ten other remedies such as Icee Hot, Ben Gay, and Bio-Freeze and then wrap it with ace bandages. Luckily, he would get some relief. But the real problem has never been taken care of.

About 4 years ago he read an advertisement in the paper about Os-

teo-Relief in Lexington. He checked them out and talked to some people about it and decided he would try the procedure. They inject gel into the knee joint and it provides relief.

He received about ten injections overall and the very first day he got some relief, and by the time he received the second treatment he was pain free. These procedures should last for a while. Remember Bob has bone on bone according to X-Rays, and I knew it wouldn't last forever, but they did last four years.

Back in February of this year 2020; his knee started hurting again. He calls Osteo and schedules appointment and received two injections and it made it hurt worse. This procedure just wasn't going to work this time. Well . . . back to the drawing board.

Next, his back problem flared up along with the knee problem. He was in agonizing pain. Had to walk with a cane to barely move. He went to the Tony Delk Sports Medicine Center in Lexington, where they injected shots in his back for two weeks. He has gotten better but they wanted Bob to come to Physical Therapy three times a week in Lexington, but we explained we live in Irvine and would prefer to do therapy at Marcum Wallace Hospital. So . . . I had went to PT there several times for my back and

they have an excellent PT Department with some very good Physical Therapists.

I made him an appointment and he met with Randy Calico, the best physical therapist around in my opinion, to evaluate Bob. They did some tests and discovered that where Bob had favored his knee for several years that his left knee was much smaller and shorter than the right knee; he stated this was probably due to his limping for several years. If you don't use your legs they do shrink.

He has been through about eight weeks of therapy to build the muscles around the knee up and strengthen his leg. Randy recommended that Bob have total knee replacement. So I called Dr. Christensen, at Blue Grass Orthopedics, the best Orthopedic Surgeon in Lexington, to schedule an appointment for surgery. It took about a month to get scheduled but we are thankful to get scheduled that soon. Bob is scheduled for knee replacement Friday, 16th of October. I sure hope this works and I pray his back stays well until the knee recovers. I know it is going to be a long healing process and a lot of physical therapy. I pray that everything goes well.

Request prayers for Bob. Thank you and God Bless.

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