

# 20+ Years of Knee Pain, Gone!

*How I found relief after years of suffering...*

If you couldn't climb stairs normally, and you *had* to go up and down them to get to your bedroom, what would you do? Would you slide up and down them on your rear end? This is my story...

My name is Terry, and my problems started more than **20 years ago**, right after 9/11 happened.

I was standing at the kitchen counter, stressed out, and I suddenly started having a **lot of pain in my knee**. Things deteriorated to the point that I couldn't walk without using crutches to get around. I was upset with myself because I suspected this knee problem was probably due to years of running and walking 5-7 miles a day.

In 2001, I went to an orthopedic surgeon, who said I had a lot of **arthritis** and my knee was almost **bone-on-bone**. He said I would need a knee replacement eventually, but he went ahead and gave me a cortisone shot, which helped immediately.

Over time, the pain came back, but it wasn't a daily problem, so I just dealt with it because I was **terrified** at the thought of having my knee replaced.

Ten years went by, and **things got worse**. I returned to the same orthopedic doctor, but this time, he wouldn't give me another cortisone shot and said I needed to have my knee replaced.

Since I didn't want the surgery, I continued to deal with it myself, and I felt **there had to be a better way than surgery**.

I used a lot of heat and ice, I would put patches on my knee, apply different topical creams, use a knee brace, and take a lot of pain pills. At the time, I worked at Bemis on the factory floor, and some nights **I could barely walk** – let alone do all

the housework and yardwork at home.

My knee started giving out on me, and one time, as I was walking into the grocery store, my knee suddenly gave out, and I **fell flat on my face** in the parking lot.



Over the last ten years, my knee started locking up on me more often. There were many nights I couldn't straighten it out, and I had to sleep with my knee bent. I would wrap it with a heating pad all night just to try to get some relief.

When I was playing with my grandkids, they had **strict orders to never sit on my knees** since I couldn't straighten my leg, and it *really* hurt if they sat on it.

Simple activities became a major chore, like just standing up after eating lunch at work. I started having a **hard time with stairs**, and I'd have to do them one at a time. It finally got so bad that I had to sit and scoot down the stairs on my rear end since our bedroom is upstairs. Then, in order to go back up the stairs, I had to sit down and pull myself up the stairs backwards on my backside. This was no simple feat.

**My kids began demanding I do something** about my knee.

That's when I saw an article in the newspaper about a man who escaped knee surgery by coming to see Dr. Kroneck at the Wisconsin Spine Center. So, I called and made an appointment to see if they could help

me. I thought if it didn't work, I would consider the surgery.

After Dr. Kroneck examined me, he couldn't promise that he could help, but he said we could give it a shot. I'm **so glad he accepted my case** because I am so much better now!

At this point, I can do stairs normally again, and I can even straighten my leg out. I'm able to walk 2-3 miles, I can **bounce my granddaughter on my leg**, and I can play horsey with her - without any pain whatsoever! I'm even able to get down on the floor and play with my grandkids.

In fact, at my last birthday party my seven-year-old grandson said, "Gee, Grandma, your knees are better at 72 than they were at 71!" That was the **best birthday present** I could have received!

I tend to be an energized bunny and am constantly on the go. I used to have horrible pain in my heels at night – it felt like someone was stabbing me with a knife, and it would keep me from sleeping. But now, I don't get that pain at all, which is amazing, and I **sleep great!**

Another thing I've noticed is that, in church, I can stand level now. I don't have to keep shifting from one leg to the other or hold onto the pew in front of me for support.

The staff at the Wisconsin Spine Center are all wonderful, friendly, and very professional. It's **like getting together with family** – they are always willing to listen and help in any way they can!

So, if you've got troubles and pains, give the Wisconsin Spine Center a call. You've got nothing to lose, and you just might be surprised at what can be done – I know I was!

*-Theresa DePaoli*