

JOINT CARE CASE STUDY

Meet...

**RENATA OLSEN**

<b>AGE</b>	<b>58</b>
<b>RESIDENCE</b>	<b>Brodhead, WI</b>
<b>SURGERY</b>	<b>Right &amp; Left Knee, Left Hip Replacement</b>
<b>HOBBIES</b>	<b>Camping Choir Football Fan</b>

**WHEN DID YOU DECIDE THAT YOU WOULD NEED JOINT REPLACEMENT SURGERY?**

"With my right knee, I was having a sharp pain whenever I'd walk on it, so I knew something wasn't right. I found out that the pain was from bone-on-bone contact. Then, after I had my other knee done, I noticed I was still having pain in my groin and discovered that I also had bone-on-bone arthritis in my hip. I couldn't even bend down to put my shoe and sock on. I just couldn't walk normal. I had a limp. It was a pain that I dealt with every day, but I just had to keep up."

**HOW WAS YOUR SURGICAL AND RECOVERY PROCESS AT MONROE CLINIC'S JOINT REPLACEMENT CENTER OF EXCELLENCE?**

"I think it's a great idea that they go in and explain everything as far as what you need to do before the surgery, what they will do during the surgery and what to do after surgery. And I like the group sessions because you're in there with people who are going through what you're going through." Because Renata had previously had both of her knees replaced, she was able to better assist other patients in the Joint Replacement Center of Excellence by relating her experiences to theirs. "I love one-on-one contact too, but being in a group helps with that healing process. You just learn that you have to take it one day at a time, and just know that you're going to get better and closer to that goal of being where you want to be. You know, with any of these surgeries, they start you out with a walker right away, and once you get rid of that you move to crutches, and then you go to a cane. So I think every time you get rid of one of those things that are helping you get around, you feel better. It's the little things that you improve on every day that let you know you're headed in the right direction."

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**WHAT WOULD YOU SAY TO OTHERS CONSIDERING SURGERY?**

"I guess just know that when all this has been taken care of, the pain won't be there anymore. When you get to the point where you can't move your joint, or you can't stand on your joint, or you just can't put up with the every day pain, you really don't have any other options. You get to a point where you just have to realize that you have to go in and have it done."