

Back on the slopes after two new knees

A RETIRED accountant is back on the slopes thanks to an unusual knee operation.

Six months ago, Keith Moorhouse could not have imagined he would be able to go skiing this Christmas.

The 65-year-old retired accountant from Guiseley, Leeds, was suffering from severe osteoarthritis, had debilitating pain and could hardly walk.

"I had suffered from osteoarthritis for many years and the situation had become progressively worse," said Keith, who is married with two daughters.

"I was in constant pain from my knees and it got to the point where I could not even walk to my local newsagents."

To rectify the problem, he underwent bilateral total knee replacement at Spire Leeds Hospital, in Roundhay, in July this year.

Total knee replacement, also called total knee arthroplasty, involves replacing all three compartments of the knee, the medial which is inside, the lateral which is outside and the patellofemoral, which is at the front.

Consultant orthopaedic surgeon Stuart Calder performed the two-and-a-half-hour procedure.

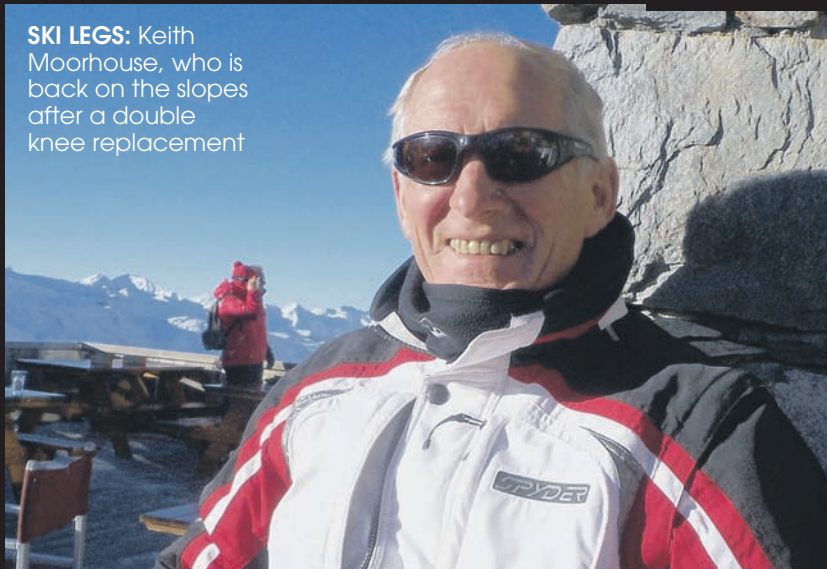
He said: "It's relatively uncommon to operate on both knees at the same time, but in Keith's case, I felt that he was medically fit enough and his knees were equally bad."

Mr Calder said the benefits of having both knees replaced at the same time included needing a shorter overall rehabilitation time.

There is also only one period in hospital and risks are reduced by having only one anaesthesia.

He added: "This is really an excellent

SKI LEGS: Keith Moorhouse, who is back on the slopes after a double knee replacement



pain relieving operation for patients with severe arthritic disease of the knees, but all the pros and cons need to be clearly discussed to ensure it is the right choice for the individual."

Following the successful surgery, Keith returned for a check-up six weeks later. He was healing well and his joint movement continued to improve helped by ongoing physiotherapy treatment.

Three days after the operation he was able to walk around the grounds of the hospital without pain and within three weeks he was driving his car.

A few weeks later he drove on holiday to the South of France where he cycled nine miles a day.

And now he is looking forward to taking up golf again, as he was a keen player before his knee problems.

The dad-of-two said having the surgery

had made a massive difference to him.

"It's amazing," said Keith.

"Having this surgery has transformed my life. You don't realise how much pain you are in until it stops," he added

"I cannot praise Stuart Calder more highly and he is working in an environment that is equally efficient. If you have to go into hospital it's a very nice place to be."

Double knee replacement operations have become more common as people are living longer and surgical techniques have developed.

Advances in artificial joints mean they last longer and repeat operations are needed less frequently.

Spire Healthcare is the second largest private hospital provider in the UK and was formed following the sale of Bupa Hospitals in 2007.