

## ***GoodHousekeeping Advetorial***

### ***Enjoy Life Like it Used to Be***

Sometimes our past catches up with us, or at least for Decatur, Georgia librarian, Diana Berry, it certainly has proven to be true. The total knee replacement patient says she remembers vividly the day that she was on the slopes and her right knee went in one direction and her ski went in another. The tear in her Anterior Cruciate Ligament (ACL) was repaired, but 25 years later, the residual damage had put such a dent in her daily activities that even walking her dogs was a *literal pain*.

The avid outdoors woman and yoga enthusiast says, “I tried to ignore the pain, but when it got to where I was waking up already hurting, I knew it was time to do something.” That’s when her doctor recommended she replace her knee with a titanium one that matched her personal anatomy and activity level. The procedure took only a few hours at the award-winning Joint Solutions Center at DeKalb Medical at North Decatur.

Today, the implant has given Diana the power to overcome her past. “My experience with the dedicated orthopedic team at DeKalb Medical’s Joint Solutions Center was great,” recalls Berry, who says she regained 100% mobility in her right knee in just three short months. The life-changing procedure entailed only a short two-day stay in the Center and the orthopedic team had her back on her feet within hours of the replacement. A 3500-foot indoor walking circuit located right outside of her room got her motivated and back in motion more quickly than she ever imagined possible.

With the help of her own personal recovery coach and the encouragement of other joint replacement patients who rehabilitated together in the Center’s Joint Gym, Berry’s knee and life are what they once used to be. The pain is a thing of the past. From behind the book counter at her job, the 57 year-old says she plans to start living some of the best chapters of her life.

### **If it Hurts to Walk...Let’s Talk**

**Call 404.501.TALK or email [letstalk@dekalbmedical.org](mailto:letstalk@dekalbmedical.org) to:**

- ☐ Talk to a Joint Solutions Center specialist
- ☐ Talk to a former hip or knee replacement patient
- ☐ Register for a FREE physician-led seminar on solutions to knee and hip pain

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