

People stories John

PATIENT OUTCOMES

After operations in both legs, John is enjoying the gym experience to get back on his feet

Connect

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The Connect physios are **very sympathetic and caring**, and **genuinely concerned** to do the **very best for me**, to get me better.” **John**

I'm 75 and have always been fit and well. Before my double accident, I swam 6 times a week and became very frustrated to be off my feet. Here's my story...

Last year, I caught my heel in a grating and assumed I had sprained my ankle. Consequently I had 2-3 X-rays at A&E which showed that there were no broken bones. So I assumed it was just a swollen ankle and that it would take ages to heal.

But after quite some time, it still wasn't healing so I went to the doctor and had an MRI scan which subsequently showed I had been misdiagnosed. I had actually severed the Achilles tendon. This necessitated quite a big operation due to the time that had elapsed - it had been 7 months since the accident.

I recovered from the operation but because my good leg (right leg) was doing all the work due to my left leg not being weight bearing, after 5-6 weeks of the operation, I hopped up a step and my right leg collapsed on me. I severed my quadriceps - the big muscle on the knee that allows you to extend your leg.

That necessitated another big operation about 4-5 weeks later which left me in plaster for 5 weeks. When I came out it was really important I had some physio. The muscles in both my legs had back fired and I needed to be able to walk again.



I saw the physio who gave me a course of exercises to do indoors. The last time I went to the clinic, the physio sent me to the gym and I saw a very nice lady called Kat who showed me what to do and which machines to use to strengthen my legs and ankles.

I go on a weekly basis so that I can strengthen the muscles in both legs and get back to normality. Kat is a lovely girl - very helpful, sympathetic and caring. And Bastien was also very pleasant and seemed genuinely concerned and wanted to do the very best for me, to get me better.

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It's been a long business – well over a year and being totally dependent on someone for everything, whilst being off my feet was very frustrating.

Now I'm going to the gym in Hammersmith every week and I also have a gentle swim. **I do like the gym experience and it has proven to be an essential part of the rehabilitation process.”**



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