

I was active for many years as a recreational athlete. I played basketball in high school, softball from age 12 until well into my 30s, and volleyball in a rec league well into my 40s. Also, my husband and I had begun to travel and visit parts of the world that we always wanted to see. I wanted to be physically ready to travel and see the world! But in my early 50s, my left knee started to bother me. Knee pain made walking the stairs very uncomfortable and my exercise of choice, walking, always ended in pain. I had a difficult time walking around campus when visiting our son at college. I suffered from knee pain during an extended trip to Greece and Turkey. I walked through ancient ruins and on the hilly Greek isles and suffered each night with knee pain.

Finally, I decided to get some help from OAA. I choose Dr. Brislin as my diagnostician. His regiment of injections and physical therapy helped me continue to be active with minimal discomfort. He treated me well through his expertise and I continued treatment under his care for almost 2 years before my right knee began to hurt. At this time, due to the extent of my osteoarthritis, he recommended that I undergo bilateral knee replacements and he helped me choose my surgeon.

In December of 2007, when I was 53 years old, Dr. Anbari performed my surgery at LVH. From LVH, I went to in-patient rehab to begin the painful but necessary task of learning how to stand, walk, sit, etc., using my new knees. I came home on Christmas Eve and spent the holidays with my family. I had in-home therapy until my first check up in early February. Soon after, I went to physical therapy 3 times a week at the OAA facility in Lehighton (which is near my home). I worked hard during every session and the expert guidance provided by the OAA staff resulted in my recovery and return to work by the beginning of March 2008. I haven't looked back since!

The surgery was certainly a success. I admit that I had experienced pain and discomfort for the first six weeks after surgery. I remember thinking that I would have a tough time getting past all the discomfort – and I even questioned whether having both knees done at one time was the right thing for me to have done. I chalked some of this up to having the winter-time blues and being shut in. I was determined to exceed the expectations of the physical therapists I worked with. And, I iced and exercised on my own everyday. Each day was better than the one before it and in no time I felt like I overcame every little obstacle on my way to a full recovery. Life was back to normal for me. I wanted only one hospitalization, one surgery, one session of in-patient rehab, one session of going to PT. I felt that the fastest way to get back to normal was to have both my knees replaced at the same time.

Six months after surgery I was traveling through Moscow and St. Petersburg, Russia, touring remote areas and keeping up with everyone in the tour group – especially my husband! And, last year I climbed on the Great Wall of China in 4 inches of snow and ice! This year I climbed through Hitler's Wolf Lair and in underground salt mines during a WWII history tour of Poland. My travels are pain-free!

I recently had my 4 year check up with Dr. Anbari. He told me that everything looked great. And I told him that my knees feel great! Days go by without me even thinking about my knee replacements. Honestly, I hardly ever think about them. But, I remain cautious about protecting them. I want them to last as long as possible. My exercise of choice is still walking and I use the recumbent bike. My biggest problem is when the alarms go off at airport security. But, it's a minor inconvenience.

I am grateful for the skilled care I received from Dr. Brislin and his staff. I am most grateful to Dr. Anbari for the expert care I received and will continue to receive as his patient for years to come. I could not be in better hands! I am glad that I choose OAA to take care of me!

Sincerely,

*Ann Marie Oblas* 12/28/2011

Ann Marie Oblas

It is OK to include my name



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