

Hello Dr. Rozbruch,

I just spoke with Kelsey and answered follow-up questions for the long term benefits I received from your ankle distraction surgery. Please know that I am doing very well.

Since early 2012 (shortly after the procedure), I have consistently walked on average something like 2-4 miles/day, 5-7 days/week. This is in addition to performing hydro-therapy yoga-type exercises in a hot tub for 30-40 minutes a day, 3-4 times a week. I believe continuing physical therapy and remaining active have been important elements in my recovery.

I haven't taken any pain medication since shortly after the device came off. Prior to surgery, I was up to at least 6 Motrin a day and still in a large amount of pain.

On occasion my ankle is mildly stiff in the morning when I first get out of bed, but after a step or two the ankle is fully functional. On a few rare occasions since, after standing nearly the entire day, I have had an issue with pain and mild swelling, but that has been extremely rare. If I had to stand all day to make a living, I might have an issue, but thankfully that is not necessary at this time.

Over the last 4 years, my weight has remained between 140-145 lbs -- and I'm still 5'7". I do now on occasion wear shoes with sturdy elevated heels, but not that often. I take my shoes off to dance, just to be careful. My husband and I are planning to hike into and out of the Grand Canyon this coming September! I will be carrying a my camera and tripod. My husband and/or a mule will be carrying the rest of my travel essentials.

I'm not a runner, but probably could run now if I needed to in an emergency. Prior to surgery, running was not an option.

Overall, I am extremely pleased with the outcome of my surgery and that I found you on the Internet in the spring of 2011! Without a doubt, I would do the surgery again with you if I needed. All the family, friends, and doctors that I've talked to about my ankle are extremely impressed by the procedure and my results.

Best regards,

Maureen