



Randy Wittman's new hip and knee allow him to spend more time with his kids (his son is pictured here) on the golf course.

logical choice for Wittman's surgeries: "I felt most comfortable going to Dr. Brian O'Neill [an orthopedic surgeon] at Twin Cities Orthopedics."

In May, O'Neill performed hip surgery, providing Wittman instant relief. "After I healed from surgery, I was able to immediately get out and walk. I got to the point, six weeks after surgery, where I was walking almost five miles a day. But that caused my knee to flare up, so I had to go back in for my knee replacement," he says.

O'Neill replaced Wittman's knee this past July, and Wittman says he already feels a significant boost in his lifestyle. Continued rehab at home and at Twin Cities Orthopedics, where he spends two days each week working with physical therapists on movements and strength training, allow Wittman to do what he loves—travel, golf, and walk without pain. Wittman's pain-free lifestyle was easier than he anticipated.

Before his surgeries, Wittman signed up for the Excel program at Twin Cities Orthopedics, which pairs a care coordinator with the patient from the initial visit through surgery and treatment, to any follow-up appointments. This designated nurse acts as a project manager for the patient's care, alleviating the stress of translating information and medical terminology between doctors and patients, having multiple medical bills coming in, and not knowing the next step.

"I've gone through a lot of surgeries—back, three knee replacement operations—and the Excel program was the best. It wasn't like being in a hospital. I went from the surgery center to a private suite, and was connected to a nurse for the whole process of both my hip and knee—that nurse is like a sister to me now," says Wittman. "And for insurance and billing—you get one bill. That's it, at the end of the process. It made everything so much easier for me to use the Excel program."

For now, Wittman is anticipating the State Fair, where he'll be able to walk pain free, spending time with his out-of-state family, and "anything my wife's been trying to get me to do for the past five years."

#### RANDY WITTMAN HIP AND KNEE REPLACEMENTS

Randy Wittman is looking forward to the upcoming months when he can walk without pain. The former head coach of the NBA Washington Wizards came to Minnesota for surgery on his knee and hip, entrusting the doctors at Twin Cities Orthopedics.

Wittman's career began in 1983 as a shooting guard for the Atlanta Hawks, then he played for various teams until 1992 when he became an assistant coach for the Indiana Pacers. By then, he admits the injuries he had as a player caused pain as he coached for another 20-plus years.

"I'd had three knee operations prior to having my knee replaced [in July]," says Wittman. "My knee was total bone on bone. I wore my right hip bone down compensating for my left knee." Unfortunately, Wittman's story isn't uncommon. Many people fight through the pain and compensate for their injury with the opposite side of their body before seeing a doctor.

After spending a day on the golf course or working around the yard at home, Wittman needed to take over-the-counter pain relief for the pain, and ice his knee. He waited for so long out of stubbornness and the fear of limited mobility while healing from surgeries.

Despite coaching for the past seven years in Washington, Minnesota was the

ing, I was hardly functioning from the pain," says Wood. "It got so bad I couldn't even reach up into the cupboard for a cup. I couldn't raise my arms, and it was just getting more painful." Not being able to move her arms didn't just impair daily activities, it also impacted her ability to judge horses for the Western Saddle Clubs Association—something she's done since 1974. The work of McCarty and the team at Sports & Orthopaedic Specialists suddenly became paramount to Wood's future.

After putting Wood on a regimen of physical therapy exercises, McCarty also started her on a round of steroid shots—a last-resort treatment that alleviated pain for several months. But, an MRI showed Wood's left shoulder rotator cuff was gone. Surgery was now necessary.

In January 2013, 77-year-old Wood had reverse rotator surgery on her left shoulder followed by her right the following October. The surgeries sound worse than they actually were. "Gosh it was amazing. I went into the hospital for surgery, stayed one night, and then I got to leave and have home care with physical therapy," she says, adding she regrets not getting her shoulders replaced sooner.

Ongoing physical therapy and movement helps Wood sustain mobility. And, she credits McCarty and the care team for giving her life back. "Horses are my lifestyle," she says.