

## Osteotomy testimonial

"I went to see Sean O'Leary after my knee was giving way when playing football. Sean quickly informed me that my knee was in a very bad way and would need an Osteotomy, which would involve three operations. He explained what would need to be done and we began the process. Sean also informed me that I wouldn't play football again. This became a running joke as I informed him I would recover and I would play again!

The second op (Osteotomy) was major, admittedly, I underestimated this. It did knock me for six and I knew I had a long recovery ahead of me. With the help of Sean and the Circle physio team I began my recovery. I worked hard every day in the gym as was determined to get back on to the pitch. Each time I visited Sean for a check up, I asked the question "Will I play again?" The answer remained the same, as did my response. Four months or so passed and I began light running on the knee, a few months later and I was doing sprints. I had broken a barrier. I still had some discomfort as I could feel the plate which had been put in the knee. A year down the line and my third op came, which was taking the plate out, a small operation. After a few weeks, my knee felt brand new, it felt safe, sturdy and I felt confident. It wasn't long before I was running and began football training. Three months after the last knee op (15 months in total), I felt I was ready to play again. My first game back, I came on as a substitute for about 20 minutes, it was an amazing feeling, in my eyes, I had beaten the odds. For the first few weeks I was quite far behind the game, but once the rust wore off I grew in confidence. I built my game time up more and more as the season came to a close.

I began pre-season with my team in July and I haven't looked back since... Admittedly, It is quite rare that I am completing 90 minutes, but I am still getting 70-80 minutes in each week and have actually scored 12 in my first 8 games. Not a bad return ;-). I now have confidence in my knee, twisting and turning isn't a problem and I now feel confident going in to a challenge. I have worked my socks off to get to this point and it was hard, hard work. At times I wanted to accept defeat but my goals were firmly in place and I wasn't giving up until I achieved them.

When I first went to the Circle Hospital, my knee was in a horrible condition, but with the help of Sean O'Leary and Stuart Wylie in the Physio team, my knee feels better than it has in a long, long time. I would definitely recommend the Circle to anyone. Sean has a great personality, honest and sets realistic expectations. On the days of surgery Sean was always very calming and quite frequently called me to check how I was getting on between check-ups. Even on the odd occasion at the weekend. I would like to thank all at Circle for helping me get to where I am now, but a quick message to Sean... I told you I would get back on the pitch!! ;-).

Thanks  
Scott Smith"