

# Recovered & Riding Again

*68-year-old Robert Shatwell was a lifelong cycling enthusiast with sixty years in the saddle. He liked to put ten miles beneath the wheels of his cycle most days until painful knee joints threatened to put a premature end to his active recreational lifestyle for good.*

'Before I had the operation in March 2012 I could hardly walk, let alone ride a bike,' Mr Shatwell recalls. 'Both knees were bad and I was in so much pain it was all I could do to walk around to the local shop.'

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Fortunately, Mr Shatwell was referred with NHS funding to Consultant Orthopedic Surgeon Mr Paul Trikha FRCS of Runnymede Hospital. 'There are three aspects to the success of any knee replacement,' explains Mr Trikha, 'good surgery, a motivated patient, and the correct implant. I choose the **MatOrtho® Medial Rotation Knee™** (MRK™) because it moves like a normal knee.'

Thanks to Mr Trikha and the **Medial Rotation Knee™**, Mr Shatwell was off his crutches within a week of the operation. 'By the time I went back to see Mr Trikha I was marching like a guardsman,' relates Mr Shatwell proudly. 'In fact, after the operation on my right knee, my left knee doesn't have to compensate so that pain has gone as well.'

Mr Shatwell was back on his bike only six weeks after surgery, and by eight weeks he was back to his former daily ride of between three and 10 miles.

**'I now feel 40 rather than nearly 70 years old'**

'I didn't expect to be back cycling so quickly' he remarks. 'I was expecting a recovery time of around nine or even 12 months – I'm delighted!'

**MatOrtho®** would like to congratulate Mr Shatwell on his quick recovery and wish him many active years with his new knee.

## **2015 Update:**

Still riding the same old bike, but now with two new knees! Since the publication of this article, Mr Shatwell has since had his other knee replaced and is now back to riding about 10 miles a day. 'I would like to say special thanks to Mr Trikha for his superb choice and medical skills', says the delighted patient.



For more information on the **Medial Rotation Knee™** and how it can benefit patients please visit our website, [www.MatOrtho.com/patients-carers.aspx](http://www.MatOrtho.com/patients-carers.aspx)

**Medial  
Rotation  
Knee™**

