

SUCCESS STORY

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Alaska professor
back to activity
after two total hip
replacements



After successful bilateral total hip replacement, college professor is back to favorite activities - skiing, biking and swimming - all without pain

Hedric enjoyed an active life in Alaska as a college professor and avid outdoorsman. But a few years ago, he began experiencing mild lower back and hip pain. At first, the pain did not really interfere with his normal lifestyle. As time passed though, the symptoms were keeping Hedric from doing some of the activities he enjoyed, including water skiing, swimming and bike riding. His family also noticed the changes and reduced activity.

In 2007, because his back and hip pain symptoms were not improving, Hedric went to Monterey Spine and Monterey Joint while in California. He was evaluated by the spine and orthopedic specialists there: Dr. Sohrab Gollogly, a fellowship-trained spine surgeon and Dr. Christopher Meckel, a board-certified orthopedic surgeon. Dr. Gollogly and Dr. Meckel recommended that Hedric try conservative treatments such as physical therapy and anti-inflammatory medications first. And the physical therapy did give Hedric some temporary relief of symptoms.

As time passed though, instead of seeing lasting improvements in his condition, Hedric's hip and lower back pain worsened and he also noticed changes in his gait. His everyday activities were becoming more limited and even walking was painful.

Two years later in the summer of 2009, with continuing pain, Hedric contacted the Monterey specialists again. Dr. Gollogly and Dr. Meckel

noticed significant changes in diagnostic films since the 2007 evaluation in Monterey.

The orthopedic specialists discussed with Hedric his condition and the available options for treatment. It was determined that Hedric was suffering from severe osteoarthritis of the hips. In order to restore function of the hips and relieve the symptoms this would require bilateral total hip replacement surgery. This procedure removes the diseased and damaged parts of the hips, and the damaged portions are replaced with artificial implants to restore function to the hip joints.

The bilateral hip replacement was performed in October 2009. The surgery was successful. Hedric was out of bed and walking with assistance of ski poles the day after surgery. He soon began physical therapy and other core strengthening exercises, including pilates. Hedric still incorporates these stretching and strengthening exercises in his daily routine.

By November, Hedric was able to return to short distances of cross country skiing. Other activities he is able to enjoy now after his recovery, include swimming, water skiing and biking. In April 2010, Hedric and Dr. Gollogly enjoyed some downhill snow skiing in Alaska. "I didn't realize all of the things I had given up because of the pain, but am glad to be back in action now. My wife and family are happy to see me return to activity also," Hedric remarks.



Christopher Meckel, MD

Board-certified orthopedic surgeon

Dr. Meckel received fellowship training in arthroscopic surgery, sports medicine, and joint reconstruction with the AOS Medical Center in Glendale, CA. He completed his undergraduate degree at the University of California at Berkeley. Dr. Meckel received his medical doctorate degree at the School of Medicine at the University of Southern California (USC), where he was a Dean's Scholar. He completed a general surgical internship and a residency in orthopedic surgery at the USC - Los Angeles County Medical Center. Dr. Meckel is an associate fellow of the American Academy of Orthopaedic Surgeons, and a member of the University of Southern California Graduate Orthopedic Society. In 2003, Dr. Meckel happily returned to the Monterey Peninsula and co-founded Monterey Joint where he is recognized as the joint replacement and sports medicine specialist.



Sohrab Gollogly, MD

Board-certified, Fellowship-trained orthopedic spine surgeon

Dr. Gollogly is a fellowship-trained orthopedic surgeon who practices in Monterey, California. In 2004, Dr. Gollogly completed a fellowship in pediatric spine surgery at San Diego Children's Hospital after a fellowship in spine surgery at Centre Des Massues in Lyon, France. Dr. Gollogly earned his medical degree from the University of Washington School of Medicine and proceeded to do an internship and residency in orthopedic surgery at the University of Utah. He completed his undergraduate education in biology at Reed College in Portland, Oregon. Dr. Gollogly has appointments at the Community Hospital of Monterey Peninsula. He is a co-founder of Monterey Spine.