



HealthMatters



From surgery to horseback riding MAKO Robot, knee replacement helps horse trainer alleviate the pain

By Danielle Akers
News Report Staff

First, you comb your horse.
Pain.
Second, you put the 40-pound saddle on your horse.
Pain.
Third, you put the reins on your horse's head.
Pain.
Fourth, you ride to your hearts content.
Pain.
And do it all over again the next day.

This is what it was like for horse trainer, Penny Boyer, of Marshall.

She and her husband, Vic, own 20 horses themselves and they also help train other horses in the area.

"I've been riding horses since I was two years old," Penny said. "It's all I've ever wanted to do."

Boyer is 58 years old, and for the last three years, has been suffering from severe pain in both of her knees.

She is genetically pre-disposed to arthritis and her lifestyle didn't help prevent it from happening.

For a living, Boyer trains horses, educates people on how to ride horses, and also shows her horses in the American Quarter Horse Association.

"A different career would have been kinder on my body. At my age, I would not have had to have the knee surgery if I didn't have the lifestyle I chose," Penny said. "Horse riding is a big deal in my life, so being able to clean stalls, ride a horse and teach riding lessons on a daily basis is important to me."

Normal recovery time after knee surgery is six weeks.

Previously, Penny tried doing injections to help with the pain.

The injections help cushion the knee joint, and depending on wear and tear, can provide up to six months of pain relief.

But even after the injections, Penny was still having pain in both of her knees.

"Dr. (Karl) Rudert told me that I wouldn't make it until fall and would need to go through surgery," she noted. "I'm a very independent woman and to not be able to take care of myself was going to be a hard thing to do."

Dr. Rudert told Penny about the MAKO robot and that even after the surgery, she would be able to walk 10 feet and up three steps before leaving the hospital.

That's when Penny met with Dr. Didi Omiyi at Bonutti Clinic in Effingham. He told her about the two partial knee replacements she needed.

The MAKO robot allows the doctor to perform robotic-assisted surgery.

The robot doesn't do the procedure completely. It's just another tool the surgeons use.

"It allows us to do procedures that are more



Dr. Didi Omiyi, from Bonutti Clinic, meets with Penny Boyer after her double knee replacement surgery. Dr. Omiyi utilized the MAKO Robot to help with the precision of the operation. In a short time following the surgery, Boyer was back training and riding horses.

News Report Photo/Danielle Akers

patient specific," Dr. Omiyi said.

To prepare, they perform a CT scan and get detailed anatomy of the patient.

"She had really bad arthritic knees on both knees. It was on the inside, or medial side, of her knee joints," Dr. Omiyi explained. "They reached the point where they needed to be replaced."

Then they get on their computer and planned out the whole surgery.

For a partial knee surgery, they shave off the arthritis.

"The robot arm shaves, burrs or removes it for us. It knows exactly what part of the bone that needs to come off and what doesn't," Dr. Omiyi said. "It allows us to be extremely precise."

Ever since the MAKO robot was installed and operated at HSHS St. Anthony's Memorial Hospital, patients have been able to go home the same day as their surgery.

"I prefer to use it. Patients recover faster because it is more precise," Dr. Omiyi said. "Right now, it can perform partial knee replacements and total hip replacements. But we are hoping that it will help with total knee replacements soon."

Prior to the surgery, Penny was walking with a limp or as she put it – "like an old lady."

"I don't think he knew what type of lifestyle I had," she said laughing. "I told him that I needed to lift 40 pounds over my head and I

wanted to know what my restrictions were."

Dr. Omiyi told her as soon as she could walk without her walker, she could saddle a horse.

"Well I never really used my walker," she said laughing. "So the whole time, I thought I could saddle a horse. Of course I didn't. I knew better."

After the surgery, her recovery time was

quick and pain free.

"I felt like I had a new lease on life," she said. "Within six days of surgery, I walked half a mile."

That day she did her exercises, slept and went for a walk.

"The TV was terrible that day and it was beautiful out so I decided that's what I wanted to do," Penny said. "Of course, I called Dr. Rudert and told him and he made sure I was careful and wrapped my knees. But it was truly amazing that I could walk that far with little to no pain."

Within 12 days of surgery, she was riding on her horse.

"I had both feet in the stirrups, which puts my knees at a 90 degree angle," Penny said. "My left knee felt great, but the right knee had a little discomfort."

She rode for 20 minutes and then walked it off.

Then she got right back on the horse and said it felt better than before.

Staying mobile, bending and keeping up with her exercises was the key to her fast recovery.

"I don't want women or other people to get in bad shape and dread the surgery because it doesn't have to be that way," she said.

Before she went through surgery with Dr. Omiyi, Penny tried arthroscopic surgery at another facility and didn't have a good experience.

"I was out for a total of six weeks," she said. "There is no comparison to the MAKO robot. Unless you have been through it and had an experience like I've had, I don't think you could comprehend what benefits it has."



Jennifer Dust
M.D. FACOG

Kelly Haller
M.D. FACOG

Millie Nelson
M.D. FACOG

Dawn McDaid
M.D. FACOG

When you choose us, you will be assured you have chosen a team that focuses totally on Women's Health & Wellness

OBSTETRICS

- * In addition to normal pregnancies, we are specially trained to manage complications during pregnancy, birth, or post-partum.
- * A female will be delivering your baby, even if your preferred doctor is not available.
- * We support mother-baby bonding.
- * We promote skin-to-skin contact upon delivery.
- * We support a successful breastfeeding experience if you choose.
- * All of your care except the delivery is provided in one location – your visit, your lab work, and ultrasounds are all at our office.

GYNECOLOGY

- * Annual wellness exams
- * Preconception family planning
- * Contraception counseling
- * Transitioning thru menopause
- * Post-menopausal bleeding
- * Surgery – including Endometrial Ablation for heavy bleeding, Total Laparoscopic Hysterectomy among others
- * New MonaLisa Touch® – a quick in-office laser treatment for vaginal atrophy and its associated symptoms



Call For An
Appointment Today
217-342-3337

912 N. Henrietta St. • Effingham, IL

www.effinghamobgyn.com

BonuttiClinic.com

Excellence in
Orthopedic Surgery
MAKOplasty® Robotic
Hip and Knee Surgery
Joint Replacement

Better. Together.

Recognized as a
Center of Excellence

With the Joint Commission's
Gold Seal of Approval, you can
be sure of our total commitment
to providing you with exceptional,
nationally-recognized health care
for your joint replacement.

"All of us, working together for you."

Call 217-342-3400 to see if MAKO surgery
from The Bonutti Clinic is right for you.

THE BONUTTI CLINIC | 1303 W. EVERGREEN AVE. | EFFINGHAM, IL 62401
PHONE 217-342-3400 | FAX 217-342-6416
BONUTTICLINIC.COM