

**'My Knee Injury', by Jean-Marin Bolot -
Conservative (non-surgical) management of a knee ligament injury**

I came for the first time to Mr McDermott at London Sports Orthopaedics after twisting my knee and injuring myself playing football. The morning after my injury, my knee was looking very bad - it was very swollen and I could barely walk.

After meeting a nurse and a GP who rapidly confirmed that I would need a knee specialist's attention, I saw Mr McDermott. My first impression was that all the staff seemed very competent and also reassuring. When I saw Mr McDermott we discussed exactly what had happened and the doctor did some resistance tests on my knee to check if the ligaments were responding, and judged that an MRI was required.

Conveniently, an MRI slot was available within 30 minutes. Having all the necessary equipment on site was really helpful, and I was really pleased to be able to get a full check of my injury within the same afternoon. I saw my knee specialist again after the MRI and he confirmed that the knee ligaments were injured and sprained, but not completely torn or ruptured.

I am an active person, practicing regularly different sports, and I wanted to avoid further damaging my knee ligaments as it would mean no sport like skiing or running for a few months. Also, not long before this injury my friends had persuaded me to enter for the Paris Marathon (in April 2012), and so once I knew that the ligaments were fine it was important for me to have a quick and full recovery.

I started physiotherapy sessions 5 days after the injury, and re-education went pretty fast as the knee was recovering well. During the follow-up meeting with the surgeon, 15 days after the injury, I got the confirmation that no surgery was necessary.

The physiotherapist did not want me to run for at least 6 weeks. Of course this did put me behind in my marathon training program, but because the pain was gone I could go to the swimming pool and train in the water. By mid-January I was able to start running again in straight lines and was almost back to normal by early February.



Thanks to the good care I received, I managed to run the 2012 Paris marathon in 3h 37m, and I have already signed up for London 2013 marathon, to try and beat 3h 30m.

Overall, I was lucky not to have injured myself too badly, but I was really impressed by the quality of service I received from Mr McDermott and his team, from reception staff to nurses, physiotherapists, radiologists and the surgeon himself. Every single professional was highly competent, understanding and human. The quality of treatment as well as the follow up and patient care were the highest standard I could have dreamt of.

Jean-Marin Bolot
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