

McLeod Surgeon Offers Tips for Golfing After a Knee Replacement



A bad knee adds pain and takes the fun out of recreational activities, such as golf. A total joint replacement can remove the pain and return patients to the golf course. Even professional golfers, such as Fred Funk and Peter Jacobson, have undergone knee joint replacement procedures. Dr. Thomas DiStefano, an orthopedic surgeon for McLeod Or-

thopaedics Cheraw, offers some important tips to help patients return to the game, even if they are not professional golfers.

"We usually advise patients to wait three to nine months before returning to golf after their joint replacement," said Dr. DiStefano. "To ensure a successful return to the sport, I encourage continued exercises that the physical therapist recommends until they are truly ready to tee it up."

Before dusting off their clubs, patients can speed up the healing process and rebuild muscle strength with:

- Walking or exercising on an elliptical bike keeps joints limber, improves circulation and prevents blood clots from forming.
- Warm water therapy in a Jacuzzi or bath at home helps with the healing process.
- Light massage after the swelling lessens will break up scar tissue, encourages blood circulation and makes the muscles stronger.
- Adding foods with Vitamin C to your diet (broccoli, Brussels sprouts, and other green leafy vegetables) work to heal the replacement after surgery.
- Adding to your diet foods with Vitamin A (carrots, cantaloupe and squash) will help to prevent infection.

More than 90% of joint replacement patients, who golf, can successfully return to the game after they are completely healed.

"I recommend spending time at the driving range and working on swing adjustments after a knee replacement," said Dr. DiStefano. "Also, practicing with wedges and short irons for the first few trips to the range will keep patients from 'swinging for the fences' with their drivers. It is important to remember that patients should always start with partial swings and eventually work their way up to a full swing."

Dr. DiStefano also recommends spending time with a golf professional who can help with technique adjustments and recommend a step-through swing that works for them.

"Wearing golf shoes without spikes, such as cross-training sneakers, can reduce the stress on the knee from torque and rotation," said Dr. DiStefano. "Stretching always helps to loosen the muscles before teeing off, but I encourage patients to focus on the calf and thigh if they have had a knee replacement."

What Can Joint Replacement Patients Expect? A study of 750 golfers who had a joint replacement found "no significant change" in their golf performance or participation prior to joint problems to one year after surgery.

Sources include: McLeod Health, NYTimes, Golf Fitness Magazine, American Academy of Orthopaedic Surgeons, Journal of Arthroplasty

Dr. DiStefano joined McLeod Centers for Advanced Orthopedics as the orthopedic surgeon for McLeod Orthopaedics Cheraw in November 2017. Prior to joining McLeod Health, Dr. DiStefano served as an orthopedic surgeon to hospitals, sports teams, and industries in Northwest Missouri for 18 years. A board certified orthopedic surgeon, he is fellowship-trained in Sports Medicine, and enjoys providing patients with the latest technology in orthopedic surgery. Since his time in Cheraw, he has performed over 25 total knee replacements at McLeod Health Cheraw. To make an appointment, call McLeod Orthopaedics Cheraw at 843-537-0010.

About McLeod Health McLeod currently operates seven hospitals, including McLeod Regional Medical Center in Florence, McLeod Health Cheraw, McLeod Health Clarendon, McLeod Darlington, McLeod Dillon, McLeod Loris and McLeod Seacoast (North Myrtle Beach). Additionally, construction of an outpatient medical complex is under way in Argenta Forest as an expansion of McLeod Seacoast. McLeod also operates Urgent Care Centers in Florence and Darlington, along with approximately 90 medical practices throughout the 15 county region McLeod Health services from the Midlands to the Coast.

McLeod Health Cheraw With a strong history in the Chesterfield community since 1958, McLeod Health Cheraw, formerly Chesterfield General Hospital, serves residents of Chesterfield, Marlboro and neighboring counties with excellence in patient care. As part of McLeod Health, patients receive access to specialized services, improved technology, an outstanding physician network and enhanced facilities. Services available at McLeod Health Cheraw include: cardiac, diagnostic imaging, laboratory, rehabilitation, occupational health, surgery, orthopedics, hospice services and women's health. The 59-bed hospital also provides an expanded Emergency Department, an Intensive Care Unit, a Medical Surgical Unit and a Sleep Disorder Center.

Pee Dee Electric Bright Ideas Education Grant

Early Bird deadline to apply is August 15

Pee Dee Electric is once again partnering with local educators to bring learning to life through the Bright Ideas education grant. Starting April 1, educators can submit an application for Bright Ideas grants of up to \$2,000 for innovative, hands-on classroom projects that would not otherwise be funded. Educators can learn more and apply online at www.ncbrightideas.com.

"The Bright Ideas grant program seeks to encourage teacher originality and student achievement by funding projects that take a creative approach to learning," said Ashley Haynes, Communications Specialist for Pee Dee Electric. "Pee Dee Electric is proud to be part of this long-standing effort to support both education and our local community."

Pee Dee Electric expects to award \$13,000 in Bright Ideas grants this year to teachers in Anson, Moore, Montgomery, Richmond, Scotland, Stanly and Union counties. Grants are available to K-12 teachers for projects in any subject, and educators can apply individually or as a team and must apply online at www.ncbrightideas.com.

Applications will be accepted April 1 through September 19. Teachers who submit their applications by the early bird deadline of Aug. 15 will be entered to win one of five \$100 Visa gift cards.

To apply, teachers must include a budget; explain the implementation, goals, creative elements and evaluation of the project; and have approval from their school's principal. Applications will be judged through a competitive evaluation process, with judges looking for projects that feature inventive and creative approaches to learning. Grant-writing tips can be found at www.ncbrightideas.com.

North Carolina's 26 electric cooperatives have collectively pledged about \$600,000 in Bright Ideas funding for the 2018-19 school year. Since 1994, educators statewide have received more than \$11.5 million in Bright Ideas grant funding, and over 2.2 million North Carolina students have participated in approximately 11,000 Bright Ideas projects.

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Anson County Writers' Club Welcomes New Members
The Anson County Writers' Club meets on the fourth Sunday of each month, from 3 to 5 p.m. in the fellowship hall of First Presbyterian Church in Wadesboro, except in July and December. All meetings are open to the public. New members of all ages are welcome. For more information call Sandy Bruney at 704-694-5211 or email sandybruney@gmail.com.

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