

Knee Surgery gets Mason back on his knees

For Rockwell City mason Paul Henry restoring old buildings is a labor of love. He brings old brickwork and stone foundations back from the brink of crumbling to dust to ensure historic buildings survive well into the future. "Masonry work is dusty, dirty, hot and cold," he says, "and it's a physically demanding job."

The grueling physical element of this work each day makes it difficult for Paul to exactly determine when he was injured. "I've got 'mason's knees.' They hurt all the time." Constantly pressing his joints from the bending, lifting, climbing scaffolding, and being on his knees has taken its toll. Paul recalls one incident on the job site that could have been the culprit. "I was walking along uneven ground when I came across a dip where a thick wire hook caught my leg. I think that's when I tore my meniscus," he recalls.

After three or four days of trying to work through the pain, Paul decided to make an appointment with Mark Mogensen, board certified physician assistant, at McCrary Rost Clinic Lake City. X-rays taken at the clinic confirmed Paul had torn the cartilage in his knee. Mark explained how this cartilage works as a shock absorber for the joint and this type of injury would require corrective surgery. Mark referred Paul to Dr. Steven Meyer, board certified orthopedic surgeon with CNOS.

All the worries for the surgery began to sink into Paul's mind. "I saw Dr. Meyer in Lake City, and when he said he could perform the surgery at Stewart Memorial, and any follow-ups, I was tickled that I wouldn't have to travel far from home for my care," says Paul.

Paul, whose business relies on word of mouth, discovered Dr. Meyer enjoyed a great reputation among his acquaintances. "I didn't know Dr. Meyer prior to meeting him for a consult, but anytime I mentioned him I heard positive things."

Paul arrived for an outpatient surgery on August 28. Knee arthroscopy, or "scope," is performed with small incisions where a very small camera is inserted into the joint and needed repairs are made. The minimally invasive method allows for more rapid recovery which was important to Paul. "Since I own my own business and am the only employee, any down time was a huge concern. Dr. Meyer told me he wanted me to walk after surgery and down time would be minimal. When I told him what I do for a living, he said I

might actually need a week or two," he laughs.

Dr. Meyer began seeing patients in Lake City in January 2019 and has been impressed by the skilled surgical staff at Stewart Memorial Community Hospital. "It has been a very welcome surprise to find such an accommodating and accomplished staff."

Paul echoes Dr. Meyer's sentiments, "I'm very comfortable with the Lake City hospital. Dr. Meyer is very intelligent and capable. He doesn't mince words. We are very fortunate to have him. I'd definitely recommend him to family and friends." His recovery has gone very well. With only three small incisions from the 20 minute procedure healing nicely, Paul says he's getting better every day. While he has been on light duty for a few weeks, he thinks he's ready to fully return to the restoration work he enjoys. "I'm ready to get back on my knees," he says with a smile.

For more information about orthopedic services offered at Stewart Memorial Community Hospital, visit www.stewartmemorial.org



Dr. Steven Meyer, orthopedic surgeon, follows up with Paul Henry after knee surgery to ensure the procedure was successful.