



When You Need **KNEE REPLACEMENT** Surgery

Whether gradual or sudden, pain from arthritis damage to the knee does not have to interfere with your quality of life.

Football fans and motorcycle enthusiasts, husband and wife, Dave and Dia McKillip, did not want to be sidelined by knee pain. Learn how they were able to overcome joint pain and enjoy life again.

HIS

“About six years ago, I started having trouble with my left knee,” Dave says. “I injured it during college and ran on it while I was in the Army, which did not help with the pain.”

As the defensive line coach for the Knox College football team, Dave had a good resource to consult about his knee pain, Gregory Schierer, M.D., board-certified Orthopedic Surgeon at Cottage Orthopedics and Podiatry.

“Dr. Schierer handles the orthopedic health of our athletes,” Dave says. “He said I had arthritis and treated me with injections, which seemed to work for awhile. But my pain started to get so bad that I could not sleep.”

According to Dr. Schierer, the cartilage in Dave’s knee was wearing out, causing bone to rub on bone and creating inflammation.

“We tried a number of conservative options, including steroid injections, medications and arthroscopy, but the pain kept coming back,” Dr. Schierer says. “We opted for a knee replacement, which I performed in 2016. Dave did very well and had immediate relief of his joint pain.”

ON THE ROAD AGAIN

Dave and Dia both credit dedication to physical therapy with their post-surgery success, giving them the strength and confidence to get back to living.

“We traveled to Scotland last May, and we ride our Harley as often as we can,” Dave says. “Having the surgery to be able to enjoy life again is the best thing you can do.”

HERS

Dia experienced knee pain similar to her husband’s. Always an active athlete and working in a job that required repetitive motion, she developed discomfort in her right knee. On her husband’s recommendation, she consulted with Dr. Schierer and exhausted conservative treatments until the loss of function in her knee became too much for her to bear.

“I was using a walker and not able to move the way I wanted to,” Dia says. “After two years of shots, I asked Dr. Schierer if I was ready for surgery. This past winter, I had a full knee replacement in my right knee. After the surgery, I was an inch taller, and my knee felt so much more secure.”

YOUR HOME FOR ORTHOPEDIC CARE



Gregory Schierer, M.D.



James Foskett, M.D.

If you have joint pain, the specialists at Cottage Orthopedics and Podiatry can help.

Located in the Cottage Medical Plaza Seminary Building, Suite 102, Cottage Orthopedics and Podiatry is

open Monday through Friday from 8 a.m. to 5 p.m. To make an appointment with board-certified Orthopedic Surgeons Gregory Schierer, M.D., or James Foskett, M.D., call (309) 342-0194.

Drs. Schierer and Foskett are members of the medical staff at Galesburg Cottage Hospital.

