

How many knee surgeries have you had? Tell us a bit about them and your experiences.

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Displayed on website, 2005

Seven on my left knee: three major reconstruction surgeries, miscellaneous cartilage clean ups and various probings about to see what is going on. (It seems like seventy !!!)

I get asked about my synthetic ACL all the time. The synthetic is an alternative to the patella tendon graft (where they take healthy cartilage from the other good knee) or a cadaver patella tendon graft (the new tendon coming from a dead body).

For me as an athlete that is trying to cure a problem, it didn't make sense for me to take cartilage from my good knee and then have two problems knees. In sports, most professional athletes seem to go with either the cadaver graft or the synthetic. I have tried the cadaver tendon graft but that didn't last for me.

The synthetic ligament is made out of polyester and is screwed to the bones (just as the other grafts). The number of strands and length of the graft is based on your weight and bone density. As a result the ligament is as strong as it can possibly be for you without being so strong that it breaks the bones it is attached to. They can tune the ligament to the optimal strength for you (way stronger than human tissue).

This is specialized surgery not FDA approved in the USA. I flew to Canada to have it done in Montreal, but they are also doing the surgery all across Europe.

I am walking proof that it works. After all the surgeries I have done I have not had a major problem since. That surgery was the one that got me out of the rut of constant injury. I was in a hole not just a mile deep, but a hundred miles deep with no light coming in. To me it was like magic being able to come back that quick from major knee surgery (two and a half months back at full speed). The other surgeries took 6 months to a year for me to recover and after three of them not working out for me (blowing my knee out again in a month or two) this worked.

NOTE: DANNY IS JUST RELAYING HIS EXPERIENCES. DANNY IS NOT A DOCTOR. IF YOU HAVE KNEE PROBLEMS SEEK EXPERT ADVICE FROM YOUR DOCTOR.