

Larry Seest: Knee Replacement



I have been a long time member of Vessell's Fitness and always made exercise a priority in my life. I regularly played racquetball and wallyball along with weight training and cardio. My knee became such a limited factor in my life that I could no longer do many of my activities. I had knee replacement surgery on August 27, 2010. I was told by my doctor to stay active prior to surgery with working out. I had 2 weeks of home rehab followed with 3 weeks of sports rehab. I was released by my surgeon after 5 ½ weeks due to my fast recovery, my doctor said being active prior to my surgery was the best thing I could have done. He also stated that I recovered like no other patient my age that he had seen. Vessell's wide variety of exercise classes and equipment was a big part of quick recovery. I am now back to playing both racquetball and wallyball.