

NOTES ON HIP REPLACEMENT AT 80.

2004 found me with continuous pain and loss of mobility. By November I was still not on the waiting list for surgery in the U.K. thus self motivation was essential. Funding for private treatment was a major problem our solution was to take equity release on our property. Sourcing possible alternatives within the U.K. and one overseas showed that U.K prices were the highest and provided the least after-care in the way of physiotherapy etc.

A chance phone call to the Barbara Thurgood Co.in London resulted in their 28 day package for surgery in Poland which included 3 weeks after care of physio and gym work.

The first stage was a trip to London where the hospital consultant assessed physical condition and explained operation procedure. In my case this visit was within one week and in under four weeks the operation was completed.

Travel from home to Gatwick was by private car. VIP treatment through the airport to boarding the aircraft then the 15 minute trip from Krakov to the hospital. The return journey just a reverse of the outward one. No hitches, just 100% efficient.

Following the operation every possible encouragement to regain mobility was given by the physio team. Once transfer from surgical to rehabilitation had been completed, morning physio accounted for approx two hours then late afternoon gym work-outs provided a daily routine except on Sundays.

Effort is up to the individual, remember the harder you work the sooner your fitness returns.

Hospital Food.

Best described as similar to that supplied by the airlines. Remember you are entering a working hospital not a 5 star hotel where varied menus are available. In any foreign country one is bound to find odd meals which would be frowned on at home. Overall I and the three friends on the same trip voted "no complaints".

No praise is too high for the hospital staff from Professor, Consultant, Doctor, Nurses and the cleaning staff.

Where else would one get a daily visit from the Re-Hab Professor to ensure progress was being maintained.

A special mention of the Physio Staff all of whom showed such enthusiasm for their work backed with a natural kindness.

I found the whole trip to be an uplifting and often humbling experience and would not hesitate to recommend to anybody in need of surgery of this nature to take advantage of Barbara and Stephen Thurgoods know-how.

Truely a success story for me and my fellow travellers.

Alexander Throp Jan.2005.
Narborough. Norfolk.

Stop Press: 16.01.05. Managed hot bath and 3 miles on the bike.
No pain and no problems.