

# **BROKEN PATELLA LIGAMENT IN THE KNEE**

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In April 2010 I broke my Patella Ligament in my left knee in an accident. Some 20 years earlier I had broken the arterial cruciate ligament in the same knee and had a repair using tissue from the patellar ligament, which took me many months to recover from. The surgeon who undertook the emergency repair for the patella was not optimistic about a full recovery since my knee was in poor shape and I had completely "shattered" the ligament. He warned me to prepare myself for having a long and painful recovery, to at best restore the knee to about 80% of what I previously had.

After the surgery, I was fortunate enough to use one of Marcella Popplewell's Bioptron Lights on an ongoing basis. After six weeks of my leg being immobilised the surgeon was astonished at the progress I had made and the amount of mobilisation I had in the knee. I continued with the light and started a period of Physio. In just 7 months I was in surgery again to have the support wire removed from my knee the result of the repair being fully successful at a period of at least half that of the normal patient recovery period.

I would encourage anyone to try the Bioptron for themselves. It is not an instant fix by any means but it appears that with continued regular treatment it can have a remarkable effect and make a tremendous difference to both the length of recovery and the extent of the recovery.

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