

# KNEE INJURY AFTER TENNIS

Dear Bioptron Team,

In July 2009 I had an accident while playing tennis. I went for a sharp shot while playing at the net and felt and heard a large crack as what appeared to be a snap of a rubber band like cartilage in my right knee. I continued playing for a short while although in some discomfort and over the following few weeks there was little respite from the discomfort and pain.

With the aid of Voltaren, I continued to play to a limited extent and went to the World Masters Tennis in Sydney in October. I played singles and one doubles with great discomfort and had to withdraw from the mixed doubles because of the pain.

On return to Auckland I visited a physiotherapist for some treatment. This included x-rays which really did not show anything too much.

There was no improvement and in December I consulted a surgeon who I had previously had a microscopic knee operation on the same knee in 2001.

Following an MRI scan it was determined that there was some cartilage tear and a further microscopic operation was deemed necessary to clean up the tear. This operation took place in late January 2010.

A recuperation period followed by cycling exercises I was recommended to strengthen the knee joint. Recovery progress was slow.

In late March 2010, I had a sudden back pain that severely limited my movement and I had to cancel a planned trip to Noumea. I attended a back massage session a few times which ceased the pain but did not cure it.

From midyear 2010 I was residing in Cambridge while preparing for the World Rowing Championships being held in early November. During this time I was in constant pain and had limited movement with both my back and knee causing great discomfort. I continued to exist to do my job with limited time to explore alternative avenues for recovery.

The travel from Auckland to Cambridge would necessitate several stops en route to stretch my knee as the discomfort of sitting in the vehicle for two hours was too extreme.

While in Cambridge I attended a chiropractor to work on my back. I was thinking that the knee problem could be coming from my back and if I got my back right then the knee may improve. I pursued this avenue as some fifty years previously I had a similar recovery from knee pain by correction of my back.

There was no such benefit this time and after a number of chiropractor visits I discontinued these. Back in Auckland in December 2010 I consulted a back specialist. I was now working on the theory of trying to correct this all along my knee was still causing discomfort and limited movement.

I had an MRI scan on my back and the conclusion from this there was the conclusion of a small growth between L4 and L5 and this could be relieved by two injections into this area.

I had this procedure done in February 2011 and this provided immediate relief in my back. Since then I have had no problem with my back.

There was no such respite for my knee which continued to limit my movement. I would play tenths but could not do any better than to stand on the court and wait for the ball to come to me. No chasing the ball.

My wife, Marcella, and I had a two-month trip to Europe in the first half of 2011 and my knee continued to give me pain. I would occasionally take Voltaren to ease the pain and preferred to rest on trains and cruises rather than walk the streets and tourist spots.

I came home bearing the restriction this placed on my life with the thought that a knee operation might be the only way forward. I had continual trouble in getting into and out of my car although once in the car there was no pain to bear.

My wife started treating my knee with the BIOPTRON light. Over a period of two to three months, there was a gradual improvement and an easing of the pain that I felt when getting into and out of the car and general walking.

I was able to return to playing tennis with much more mobility and general movement was much easier.

Previously I could not contemplate the thought of playing golf over 18 holes. The mere thought of being able to walk over the course for 3 to 4 hours was beyond me. Now I had a fresh approach and decided to have a look at bowls. The thought of being able to sit between ends rather than continuously on my feet appealed.

So I had a look at bowls. At first, I felt rather stiff and a little pain in trying to deliver the bowl but in time and with continuing treatment this became easier and now is virtually pain-free.

I am able to play tennis with much more energy than what I was six months earlier.

While it is not totally back to normal it is as close as I expect to get at my age and I have no more thoughts of any operation. I accept there is partial degeneration of the joint but the use of the light has rectified the majority of the problem to allow me to continue as normal a life as possible.

I am very grateful for being treated by the BIOPTRON light and believe it has been a major factor in my recovery.

Tony Popplewell ONZM  
2 June 2012