

Welcome to the ninth issue of Hip and Knee News, a newsletter for Patients, GPs and Health Care Professionals.

It has certainly been an eventful year and it is great to see some fantastic feedback from my patients. Two lively characters that I have operated on this year are doing very well following their surgery and I am keen to follow their progress over the next few years.

Boxer **Anthony Mundine** travelled all the way from Australia for a BHR and aims to return to the ring next year. He has invited me to the match so I hope he sticks to his rehabilitation programme and builds himself back up (see page 1).

X-Factor's **Wagner Carrilho** came back to see me again after I resurfaced his hips many years ago, this time for his knee. I performed a BKR on him and I've no doubts that he will be back on the stage entertaining people soon (see page 2).

Patient Post has some great stories with 'Marathon Man' **Peter Bell** adding the Inca Trail Marathon to his very impressive tally. **Michael Dunne** won his age group in a triathlon we've received some nice comments on our Facebook page (see page 3). We have also had some ambitious charity eventers **Lord Andrew Robathan** and **David House** raising lots of money for worthwhile causes (see page 4).

The McMinn Centre offers a variety of bone-conserving hip and knee treatments specifically aimed at active patients. Unravelling the suitability and benefits of these treatments can be daunting. This newsletter is an attempt to provide evidence-based choices for practitioners and patients using real-life case studies as a starting point. We hope you find this newsletter useful and informative. If you have any queries, please don't hesitate to get in touch.

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Derek McMinn MD FRCS
Consultant Orthopaedic Surgeon

New hip a knockout success for Anthony Mundine

Boxer aims for comeback fight following BHR surgery

Professional boxing champion and former National Rugby League player Anthony Mundine has travelled halfway around the world from Sydney, Australia to undergo Birmingham Hip Resurfacing (BHR) surgery with Mr McMinn in Birmingham.

Anthony has been dealing with the pain in his left hip for the last six to seven years and it has had a negative impact on his day-to-day life as well as his career. He has tried to literally fight though the pain but has now got to the stage where he decided something needed to be done about it. "Sitting here now I don't feel nothing but once I start to be active as far as walking, jogging – the pain out of ten is about a three to five. If it gets inflamed it'll go to a seven. I can't bend down on the left side; I can't even do my shoelace up. I'm so limited, it's a big impairment on my life and I need to get it fixed."



Anthony meets Mr McMinn prior to his BHR surgery

Some people had been noticing Anthony limping, caused by the pain of osteoarthritis in his hip that has been declining gradually. Standing for too long causes his hip to ache and he is restricted in movement on the left side. "If I drop a note or a coin I can't pick it up on my left side, I'm always reaching to my right."

Hoping to find a solution to his ongoing left hip pain, Anthony researched his options after being recommended the BHR by his physiotherapist Peter Moussa. "The Resurfacing seems to have a very high success rate with Mr McMinn, that's why I'm here – he's the best of the best, the inventor and pioneer. Nobody wants to have surgery, especially in my profession, but I needed to get it done and God willing it is going to be for the benefit of not just my lifestyle but my career."

Asked why he came all the way to the UK for BHR surgery with Mr McMinn, Anthony said it was a no brainer. "With a Total Hip, you put a

whole stem down your bone but with the Resurfacing you preserve most of the bone and that did it for me. That's why the success rate is so good because once the bone grows into the cup, it's pretty much set and you can go on with life like you were twenty years old. To be honest it's exciting. I didn't come here just because. To get the best outcome you've got to go to the best surgeon and Mr McMinn is one of, if not the, best surgeon in the world."

Anthony has a positive outlook and high expectations following his BHR surgery, ultimately aiming to get back in the boxing ring as soon as next year. "Some people out there want to be ordinary – I'm extraordinary – so my expectation is high. I want to be able to do what I can't now, use the hip like I did when there was nothing wrong with it. That's the first thing, the second thing is to return to my career and ride the wave out for the last couple of years."

May 2017 is the target for Mundine's return to boxing, aiming to go toe-to-toe with long-standing rival Danny Green. There is a lot of rehabilitation and gradually increasing exercises for Anthony to undertake with the supervision of his physiotherapists in order for him to reach this goal but he is determined to get back to the ring and box. He invited Mr McMinn to come and watch the fight to which he replied "And you're going to win? I don't want my man losing!"



Mundine (R) lands a punch on rival Danny Green (L)

Two days following his BHR surgery, we caught up with Anthony. "I've just seen my x-ray and the implant is absolutely perfect, you couldn't ask for any better implant, not a millimetre out of place. I know it's going to be fundamental to my dreams over the next couple of years."



Watch Anthony's full interview on our website:
<http://www.mcminncentre.co.uk/anthony-mundine-bhr.html>

A Knee makes Three for X-Factor star!

Wagner Carrilho adds Birmingham Knee to his two McMinn Resurfaced Hips

Entertainer Wagner Carrilho is delighted with his Birmingham Knee Replacement (BKR) performed by Mr McMinn in May 2016. Having also had bilateral Birmingham Hip Resurfacing (BHR) surgery with Mr McMinn back in 1999, the X-Factor star has taken his tally of McMinn implants up to three.

Brazil-born former PE teacher, karate instructor and sales manager Wagner became a TV legend in the UK after appearing on the popular talent show 'The X-Factor' in 2010. His unique and quirky style made him a fans favourite, reaching the live finals as judge Louis Walsh's 'wildcard' act before being eliminated in week 8 of the show. Since then, Wagner has continued being an entertainer and singer, appearing at festivals and performing gigs.

Wagner was interviewed by The McMinn Centre both before and after his recent knee surgery and was full of praise for all of the surgery Mr McMinn has performed on him. "Before I had my hips done by Mr McMinn I was walking as if I was 100 years old. I couldn't go anywhere without a walking stick."

In an all too common situation, Wagner was advised by a surgeon that he was 'too young' to have a Total Hip Replacement (THR) and to wait several years before surgical intervention. However, Wagner's GP informed him about the work of Mr McMinn and the BHR, later referring him for surgery. The BHR is a suitable, bone-conserving solution for younger and active patients wishing to return to their busy lifestyles and thus Wagner underwent Bilateral BHR surgery with Mr McMinn in 1999. "I was walking straight away on crutches and when I got rid of the crutches I could do everything, I couldn't believe it!"



Wagner being interviewed by The McMinn Centre

When Wagner left Brazil, he was a black belt 3rd Dan in Shotokan karate. Due to pain and discomfort in the hips and the development of a limp, he had to stop training. However, after recovering fully from the BHR surgery, Wagner returned to training, eventually opening his own Karate school in the Midlands. "I called my Sensei from Brazil and said 'come here to grade me and my students'. After Mr McMinn's surgery, I got the 4th Dan as a Karate black belt."

It was eleven years post-surgery that Wagner began his pursuit of musical stardom by appearing on 'The X-Factor', charming the judges and entertaining the nation. It was also the time

that he started to notice a problem developing in his knees. "If I hadn't had my hips done by Mr McMinn, I wouldn't have been able to go up on the stage like I did. By the time I was 50, I was starting to feel some discomfort in my knees. While I was on the X-Factor in 2010, the knees were hurting a bit but nothing too alarming – I could live with it."



Wagner performing on 'The X-Factor' in 2010

"If I hadn't had my hips done by Mr McMinn, I wouldn't have been able to go up on the stage like I did"

But by the time 'The X-Factor' tour came round a year later in 2011, Wagner's knee pain started to get worse. "I was embarrassed getting on and off the buses - to get up and down those little steps - I had to hold onto the bus because I was struggling."

Since then the pain has deteriorated further. So much so, the last gig Wagner performed at, he decided that was the last time he would perform until he had something done about his knee pain. "I don't want people to see me limping, it's embarrassing. At the moment (pre-surgery), the knee pain affects absolutely everything I want to do in my life. For me to go upstairs, I have to grab the banisters. I have to come downstairs sideways. When I got to that stage I decided I had to do something about it."

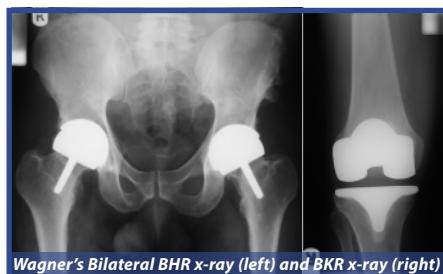
Wagner came to see Mr McMinn at BMI The Edgbaston Hospital for a consultation back in 2012 and learned about The Birmingham Knee Replacement (BKR), presented to him as a solution to his knee pain for when surgical intervention was required. "I said to Mr McMinn my hips were perfect, better than the ones I was born with. They were done seventeen years ago this year – not a pain, not a problem, nothing. It's incredible! Imagine my happiness when I found out that when I needed it more than ever, Mr McMinn has created the perfect knee replacement."

At University, Wagner graduated as a PE teacher so had plenty of knowledge regarding anatomy, physiology, biology and physiotherapy. "I made sure that I at least kept myself mobile as much as I can so I still have good flexibility and range of movement in the knee. But, it is impossible to squat and if I go to the floor to work out my abs – for me to get up is nearly impossible. I cannot jump. I cannot run either. It makes me sad."

Deciding it is now time for the surgery on his knee, Wagner explained his outlook for the BKR surgery. "I am aware that the Birmingham Knee is as good as the Birmingham Hip so my expectations are – I will be back! I want to go back surfing, training karate, running for miles, everything I always did. I want to be able to walk my dogs without having pain in my knees. I think that what Mr McMinn does – it is a miracle. That's how I see it."

Wagner underwent a Birmingham Knee Replacement performed by Mr McMinn at BMI The Edgbaston Hospital in May 2016. Three days after surgery, Wagner was delighted with his new Birmingham Knee. "I think they should build a statue of Mr McMinn because I want the world to know I'm happy as can be!"

There was a clear difference in the feeling of pain in Wagner's knee following the surgery. "After the surgery, the pain of the arthritic joint is gone. Of course the wound hurts but it is a positive pain. Before the pain was a negative pain – getting worse and worse. What I feel now is a healing pain – so it's much better."



Wagner's Bilateral BHR x-ray (left) and BKR x-ray (right)

It was clear to see that Wagner was in good spirits, singing and laughing while walking up and down the hospital corridors on his crutches. He once again had only good things to say about his surgeon and his colleagues. "Mr McMinn's team is brilliant. From the reception to the surgeons to the physios – everyone involved. It's such a wonderful experience being here."

"I think they should build a statue of Mr McMinn!"

Once his right knee has fully recovered and when his left knee also requires surgery, Wagner has his eye on completing the full McMinn set.

"Before Mr McMinn, there was no perfect Hip Replacement – and I've got two – and there was no perfect Knee Replacement – now I've got one and soon I'm going to have the other one."

Watch Wagner's full interview on our website:

<http://www.mcminncentre.co.uk/wagner-carrilho-bkr.html>



Trail Blazing Peter Bell gives his BHR the 'ultimate test'

The 'Marathon Man' Peter Bell is back again to tell of another fantastic achievement for him and his BHR that will be 10 years old this December. Peter took on the gruelling Inca Trail Marathon in June 2016. Here is Peter's story...

It has been just about 2 years since my last blog, which included my experiences at the Kilimanjaro trail marathon. I have during this period experienced increased pain in my right knee which has medial cartilage loss, and additionally a grumbling right hip, which has limited training somewhat.

Meanwhile my resurfaced left hip gives me no bother at all. My plan was to hopefully get another extreme marathon completed in my quest for the Grand Slam: 7 marathons in 7 continents.

Once again I amended my training routine which concentrated on cycling many miles of hilly County Donegal roads and trails and running hill sprints of approx 8km in length. The shorter more frequent runs seemed to work better for me and I once again reached Elite standard.

So in January this year I decided to enter the Inca Trail marathon. I made this choice tailored to my strengths as a mountain runner in that I am a strong climber. This race has over 10,000 ft of elevation gain and loss, so was just perfect for me. The bit I did not like is that the whole route is Inca stones, very uneven and in excess of 6000 steps all uneven and many with steep risers.

Next came the climbs of which the highest was 13800ft, followed by a very steep descent, then the next summit around 13,000ft followed by a third, the rest of the course undulating to the finish line. Starting at the back of the field I



Peter at Machu Picchu, Peru

started to warm up nicely and mostly picked off competitors on the ascents. As expected knee pain kicked in after 10 miles or so, but I took advice from one of the competitors, an ultra running American GP and took a total of 800mg Brufen prior and during race.

At midway point I was told at aid stations I was sitting in third place and feeling strong, the leaders 20 minutes ahead. These guys were exactly half my age! At 19 miles I was told I was gaining, but my old legs were tired of this relentless pounding and at that point experienced my only negative period of the race and stopped to take on a gel and another Brufen. Remember I do not train at these distances and expected this to happen. At 22 miles there was no stopping me and I flew to the finish line. The two guys in front of me had decided to come in together as they were killing themselves to beat each other and were so physically matched. I was the next man in, just 6mins behind and catching to take 2nd place in what has to be the hardest physical challenge in my 50 years running.

INCA TRAIL MARATHON TO MACHU PICCHU		
26.2 Mile Inca Trail Marathon on Measured Course		
"The Most Difficult Marathon in the World"		
JUNE 9, 2016		
1. Alastair Donachie	8:37:05	SWEDEN/UK
Sandeep Naidu	8:37:05	INDIA/USA
3. Peter Bell	8:43:40	IRELAND
4. Andrew Mackay	9:43:15	SOUTH AFRICA/USA
5. Jim Menary	9:59:45	NEW ZEALAND

Inca Trail Marathon 2016 Results

Yes, for sure I was elated and so pleased with this result. Well worth my careful training schedule and lucky I finished it with no injury and my knee feeling not too bad.

Well is this not the ultimate test of a McMinn Hip Resurfacing? I believe it must be due to the race course surface. And additionally I did not experience any discomfort from either the joint or surrounding soft tissue. So it's time to rest up just a little, my next event being the World Masters short distance uphill mountain run in Italy when I run in the Irish team late August.

In December it will be 10 fabulous years of my resurfaced hip. In this time I have achieved more athletic wins and ran for the national team than I did in the 40 years prior. I will now have plenty of time to plan my next extreme event but more on that later...

Once again, huge congratulations to Peter on this amazing endurance feat, there really is no stopping the 'Marathon Man'!

Triathlon success for Michael

Michael Dunne came to see Mr McMinn in May of 2015 to undergo a Birmingham Hip Resurfacing (BHR) operation on his right hip. Michael is a very active person so wanted to regain his active lifestyle after recovering from surgery. We were pleased to receive the following update from Michael a year post-op:

"Just wanted to say thanks again to Mr McMinn and Mr Joseph Daniel.

Before my operation even walking a short distance was painful. I had Hip Resurfacing on 5th May 2015. Just over a year later on 15th May at Emberton near Milton Keynes I won my Age Group at the National Sprint Distance Triathlon Championships (see photo). I am so grateful and pleased that I found out about Mr McMinn's treatment."



Michael (centre) on the podium

We'd like to pass on a huge congratulations to Michael on this impressive achievement and we look forward to hearing about your next success!

Make sure to follow us for all of the latest news!



The McMinn Centre



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The McMinn Centre

Your Facebook Comments	
Gillian Mullen	16 years and counting since my BHR with Mr McMinn.
Sue Hogg	Had two hip replacements last year with Mr McMinn. Absolutely the best.
Darren Hussey	Two years this September since my BHR, best decision I could have made and no one better than Mr McMinn for this.
Richard Kenney	2 hip resurfacings - in 2000 and 2014 done by Mr McMinn. Now aged 64 and still doing judo!
Sara Smiles	Had bilateral BHRs, Mr McMinn is totally the best.
David Haynes	18 years since mine were done and still working fine. Very grateful.



IF YOU WOULD LIKE YOUR STORY TO APPEAR IN THE NEXT PATIENT POST, PLEASE SEND THEM TO: robknowles@mcmincentre.co.uk

Lord Andrew Robathan completes 'Wheels on the Western Front' cycle endurance event in France for ABF The Soldier's Charity

Lord Andrew Robathan came to Mr McMinn with problematic bilateral ASR devices. In 2013, his left ASR was revised to a custom made ceramic Birmingham Mid-Head Resection (BMHR). Last year, his right ASR cup was revised to a Polymotion® Resurfacing cup. This summer, Lord Robathan has put his revitalised hips to the test in an impressive charity event.

The Former Minister of State for Defence Personnel, Welfare and Veterans, has been raising funds for a very important cause. ABF The Soldiers' Charity provides vital support to soldiers, veterans and their families and is the National Charity of the British Army.

'Wheels on the Western Front' marked the centenary of the Battle of the Somme. The route followed the path of Kitchener's army around the North of France and the riders visited important battlefields and memorials along the way. The event took place over seven days with 100 riders taking on the 357 mile endurance event.

"I was persuaded to take part when invited to 'come on a battlefield tour – and by the way we are going to bicycle around'. The people on the ride, who were a great bunch, went from my end of the spectrum of interested tourists to mad racing cyclists, emulating Froome, Wiggins or Trott, including a serving Brigadier who did a 100 mile road race before joining us on the first day. Most of the 49

participants were somewhere in the middle of that spectrum, but the kit and expensive cycles of others exposed my amateur attitude. It was certainly a physical challenge, which is of course satisfying to complete, but it was definitely not my thing."

"The battlefields, memorials and cemeteries we visited were poignant in the extreme. Very emotional, overwhelming sadness, pride and indeed disbelief at the courage shown by my grandparents' generation."

"My hips seem fine. The tender area around the Right hip when cycling has gone, probably caused by the endless circular movement, so the team doctor told me. In July, I also walked up Pen-y-Fan in the Brecon Beacons, the highest point in South Wales at 2907 feet. Last month I walked in the Yorkshire Dales up Great Wherside, 704 metres, so the mobility is pretty good. I have little more to add about the hips - I do not usually notice them which is very good. I hope they see me out."

Lord Robathan has raised **over £5000** for the charity which is an exceptional amount and everyone at The McMinn Centre would like to say a huge congratulations! If you would like to donate to Lord Robathan's fundraising page, please visit:

 <https://www.justgiving.com/Andrew-Robathan>



Andrew Robathan cycling in the 'Wheels on the Western Front: Cycling the Somme'

Bilateral BHR Patient David House completes 50k walk for Dimbleby Cancer Care

Last summer, a team from the McMinn Centre walked 50 kilometres around London and raised over £7750 for Dimbleby Cancer Care. This year, the event was repeated and bilateral BHR patient David House was more than up for the challenge.



David (left) in good spirits walking through the night

David had a left BHR in 2001 and a right BHR in 2005, both surgeries carried out by Mr McMinn. He finished the 50k endurance walk with "no problems" in just under 12 hours. At the time of writing, David has raised an emphatic **£2725** for Dimbleby Cancer Care!



On the very last stretch the following morning!

A huge congratulations to David for this achievement and for raising so much money for such a worthy cause. If you would like to donate to David's page, please visit:

 <https://www.justgiving.com/David-House1944>

For more information on any of the articles in this newsletter please visit: www.mcminncentre.co.uk



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The McMinn Centre

Conservative Hip & Knee Procedures for Active Patients

Mr McMinn offers a range of bone-conserving solutions for arthritic disorders of the hip and knee for young and active patients. Patient suitability for the Birmingham Hip Resurfacing (BHR) and Birmingham Knee Replacement (BKR) is determined at consultation. We are always pleased to hear from new patients and offer a professional, personalised service.

Want to get in touch? See our contact details to the left. Our **correspondence only** address is:
The McMinn Centre, 25 Highfield Road,
 Edgbaston, Birmingham, B15 3DP, United Kingdom

Please note that **all** consultations and surgery with Mr McMinn is undertaken at:
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