

SiddeBYSide

A man in a blue athletic shirt and white cap is captured in the middle of a tennis swing. He is holding a tennis racket with both hands, and his body is angled towards the right. The background is a blurred outdoor setting, likely a tennis court.

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Heart Attack

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Joint Program Helps
Couple Get Back on
Their Feet



Sutter Health
Novato Community
Hospital



Keith Shein

NCH Joint Program Helps One Couple Get Back on Their Feet

By Lily Tung Crystal

Keith Shein, 63, and Barbara McClure, 62, of Novato are a true Renaissance couple. Barbara is an English professor and former competitive tennis player. Her husband Keith is a published poet, tennis professional and real estate appraiser. So when they both suffered debilitating leg injuries this year, it seemed as if their whole world was crashing down.

The Athlete Becomes the Patient

In January, Keith ruptured his quadriceps tendon after slipping on black ice. His injury was so serious that after his surgery his doctors didn't know if he would ever play tennis again.

His future hinged on physical therapy (PT). "But my atrophy was profound," explains Keith. "I needed to regain my normal range of motion (ROM), 130 degrees, to fully return to work. Just after surgery, I was only at 25."

When he arrived at Physical Therapy and Sports Fitness, the outpatient department of Novato Community Hospital (NCH), in the Sutter Terra Linda Health Plaza in San Rafael, Keith feared the worst but quickly realized he was in good hands. "My therapists knew what was at stake for me," says Keith, "and it helped us forge a bond as a team. They kept my rudder going, pointing to doable objectives and making big pushes when they felt I was ready. They were tough, nurturing and experienced."

Team Recovery

At the same time, Barbara was having trouble walking and needed to have her left knee replaced. But she was resistant to surgery because eight years before she had had painful right-knee replacement surgery that limited her mobility.

Barbara's orthopedic surgeon Robert Mayle, M.D., assured her that she would have a different experience with NCH's

joint replacement program, which uses a team approach to shepherd patients from pre-op through surgery and PT. Before Barbara's operation, Jennifer Lehr, manager of Physical Therapy and Sports Fitness, met with Barbara to create a customized plan for both her in-home and outpatient care.

After successful surgery, Barbara started PT at home and then continued at Physical Therapy and Sports Fitness at NCH. "My team has been there for me since day one," she says. "They pay attention to what's happening with my body. Eight years ago I was in horrible pain, but my therapists now push me just enough."

Dr. Mayle couldn't be more pleased with Barbara's recovery. "Just three weeks after surgery, her ROM was already better than it was in her other knee," he says. "That shows impressive teamwork and dedication on the part of the therapists."

Back to Work

In May, Keith regained enough function to return to coaching tennis. "By July, he had reached a ROM of 125 degrees," says Jennifer, "and we believe that he'll reach full mobility so that he can play again."

"We couldn't begin to describe the excellence of the Sutter Health physical therapists," insists Keith. "Without their leadership, we would've never made that recovery." ❖



Barbara McClure (L)
& Landy Lum, P.T. (R)