

Hip Replacement – Tom Watson

My Injury and Symptoms: My left hip had been bothering me for a few years, but the pain got a lot worse last year. I had trouble sleeping. Getting my left sock on was an Olympic event. My range of motion was limited, especially my follow-through. I felt compromised like at the U.S. Senior Open on a severe walking course.

How I Found My Surgeon: I studied a variety of surgeons and techniques. I wanted to know the infection rate and how well the anatomy was put back together. I decided on a total replacement rather than a resurfacing, then sought the best surgeon. Jim Vernon, President of the USGA was my roommate at Stamford. Early on he sent me to Dr. Joel Mattia's web site. Jim plays golf with Dr. Mattia in LA. After doing a lot of due diligence, I would up picking him. He popularized what is called an Anterior Approach and has done more than 1,700 of the procedures. He believes that hip rotation drives the golf swing and that this is the way to go for golfers who need hip replacement.

My Rehab: I had the surgery on October 2, flew home to Kansas City the next day and got around with crutches and a cane for eight days before walking on my own. I began an intense "reconditioning" program December 1, with a golf oriented local trainer; three days per week and a couple of days on my own. My strength took a while coming back. On December 12, I put the hip to the test. I hit 200 drives with no issues at all. My rotation was better than it was a year ago, and I think my swing will be improved.

Note: (Upper Perk and New Hope Physical Therapy is staffed with skilled physical therapists who are avid participants in a variety of sports including golf. We have an acute appreciation of the physical requirements necessary to get any person back to their level of pre-injury condition.)