

New knees keep this man moving



Dick Greaves, who didn't begin running until after he left the U.S. Army after 30 years, says he always described himself as a "loper" rather than a runner. Now, after having both knees replaced, he's a happy walker and was one of the participants at the Haltom Stampede on Feb. 9. And the great news is there is no pain for Greaves, who suffered from osteoarthritis in both knees.

Dick said he spent 30-plus years in the Army and "probably ran a total of three times the whole time."

After retiring and moving here for his second career, he took up long-distance cycling and participated in such events as the local 25 and 50 milers (Cowtown Classic, Grand Prairie Grand Prix, Rockwell Rotary Ride, Autumn In Bonham and others) He also did the Fort Worth To Glen Rose and back, the Hotter 'N Hell Hundred and Austin to Dallas, among others.

He began going more on foot after a co-worker at Bell Helicopter talked him into doing some 5Ks.

"And so it started," he said of his running career. "I was never competitive, and consider myself a 'loper,' just trotting along, enjoying the scenery, the munchies and socializing afterward, and occasionally backing into an award if someone in my age group slept in that morning. My wife, Mary Ann, and I both enjoy doing these events, and she knows there's breakfast out afterward. Will run for food!"

Besides osteoarthritis, Dick also had to have torn meniscus repaired in both knees. In 1996, he had the right one scoped, and that's when he learned he had osteoarthritis.

"In '98, I had a torn left meniscus, and got that one scoped," Dick said. "Over time, the osteostuff got worse and I quit loping after the Grapevine Vineyard 5K, with its tasty wine samples, in the fall of 2006. Based on a recommendation of my family physician of 20 years, checking the State Medical Board online, and library research, I visited Dr. O. (Oscar) David Taunton of Texas Orthopedics of Grapevine, and he performed the bilateral knee replacements."

Dick had the right knee replaced on a Friday the 13th and had the left knee replaced on Monday, the 16th. He said after six days at HEB Bedford and eight days at the rehab center next door, Home Medicare authorized 18 visits. He said this was discontinued after about 12 because it was no longer necessary.

"Dr. Taunton was absolutely terrific," Dick said, "and the home care he uses, Gentiva, was extremely effective. There's a lot to the rehab procedures, and I worked hard, but it's

so vital. Now, there's absolutely no discomfort and I'm pain free, and no longer have the excruciating winces when navigating stairs or even a curb.

``The loping's over, and I'm just doing a quick walk now, but it's great to be out on the trail again. It's amazing what can be done to the ol' body, and I heartily recommend the procedure."`