

# The Road to Recovery

**Jersey Shore University Medical Center** *After getting both knees replaced, Greg Bullock is happy to be back on his bike without pain.*

FOR DECADES, GREG BULLOCK, 53, RODE HIS BIKE DAILY, OFTEN LOGGING as many as 200 miles a week. In early 2011, he was experiencing severe pain in both knees. “By October 2011, I stopped riding altogether,” Greg says. Then, on a bright winter day in January 2012, Greg made one more attempt to ride around the neighborhood. “Afterward I felt like someone had poured a cup of gravel into my knees,” he says. “I could barely walk. I told my wife I knew it was time I did something about my knees.”



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## Beyond Your Joints

Greg made an appointment with **Roy Mittman, M.D.**, an orthopedic surgeon at Jersey Shore University Medical Center. An X-ray revealed Greg had severe osteoarthritis in both knees. Dr. Mittman explained the only way Greg could maintain the active lifestyle he enjoyed was through a bilateral knee replacement.

“The main goal with joint replacement surgery is to relieve pain and improve the patient’s quality of life,” Dr. Mittman says. “Many people don’t realize how much knee pain can affect your overall health. If you can’t walk, you can’t exercise, which can lead to weight gain and put you at risk for diabetes, heart disease, and more.”

## Getting Back in the Saddle

The day after surgery, Greg was on his feet. While in the hospital, he received physical therapy every day. He spent another 14 days at Shore Rehabilitation Institute in Brick, part of Meridian Rehabilitation. “There were days it would’ve been much easier to sit in bed and watch TV, but the environment at Shore Rehabilitation gave me the push I needed,” Greg says. After leaving rehab, he completed outpatient physical therapy three times per week for 10 weeks. “I started with small goals, like walking with a walker, going up stairs, and eventually getting on a stationary bike,” Greg says.

Greg slowly worked from pedaling on a stationary bike for a few minutes, to riding his bike a few miles, to riding 200 miles per week again. He already has a full roster of cycling events planned for the coming years, including the Mt. Washington Bicycle Hill

Climb and a Ride Across America.

Greg remains focused on the road ahead. “I’m riding to highlight the durability of these replacements,” Greg says. “I want people who can’t do what they want now because of knee pain to know what a huge impact a knee replacement can have on their life. I couldn’t do any of this if I hadn’t had my knees replaced.”

**Greg Bullock rides his bike 150 to 200 miles per week. Prior to his knee replacements he had to stop riding due to knee pain, so he’s thrilled to be back cycling.**



## Join the Meridian Health Movement



Your Meridian Health team, through educational programs that focus on wellness and tips to help you protect your bones and joints, is committed to helping you maintain your bone and joint health. To find a physician or make an appointment, visit [MeridianHealthMovement.com](http://MeridianHealthMovement.com).