

ARTHRITIS OF THE ANKLE

Over a number of years my ankle had become an unreliable body part; it collapsed without notice, was at times extremely painful; impacted on my knees, hips and back, reduced and / or eliminated walking, exercise and some social activities. X-rays confirmed arthritic bone and reduced cartilage with a recommendation that I would be a 'good candidate' for an ankle replacement.

I was reluctant and declined the surgery on a number of issues (1) the surgery was relatively new (2) it was unclear how long the replacement would last; possibly 5 -10 years (3) it was not renewable like knees and hips and after the replacement had lost its effectiveness my ankle would need to be fused.

I decided to pursue treatment from Dr Chen. This included many little black pills and acupuncture on a weekly basis over 10 weeks. The aim was to build and increase my own cartilage around my ankle – not something mechanical. The little black pills assisted in my nutrition / and the acupuncture increased my meridian flow (life force) and assisted my body in repairing itself.

I was fully aware of the placebo effect (mind over matter) when I attended my first visit so I kept an open mind and paid attention to any changes.

- In the first two weeks my pain level was reduced from 7/10 to 2/10 and the treatment had removed the task of daily strapping of my ankle for support.
- In the next two weeks my gait had improved and I felt like I had become taller and thinner; instead I was walking evenly on both feet and ankles and my back was straight.
- In the next two weeks I remained guarded about any excessive walking but trotted off to a footy game (a 10 minute walk) and I could feel that my ankle was stronger, especially going up and down stairs.
- In the next two weeks I had a setback; my ankle ached and I could barely walk. Dr Chen was puzzled until I showed him the point of pain which was different to previous pain. It seemed that while I was going up and down a ladder doing some house painting in stretching upwards I had pulled a tendon in my foot, this recovered after a few days of heat treatment and acupuncture in the affected area.
- In the next two weeks I found some flexibility in walking up and down stairs something I had not experienced in years. My ankle feels more stable and I am walking without the aid of hand rails. I find that I now have to do a lot of stretching of my muscles and tendons as they have been restricted for so long and they have not caught up with my ankle repair.

I have read nearly all the testimonials in Dr Chen's office and find they are a really informative way to find out about the effect of Dr Chen's treatment, hence my contribution.

Other benefits for me have been loss of weight, healthier eating and feeling more relaxed. I have referred other patients to Dr Chen.

Christine Pollachini

