

Joint Innovation in Healthcare

Professor Barrett & Mery Zanutto

As a lead consultant at Southampton University Hospital and Professor of Orthopaedic Engineering, Spire Southampton's internationally known Professor Barrett has developed a number of innovative procedures to address the complex problems in knee surgery.

Working alongside Mery Zanutto, a rehabilitation specialist, as well as his specialist theatre team Professor Barrett has developed a unique service. "The advantages of a committed theatre team are that the operation becomes very much 'second nature'", explains Professor Barrett, "which means that complex surgery can be delivered simply and safely with good outcomes every time."

We spoke to Professor Barrett, Mery Zanutto and one of their patients, Melvin Wright, on what this approach meant for him as a patient, and what impact this had on his recovery.



"When I first visited Professor Barrett my right knee was basically bone on bone and I was in a lot of pain. At one point I could hardly walk, I had surgery on 17th November at the Southampton Spire and was extremely nervous about the procedure."

Professor Barrett described the procedure that Melvin had. "Melvin had a partial knee resurfacing. It is my signature operation involving more minimal intervention and focused care on just the part of the knee that is damaged rather than replacing the whole joint with a total knee replacement. All the ligaments remain intact after this surgery, which is unlike a total knee replacement. This is advantageous for the

patients because it offers a quicker recovery and increases the levels of activity they can enjoy after the operation.

"The partial knee resurfacing is quite a technically difficult procedure and most surgeons do not perform this operation. We asked Melvin to describe the first six weeks following surgery "I rested my knee completely and kept it elevated and iced on a regular basis. After that period I then started going to the swimming pool, swimming up-and-down. I also saw my own physiotherapist to gently massage around the knee to break down the scar tissue. On 11 February I had my first session at the Perform centre with Mery"

Mery is an integral part of the expert rehabilitation team, based at Perform in Southampton. Perform is part of Spire Healthcare, it offers treatments for those in need of rehabilitation from injury, as well as help to improve levels of strength, health and fitness or encourage behavioural change in the workplace.

With over 20 years' experience as a surgical practitioner in orthopaedics and trauma, Mery has first-hand experience of the treatment and rehabilitation of injuries. This has given her a unique insight into conditions of the joints and soft tissues, their reconstruction and rehabilitation post injury.

Mery described her approach to rehabilitation "I use a fusion of multiple techniques, to suit each client on a one to one basis. I adopt only scientifically proven and researched treatment methods. Specifically designed equipment allows therapy to be delivered on low resistance exercise apparatus, which allows isolation of particular muscle or joint groups and movements."



Starting rehabilitation following surgery can be a big step "I was very nervous about putting my knees through any kind of exercise" Melvin tells us "but from that moment on I realised that I have nothing to worry about. The treatment did not damage to my knee and with gentle Pilates on a weekly basis I have made the most of amazing recovery."

Mery describes how we all move in a unique way and this is a crucial part of rehabilitation. "I recognise each of us has a different movement architecture that changes from day to day. My treatment routines combine strength, flexibility, endurance and dynamism. The exercises involve muscle and soft tissues stretching, emphasising the three-dimensional nature of movement and coordination."

"My 20 years' experience; provides a unique insight into the injuries and conditions of the joints and soft tissues, their reconstruction and rehabilitation post injury.

We all face challenges in life, and recovery from a major surgery is both physical and emotional. I work with a spectrum of clients from international athletes to everyday champions. Understanding and working with their mind-set is paramount to what I do, enabling the client to be more confident and achieve their best."

This proved to be especially true for Melvin, following his operation he went on to achieve some incredible challenges. A far cry from the man who was in so much pain he could hardly walk.

"On 7th May, six months after the operation I completed a 100 mile bike ride in Hertfordshire with no pain which was amazing. I have continued with Pilates which without doubt has helped strengthen my leg and has given me a complete new lease of life.



I recently cycled to Wales which was over 300 miles in three days, I skied in Whistler for seven weeks and my right leg became the leading leg. It is so much stronger than the other leg which unfortunately looks as if I will have to have a similar operation.

The most invaluable advice Professor Barrett gave me was to have gone to the Perform centre, Mery gave me complete confidence."



About Spire Healthcare

Spire Healthcare is a leading independent hospital group in the United Kingdom. We deliver high standards of care, with integrity and compassion and from high-quality facilities to our insured, Self-pay and NHS patients.

From our 38 hospitals, 10 clinics and two Specialist Cancer Care Centres across England, Wales and Scotland, we provide diagnostics, in-patient, daycase and out-patient care. We also own and operate sports medicine, physiotherapy and rehabilitation brand, Perform.

Working in partnership with over 3,800 experienced consultants, our hospitals delivered tailored, personalised care to more than 274,000 in-patients and daycase patients in 2016.

Spire Healthcare offers in-patient/daycase procedures in areas including orthopaedics, gynaecology, cardiology, neurology, oncology and general surgery and also diagnostic services including imaging and pathology, and is the principal independent provider by volume of knee and hip operations in the United Kingdom. We also offer out-patient services, such as consulting, minor procedures, treatments, health checks and physiotherapy.



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