

## PATIENT FEATURES & FEEDBACK

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### Ginnie S., 61-years old, Baltimore, Md

#### Dr. Brodie's patient, Double Ankle Fusion

#### The Sky is the Limit Thanks to a Double Ankle Fusion

61-year-old Ginnie S.'s activities of daily living came to a standstill last fall. "I had excruciating pain in both ankles," remarks Ginnie. "Walking and even standing any length of time became unbearable. For example, I could not wait my turn in the check-out line at the grocery store long enough to check out. My poor daughter had to do all my food and other shopping. Routine house cleaning and vacuuming took hours. I was forced to stop my volunteering activities because I couldn't be on my feet. Pain interfered with every part of my life."

Her primary care physician recommended Dr. Jeffery Brodie, fellowship trained foot and ankle orthopaedic surgeon at Towson Orthopaedic Associates.

"I was comfortable with him right away and felt he was the surgeon for me," says Ginnie. "Dr. Brodie said I was a strong candidate for ankle fusion because I was so active. He operated on my left ankle in November, 2008 and the right ankle in March, 2009. I think I surprised him when I asked if I could go skydiving this summer to celebrate."

"Ginnie is an incredibly motivated patient who was determined to do all the activities she had missed due to her incapacitating arthritis," says Dr. Jeffrey Brodie. "Her only option was fusion due to her age and severe ankle deformity. Patients have very few limitations with an ankle fusion. Once pain is resolved, a patient can do most normal activities of daily living including, walking, biking, golf. Only running activities should be avoided. Ginnie is an amazing example of what can be accomplished after the surgery."

"Once my ankles healed, I created a bucket list. I have plans to go whitewater rafting on the Missouri River and learning to ride a horse as well as continuing to sky dive," says Ginnie. "Someone recently told me I was too old to learn to ride, that I should think about taking it easy. I don't think so! I don't look 61 and I don't feel 61; age isn't going to stop me. Thanks to Dr. Brodie, neither will my fused ankles."

[Watch her skydiving video!](#)



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