

LILYFIELD

Goodbye to the kilos, and pain

Sports fanatic gets with the program and flees osteoarthritis hell

Lisa Herbertson

KEN Stapleton knows first hand how debilitating knee pain and osteoarthritis can be, but the 61-year-old also has a trick to reducing that pain.

The Lilyfield sports nut has been training junior rugby league for more than 40 years and is involved in the international kneeboard surfing community.

Mr Stapleton suffered from osteoarthritis for 10 years and went from being extremely active – running, surfing, knee-boarding, swimming – to doing no sport at all, and he said this really affected him mentally.

“I was very active, I’ve always been an active person, swimming, touch football,

Help at hand



► The Osteoarthritis Healthy Weight For Life program is a “cost-free”, specialised program designed to help knee and hip osteoarthritis sufferers

► Over 6000 Australians with osteoarthritis have successfully completed the program and found immense improvement in their pain and quality of life

surfing, I rode in kneeboard competitions competitively for 30 years and I got to the stage where I couldn’t do it anymore because of my knees,” he said.

“I wasn’t doing any sport at all, I’d given it away, I

thought I couldn’t do it anymore, I was getting depressed, I had too much pain in my joints. My knees and hips were the main problems.”

Mr Stapleton said it had got to the point where he could not work.

But by losing 21kg – through a program called the 18-week Healthy Weight for Life program – earlier this year, he said his “knees have never felt better”.

He said a specialist from The Royal North Shore Hospital recommended it.

“I’ve tried every diet on earth – you name it, I’ve done it – and I’ve never been able to stick to it. This came and I thought I’d try it. It had exercises and I started right from the bottom and worked my

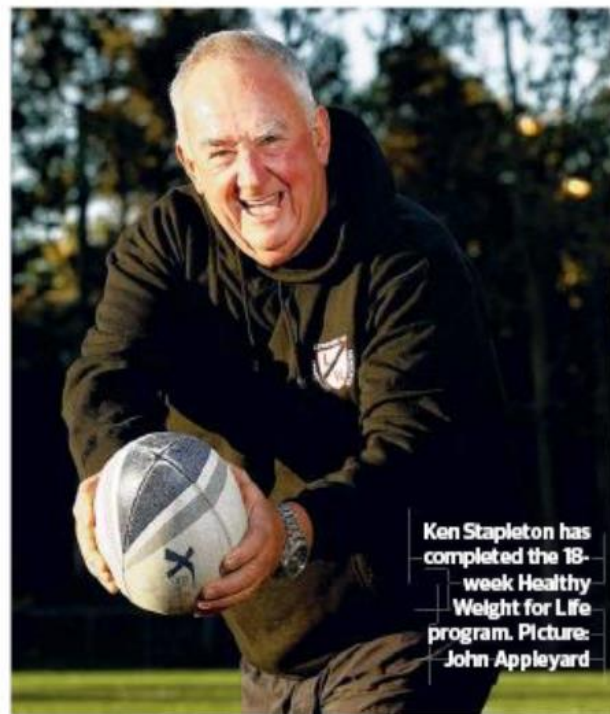
way through it, and it’s been unreal – even the simplest exercises made a difference to me; my body reacted,” Mr Stapleton said.

“The diet part of it is the best tool I’ve ever seen, it explains what foods you can have and goes into proportions and how much you can have. It is the best thing I’ve ever seen, it’s the best tool.

“Now I have no knee pain at all, and I’m back doing the things I used to do and always do.

“The only thing I don’t do is run. I go for walks with my wife, I swim, surf, ride my bikes and I’m back at the gym.

“You don’t have to go anywhere or get weighed, you do it yourself, but they call you every week to check in.”



Ken Stapleton has completed the 18-week Healthy Weight for Life program. Picture: John Appleyard