

LINDA JOHNSON / Inquirer Suburban Staff

Thanks to a new surgical technique, Mike Benson of Glen Riddle wasn't sidelined long after his knee replacement surgery.

Spreading good news for bad knees

Michael Benson's knees began bothering him when he was in his mid-40s. There was no sudden injury or athletic trauma. He was not running marathons or playing basketball twice a week.

"I was just becoming an old fossil," he says. "It was just normal wear and tear."



Art Carey

Body Language

Particularly troublesome was his left knee. The meniscus, the waferlike shock absorber of cartilage, was torn and shot. Twice, he underwent arthroscopic surgery to repair it. He also had surgery on his right knee.

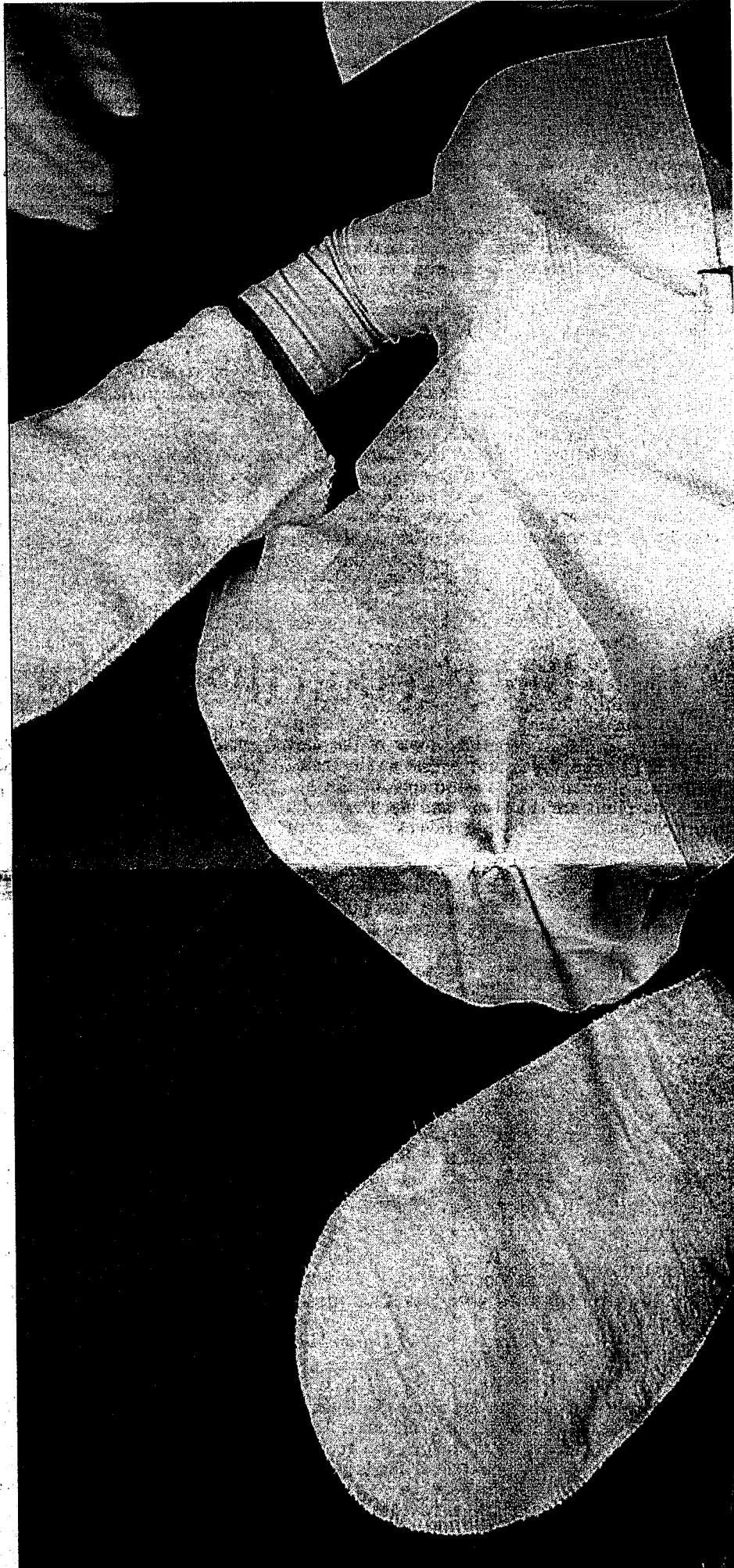
Benson, who lives in Glen Riddle, Delaware County, and works as a sales rep for Xerox, was

never so hobbled by pain that he couldn't walk. It was more like a chronic toothache that would flare after exertion.

For fun, Benson target-shoots with antique weapons. On weekends, he dresses in Civil War garb and fires period muskets at a range in South Jersey. His hobby entails carrying around vintage equipment and traipsing over hill and dale. After a day of that, "my knees hurt real bad," he says.

In January, Benson, 62, decided to take action. By then, his left knee had lost all its cushioning. It was just "bone grinding on

See **ART CAREY** on F5



How much of a wash for produce?

By Marian Uhlman

