



## MICKEY M., 62

Yogi, Active Grandfather

**"I'm not limited with any of my activities. It's a life-changer and I hope to remain active for years to come."**

*Mickey found himself among the 27 million Americans suffering from osteoarthritis, (his settled in the big toe), and the pain was debilitating.*

"I've always been active," said Mickey. "My job required me to be on my feet and physically strong. I was committed to exercising regularly in order to do my job well and because I love living a healthy lifestyle. My toe pain, however, became overwhelming to the point where it forced my early retirement.

I also practice yoga regularly, and the big toe is key for balance and stability. Fusion surgery could really affect my ability to practice yoga, which really was upsetting."

Mickey had the opportunity to choose the CARTIVA synthetic cartilage implant surgery.

**"I was back to practicing yoga in six weeks** and am back to my workout schedule of yoga three times a week, weightlifting once a week, and running and jumping with my granddaughter."

The results reported by this patient may not be typical and cannot be predictive of other patient outcomes. Individual results and activity levels after surgery vary and depend on many factors including age, weight, severity of disease, and prior activity level. Visit [cartiva.net](http://cartiva.net) for more information.