

John Ryder:

As a triathlete, I'm not the normal patient who wants to use my body in a normal way.

I was in the process of the age group national championship, and about halfway through my run, I basically had to stop running because the pain was so intense. So I went into Kaiser Permanente and we saw that I had a double sports hernia and my primary care doctor, she said we could pursue the surgical route that might have a more immediate fix, but that's going to involve recovery and a lot of time away from my sports.

But she understood that being a triathlete is part of my daily routine. It's my physical activity, it's my meditation, it's part of my business career. So not being able to have that could have been devastating. So they worked with me towards incorporating physical therapy exercises while still being able to incorporate some light cycling or swimming, even knowing that that would be a longer, potentially harder course of treatment compared to surgery. So going through this longer version of care with simply using PT, there's always that element of I'm putting in all this time when I get down the road, is that result that I want going to be there? And it was! It was fantastic! Working with these physicians and physical therapists, I truly feel like they care about providing the type of care that I need that will get me to the health outcomes that I want, and having them help me get back to the point where I can do the thing I love is absolutely fantastic.