

Lee Paustian
Kaiser Permanente Colorado member

I've been a firefighter for five years. There's a lot of different things that drew me to the career. The classic want to help people, but I also love working with my hands and the camaraderie of the crew.

I've been a snowboarder for like 31 years...One of my favorite places is Steamboat, and that's where my injury happened.

Robin Dunn, MD
Orthopedic Surgeon
Kaiser Permanente Lone Tree Medical Offices

Lee was snowboarding through the trees, ended up crashing into a tree and dislocating his left knee...He was taken to an emergency room up in Steamboat where he had x-rays done that showed a knee dislocation and an MRI at that time showed that he had torn three out of the four main ligaments in his knee. He was stabilized and then put into a brace, and then sent down to Denver where we got to meet him...at which point his knee was extremely swollen and very stiff. We obtained another MRI and that showed again that he had a very severe injury, injuring his ACL, his PCL and his MCL.

We took him back to the operating room for his first surgery where we repaired his MCL. Once the range of motion was back then, we were able to take him back to the OR a second time to sort of finish the job.

During that second trip to the OR, we performed an ACL and PCL reconstruction.

Lee Paustian

I had a challenging knee injury and Dr. Dunn ultimately was the one who came up with the surgical plan. He really went above and beyond.

His care and his involvement in my recovery was exceptional, and he did a great job. I think other surgeons should aspire to be as great a surgeon as he is.

Dr. Dunn

One of the wonderful things about taking care of patients as a doctor at Kaiser Permanente is that I am on a team of physicians.

When I was presented with Lee's injury, I was able to tap into the wisdom and expertise of 10 other sports medicine trained orthopedic surgeons who all provided input as to what the optimal course moving forward was.

Lee Paustian

I had a great experience with the care that Kaiser Permanente provided me. It was professional. The communication that I received was great and just everything about my treatment, I really felt taken care of.

Dr. Dunn

That ability for us to collaborate, be on the same page, to allow communication among team members in coordinating care really allows for patients to feel held and supported as a whole human being.

I really credit Lee with working very, very hard... to get that function back to the point where he was competing in cycling races just a few months out from surgery, which is quite remarkable for an injury like this.

Lee Paustian

Today I feel great. I'm able to do everything that I was doing beforehand. Back riding just about as hard as I ever was.