

Jon Ryder:

I was in the process of the Age Group National Championship. And about halfway through my run, I'd had to stop running because the pain was so intense. So I went in to 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 meditation. It's part of my business career. So not being able to have that could have been devastating. My healthcare team worked with me towards incorporating physical therapy exercises and light cycling or swimming, even knowing that that would be a longer course of treatment compared to surgery. But there's always that element of, is that result that I want going to be there? And it was, it was fantastic. I truly feel like these physicians want to work with me to help me get better.