

## **Sarah Bennett — Kaiser Permanente Colorado member story**

### **Sarah Bennett**

#### **Kaiser Permanente Colorado member**

I'm Sarah Bennett and I teach second grade at Douglas Elementary School in Boulder.

I love to go snowboarding and hiking with my dog, camping, basically any outdoor activity, snowshoeing, anything in the mountains.

We decided to go snowboarding on my birthday. And so, we were on the last run of the day, and I was coming down a pretty steep hill with moguls, and I just took a slight turn and my wrist, I used my wrist to catch myself, and I heard a snap, and I knew immediately that it was probably broken because it was sort of dangling.

### **Julie Melchior, MD**

#### **Orthopedic Surgeon**

#### **Kaiser Permanente Colorado Rock Creek Medical Offices, Lafayette**

Given the alignment of the fracture, the alignment of the broken pieces, we wanted it to be as close to perfect as we could make it for her. And so, we decided to fix her wrist surgically.

### **Sarah Bennett**

When she walked into the room, I realized I had taught her daughter when she was a first grader many, many years ago.

I recognized her right away and I gave her a big hug, and it was very comforting to know it was someone that I was familiar with.

As an elementary school teacher, my number one priority was my ability to write very neatly. So, my fine motor skills and my handwriting was the most important thing that I was hoping I would be able to get back once I had surgery.

### **Dr. Melchior**

After surgery she came back to see us in orthopedics. She got a removable brace at that two-week visit, and she started her therapy and started working on movement exercises as well as working on the scar to help it desensitize.

### **Sarah Bennett**

I started physical therapy and at Kaiser Permanente, it was really helpful because I was able to make those appointments outside my school hours, so I didn't have to get a substitute teacher every time I had a physical therapy appointment, which was really appreciated.

**Dr. Julie Melchior**

In this case, my occupational therapist and I, our hand therapist, we communicate almost daily. That I think is huge when it's part of the recovery, because I want to know how Sarah's doing, and the therapist wants me to know if things are coming along well or if there's any area where she thinks we need a little bit of extra focus.

**Sarah Bennett**

Kaiser Permanente also offers an app that you can do all the exercises at home. Every night I would go home, and I followed it to a T and then it would send my results to my physical therapist. So, every time I met with her, she could see what I had done. I feel like it made the progress a lot faster than it would've been otherwise.

**Dr. Julie Melchior**

I was very impressed with Sarah's recovery. She is such a hard worker.

She came back to see me at 12 weeks and the X-rays showed that the break the fracture was completely healed, and then she no longer had any restrictions. So, then she was able to get back into all of the things she loves to do.

**Sarah Bennett**

My handwriting is fantastic today, and I feel really good. It's almost as if I never broke my wrist.

I would tell Dr. Julie, thank you how much I appreciated the personal care and attention that she showed me, and how much I was able to trust that she would provide the outcomes and everything I was hoping for.