
Lyle: Right Total Knee Replacement

OCCUPATIONAL PROFILE

Lyle is a 57-year-old Black man with a diagnosis of a right total knee replacement. Lyle has a past medical history that includes morbid obesity, coronary artery disease, and hypertension. Lyle had elective knee replacement surgery because of pain in the right knee and decreased mobility.

Before the surgery, Lyle was independent with all self-care using several adaptive devices, including a reacher, a long-handled shoehorn, and a handheld shower head. He was independent in home management and community mobility skills. He ambulated with a limp, but used no device. Lyle works full time as an account representative for a corporation that manufactures institutional kitchen equipment. Lyle's job requires much travel, and he spends most of his time in the car and on the telephone. He reports that his job takes most of his time and that he works close to 60 hours per week, including all his travel time. With his company's recent downsizing, he now covers an even larger geographic area, but he "dares not complain" for fear of losing his job. He says he only has a few more years until retirement and plans to keep working until then. Lyle

is concerned about the amount of time he has to lose from work because of the surgery and hopes to get back as soon as he is able. He says, laughing nervously, "I don't want to give them a chance to realize they'd be better off without me."

Lyle is divorced with three grown children. His youngest daughter, Chloe, moved in with him recently after her own divorce. She works full time and attends college part time in the evenings. Lyle lives in a two-story condominium where the bedrooms and bathroom are on the second floor. Lyle says he wants to move somewhere that has everything on one floor, but the condominium is so convenient to his office and he does not want to drive any more during the day than he has to.

Lyle is a large man, standing 5'10" tall and weighing close to 300 pounds. His lifestyle is hectic, and he admits to doing little to take care of himself. He claims he has no time for exercising or eating right. His physician has been trying to get him to lose weight for a while, with little luck. Although he has always been overweight, Lyle has been putting on weight recently. He feels this is due to more time spent in the car, his sedentary lifestyle, stress related to his