

Arthritis Walk



Arthritis Walk Honoree

Charlie Frisinger

Warsaw, IN

Charlie has always been an avid walker throughout his childhood into his adult life; walking was an activity that he continually preferred over others. In 1999, he began to experience pain in his left knee that hadn't occurred before, and was intensified whenever he walked; either for exercise or during casual levels of intensity. Upon visiting and being examined by his family doctor, Charlie was referred to an orthopedic surgeon, where he was diagnosed with the first stage of degenerative osteoarthritis.

His treatment was a cortisone injection into the affected joint, and eventually a proprietary formula of joint lubrication. This gave Charlie considerable relief for quite some time, but with the continuation of activity over the years, the pain returned and began to intensify in 2009. Further activity caused him to experience intense pain, almost to the point of inactivity. His mobility was limited to only what was necessary to function daily; and he needed the assistance of a cane. Walking became extremely painful. Sleeping at night was also a challenge due to the continual pain, and Charlie found he was only able to sleep when he positioned his body and joint in a manner that relieved the pain.

Upon revisiting an orthopedic surgeon the decision was made to perform total knee replacement at the affected knee joint. Following a period of rehabilitation, which included a combination of home exercises and treatments at a local physical therapy unit; Charlie has been able to walk again without pain. He has increased his distance walking from 6 to 8, and even 13 miles WITHOUT PAIN!

Charlie is thankful for the technological advances that have been made in the treatment of osteoarthritis. When asked about his goals moving forward Charlie said, "I want to assist the Arthritis Foundation in helping others who are undergoing the discomforts of rheumatoid and osteoarthritis to experience the relief that I have now. I know that much has been accomplished, but there is still much to do."

It is because of Charlie's strong determination, budding energy and tremendous support that we are thrilled to recognize him as the 2013 Warsaw Arthritis Walk Honoree.

About the Arthritis Foundation

The Arthritis Foundation (www.arthritis.org) is committed to raising awareness and reducing the unacceptable impact of arthritis, which strikes one in every five adults and 300,000 children, and is the nation's leading cause of disability. To conquer this painful, debilitating disease, we support education, research, advocacy and other vital programs and services.