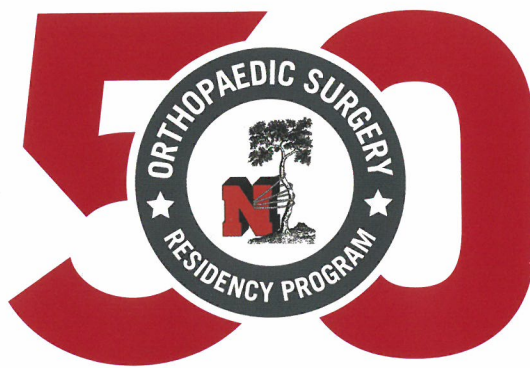


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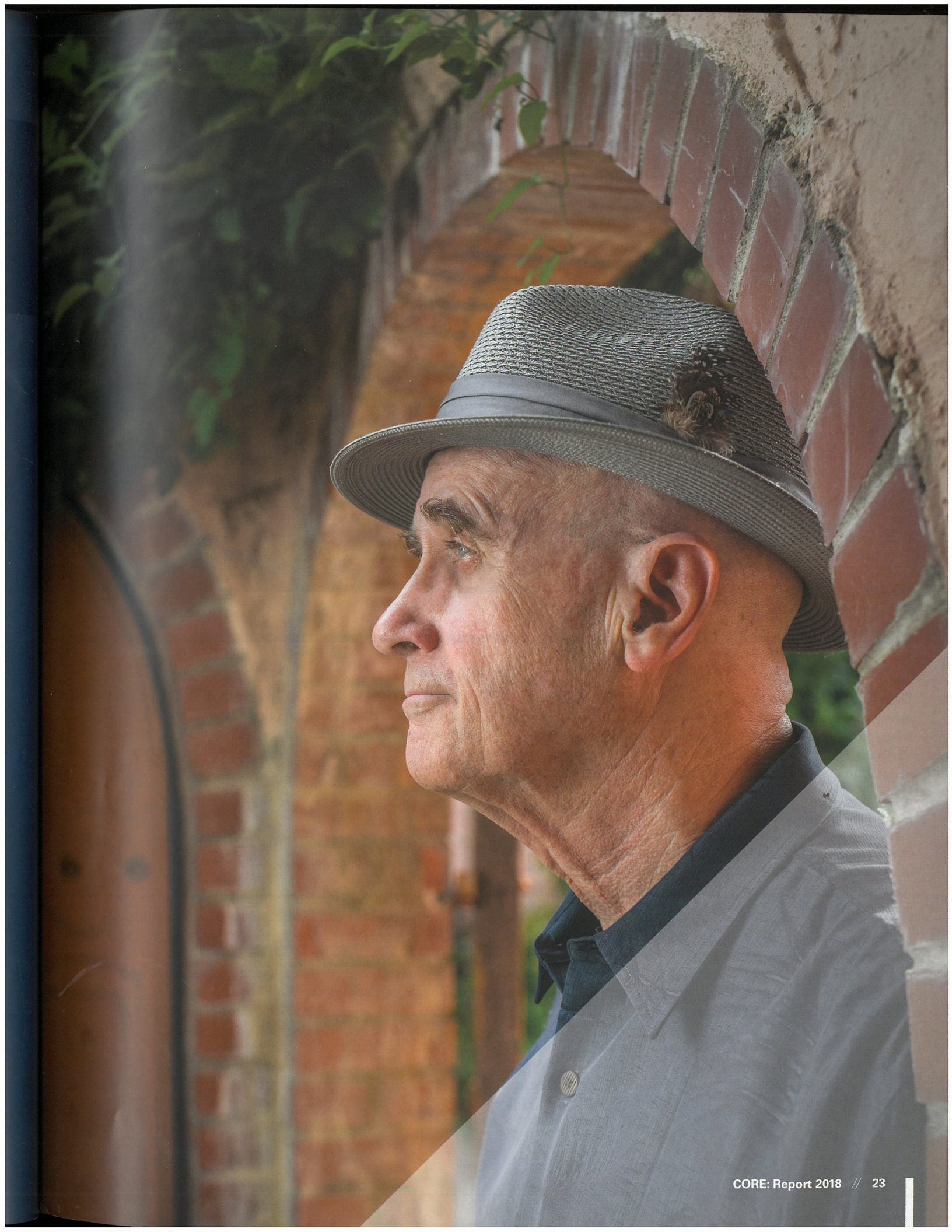


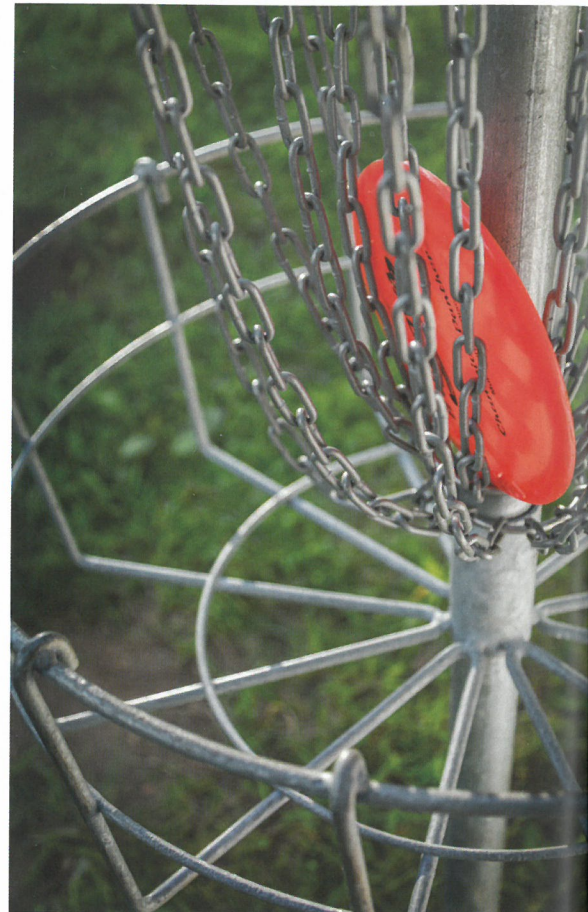
2018 REPORT
DEPARTMENT OF ORTHOPAEDIC
SURGERY AND REHABILITATION



I grew up around junk and had to learn all the body work skills, including welding and assembling and riveting. I would rebuild or make things because of the way the culture was—to rebuild. —Mark Goodall

REBUILDING A LIFE





There is one thing that Omaha resident Mark Goodall has always enjoyed – an active lifestyle. He’s an attorney of more than four decades, a former Chinese linguist airman in the Vietnam War, a disc golf champion, a world traveler, and an artist who makes incredible creations out of reclaimed trash.

Back in fall of 2015, an incident started Mark on a path that threatened his active lifestyle.

The autumn sun had set and north Omaha’s Hummel Park disc golf course was rapidly losing light. Mark planned to quickly finish his disc golf game before dark. As he walked down a fairway, he spotted a stick in his path and kicked it out of the way.

However, the stick turned out to be tree root, firmly attached to the ground. His foot lodged under the root as he fell to the ground on the fairway.

“I did an ugly twisting fall,” Mark said. “At different times in my life I’ve been complimented on my nice rolling falls, but I couldn’t do that with one foot hooked.”

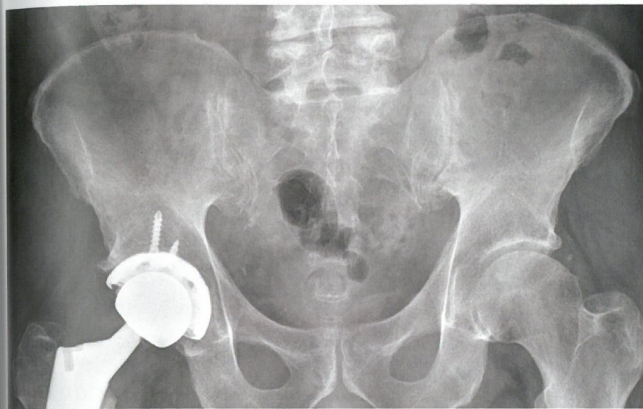
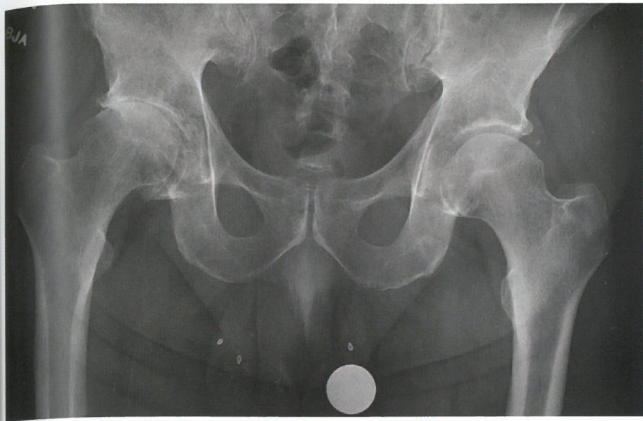
Although the fall didn’t immediately land Mark in the hospital, the plaguing knee and hip issues eventually led him to visit a sports medicine doctor, who particularly tuned in to the hip pain.

Mark hoped his pain was from the soft tissue surrounding his hip joint and would improve with time and physical therapy.

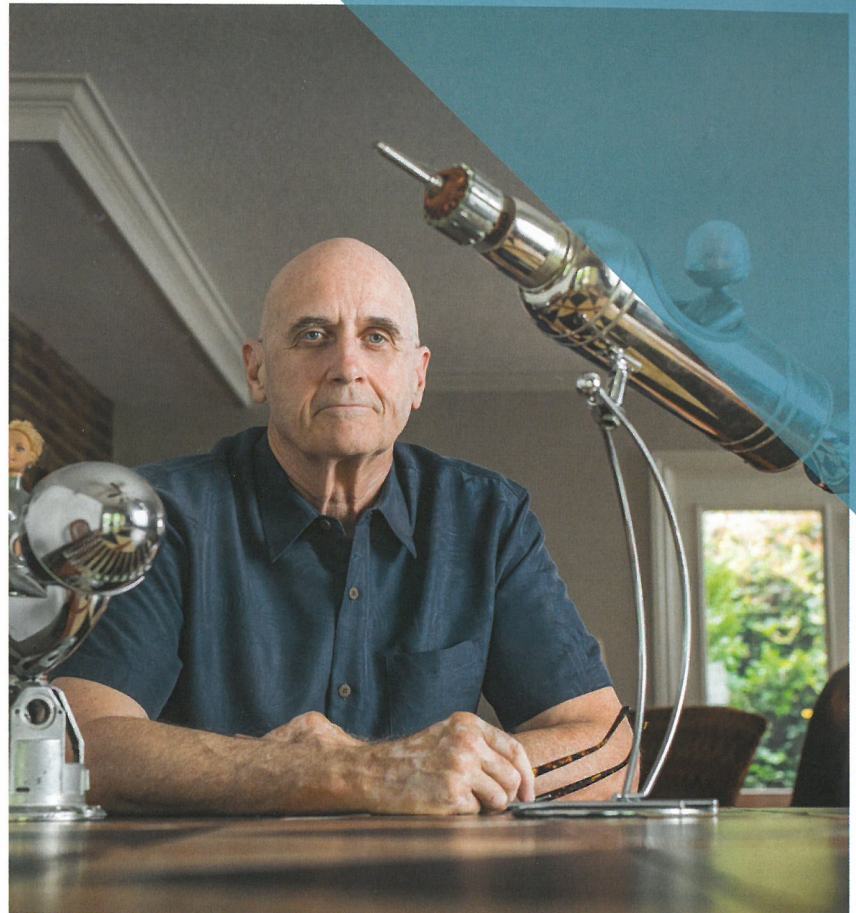
However, Mark’s pain didn’t improve – it got worse.

Pain in his right hip began limiting his ability to participate in competitive disc golf, a sport he became involved in at age 61, when he answered the call to build a course at Hummel Park in 2010. At the time, he mixed concrete and dug tee pads in the park, working alongside others who had a passion for the game. He quickly caught their enthusiasm for the sport he now calls the perfect exercise – walking between eighteen holes, navigating a course with hills and obstacles, and using a variety of body movements for disc throwing.

Just five years after first throwing a disc, Mark brought home a trophy from the PDGA Coca-Cola Classic in Atlantic, Iowa. He placed second, in his division, competing against athletes who had been involved in the sport for 20-35 years.



Top: Mark's right hip before total hip replacement. Bottom: Mark's right hip after total hip replacement.



But the plaguing pain that began on that autumn evening in 2015 – shortly after his success at the tournament – was now threatening his active lifestyle. As the pain worsened over a 18-24-month period, he began walking with a cane, which restricted his everyday activities.

While on a trip to Paris in October 2017, it became apparent to Mark that he needed to consult with an orthopaedic surgeon about his hip pain and increasingly limited mobility. Upon returning stateside, he met with adult reconstruction surgeon Beau Konigsberg at UNMC. X-rays revealed severe arthritis in his right hip. Dr. Konigsberg believed a total hip replacement was the only path to reduce Mark's hip pain and restore his mobility.

"Mark had a significantly stiff hip with a flexion contracture and extremely limited internal and external rotation," Dr. Konigsberg said.

Mark successfully underwent hip replacement surgery the following month. The Rapid Recovery program at UNMC supports patients in returning to activities quickly by using a specialized anesthetic block and providing preoperative orthopaedics education. Mark was able to walk the day of the surgery and left the hospital the following day.

"The whole experience was a lot of fun," Mark said. "I was treated very well and everyone was very pleasant."

Mark quickly progressed from a walker to a cane, and then walking without a cane or pain. He found that writing a daily log of his recovery, such as wound condition, medications and physical activities, helped him to focus on his rehabilitation.

The sport that first slowed Mark's active lifestyle also helped him recover and get back to the things he loves to do. Too soon to play on the hilly Hummel Park disc golf course, he brought the course to his house by throwing discs at baskets he set up on the lawn of his north Omaha home.

Once Mark was ready to fully get back to disc golf, he also took up another activity he enjoys – mentoring people in the community who are interested in beginning the game. A native of Minnesota, Mark has been a fixture of the Omaha community for decades. He was stationed at Offutt Air Force Base after a tour as a Chinese linguist airman in the Vietnam War, and later attended University of Nebraska at Omaha. After law school in California, he returned to Omaha and started on what he calls the "yuppie path to partner in a large firm," before later founding his own firm in 1995 that specialized in start-up businesses, divorce and estate planning.



Something else Mark is glad to be able to do pain free is his art – which he calls found object assemblage sculpture. The art form requires scouting flea markets and second-hand stores to find old objects, ranging from antique vacuum cleaners to vintage toasters to Barbie dolls. He then imagines an ingenious use for each and brings his vision to life by combining elements of multiple objects. A series of vintage toasters might be connected as train cars, a vacuum cleaner might become a roadster with a doll at the wheel, or a bike could get a second life as a rocket.

Mark's interest in this kind of art stems from his childhood – the son of parents who operated a body shop and salvage yard. While on tour as an airman in Vietnam, he took the kinds of skills he learned as a child to create art out of used C-ration cans.

"I grew up around junk and had to learn all the body work skills including welding and assembling and riveting," he said. "I would rebuild or make things because of the way the culture was – to rebuild."

Mark was eager to get back to full activities and progressed quicker than most patients due to his positive outlook and enthusiasm.

– Beau S. Konigsberg, M.D.

Today, he also shares his passion for art with a younger generation. He volunteers as a collaborating artist with Girls Scouts of Nebraska in the winter months and helps girls prepare found object art projects for an annual spring art gala.

Mark is now back to his old self and happy to lead the active lifestyle he enjoys.

"Mark was eager to get back to full activities and progressed quicker than most patients due to his positive outlook and enthusiasm," Dr. Konigsberg said. "He kept me updated regularly with his progress and it was a pleasure to get him back to the activities he enjoys and see the joy it brings him." ■