



Hip replacement patient Garrett McClary, Grand Junction

**Performing more joint replacements  
than anyone else in western Colorado,  
St. Mary's helps a lot of people dive back  
into the things they love.**

When the pain in his hip kept him up at night, Garrett McClary knew he had to do something. Orthopedic surgeon Steven Heil, MD, suggested hip replacement surgery and encouraged Garrett and his wife, Joan, to attend St. Mary's joint replacement preoperative

**most.mary's**

class. They met the nurses and therapists who would take care of him in the new Orthopedic and Spine Unit. "In class they said you get out of your recovery what you put into it," Garrett says. "I believe that's true." Garrett says he just followed directions, did his exercises, and in no time "why, right back into the old routine I went," including his daily, half-mile swim.

***"We're here for life."***

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