

*“I knew something really bad had happened.”*

*Life was good for 16-year-old Brynn Lewis. A year ago, the gifted athlete was playing on the Woodinville High School varsity and with a select year-round softball team...and dreamed of playing softball in college. Then a favor to an old coach almost cost her everything.*



Brynn Lewis  
(second from left)  
was happy to be  
back with her  
Woodinville High  
teammates.

Lewis had given up competitive soccer to concentrate on softball, but when her old coach asked if she'd be a guest player at a tournament last July, she agreed. "I thought it would be fun," she remembers. "But in the first 15 minutes of the game, I got hit from behind and fell and twisted my knee. I knew something really bad had happened." Lewis was carried off the field, and her dad took her to the Emergency Department at Evergreen Hospital Medical Center.

Lewis had an MRI, and the Emergency Department staff called in orthopedic surgeon Dr. Robin Fuchs for a consultation. The news wasn't good; Lewis had torn her right ACL – anterior cruciate ligament – and her medial meniscus. Dr. Fuchs recommended surgery.

**SURGERY & REHABILITATION**

Coming to terms with her injury was difficult for Lewis. "I had been doing really good in all my softball tournaments," she recalls. "To hear I needed to have surgery was really hard. All I could think was, 'How am I going to take a break from what I love?'"

Dr. Fuchs performed the reconstructive surgery and prescribed a physical therapy program to restore motion and strength in the leg. Lewis committed herself to a rigorous schedule of physical therapy. She worked on regaining the motion in her right knee and strengthening her muscles for the first four months. In February, she transitioned into a sports training program. "Brynn has worked very hard with physical therapy and

made a great recovery," Dr. Fuchs explains. "She has an excellent prognosis."

"We were very impressed with Dr. Fuchs' care and his honesty about the recuperation time," says Lewis' mother, Dana. "Everyone at Evergreen – from the Emergency Department through surgery and rehab – was so patient and kind."

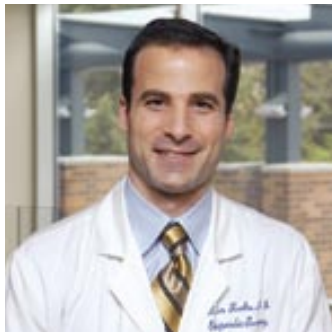
**BACK ON THE FIELD**

But would Lewis be able to play competitive-level softball again? "It was always the question I asked during rehab," she says. "I couldn't imagine life without softball."

Thanks to her hard work and Evergreen's orthopedic expertise, Lewis is back on the field with both her dreams and talent intact. This spring, she was back in uniform for the high school season, and she is looking forward to tournaments in California, Texas and Colorado with her select team this summer.

"It feels so good," says the now 17-year-old high school senior. "At my first practice back, I got a base hit. I was so excited. I told my teammates: 'You guys have no idea how long I've waited to do that!'"

*For referral to an Evergreen-affiliated orthopedic surgeon or a brochure on Evergreen's orthopedic program, please call the Evergreen Healthline at 425.899.3000.*



Robin Fuchs, MD