

## **Mike “Coach K” Krzyzewski, Duke University Men’s Basketball Coach and Bilateral Hip Replacement Patient**

Mike Krzyzewski (Coach K), 65, is the coach of Duke University’s men’s basketball team as well as a hip replacement patient. Most recently, Coach K led the U.S. team to the Gold Medal at the Olympic Games in London.

It was during the 1994 basketball season when Coach K first experienced pain and discomfort in his left hip due to osteoarthritis. Over the next five years, the pain worsened and by 1999, at the age of 52, Coach K was walking with a limp and coaching games from a chair – an unfamiliar sight to those who had grown accustomed to seeing his active and energetic coaching style. Despite a successful season, Coach K’s debilitating pain forced him to contemplate the unthinkable: an early retirement from the game he loved.

Coach K considered hip replacement, but kept putting it off. He thought he couldn’t afford to take the time off to have the surgery because he didn’t want to miss a season. But as time passed, despite daily medications and physical therapy, he knew his options were either to have surgery or stop coaching. After consulting with his orthopaedic surgeon, Coach K had his left hip replaced in April 1999 and was back to his normal activities within two months. In 2001, he led Duke to its third NCAA® national championship, further solidifying his reputation as one of the top college basketball coaches of all time.

A couple of years later, after experiencing similar symptoms in his right hip, Coach K had his other hip replaced. But this time he didn’t wait as long to seek treatment. He underwent a successful operation and rehabilitation program, and that same year led his team to Duke’s fifth consecutive ACC Tournament championship and the school’s sixth consecutive appearance in the NCAA Sweet 16.

Looking back on his decision to have hip replacement surgery, Coach K said he wishes that he’d made the decision to have his first surgery sooner, because it almost cost him his coaching career. In addition to being the winningest coach in Division I men’s college basketball, Coach K is a published author, having written several books about his experiences coaching for Duke University and the U.S. Olympic Team for Men’s Basketball, team building, and motivating and inspiring people on and off the court.

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