



**Jack Groppe, Co-founder of the Human Performance Institute and Bilateral Knee Replacement Patient**

With a Ph.D. in exercise physiology and a board certification in nutrition, Dr. Jack Groppe, 63, is an internationally-recognized fitness and nutritional science expert and pioneer in the science of human performance. Jack is also the co-founder of the Human Performance Institute (HPI), a leader in Energy Management that focuses on helping a wide range of individuals from professional athletes to FBI agents to CEOs, as they strive to better manage their energy for sustained high performance and develop healthier habits in all areas of their lives.

In addition to his professional endeavors, Jack has parlayed his expertise into his personal interests. As a lifelong recreational and collegiate tennis player and coach with a passion for exercise, Jack dedicated 16 years of service to the United States Tennis Association as Chairman of the National Sport Science Committee. He also serves as the national spokesperson for the CEO Pledge for Physical Activity. There was a point in his life, however, when this leader in human performance had to evaluate his own ability to perform at his best.

In his mid-30s, Jack started experiencing osteoarthritis (OA) pain that began to impact his active personal and professional life. In addition to cutting back on the activities he enjoyed, the pain led him to have surgeries to remove the meniscus from both knees, attend countless physical therapy sessions, and undergo several other procedures. Although Jack was in extreme pain for more than three decades, he kept putting off knee replacement surgery, hoping that his knees— and knee replacement technology – would get better.

By November 2010, Jack was unable to play tennis or be as active as he would have liked to be with his two sons. The constant pain was taking a toll on his energy levels and impacting every aspect of his life. Although he continued to teach energy management, his pain became so overwhelming that it caused him to “check out” from family activities. He knew he had to be more intentional about connecting with his family but that became more and more difficult because of his pain. He spoke with his orthopaedic surgeon and together they decided it was time to have both knees replaced. Jack had bilateral knee replacement surgery with *DePuy Synthes Companies* knee replacements and, after completing a dedicated rehabilitation program, he was able to get back to his regular activities, like hitting tennis balls and playing in the backyard with his sons. Just eight months after having both knees replaced, Jack went hiking in Grand Teton National Park.

The journey leading up to surgery followed by recovery was not always easy for Jack. He applied several of the principles he had developed to his own experiences, such as staying focused on his mission to once again lead an active lifestyle following surgery, and setting goals during his rehabilitation process to appropriately manage his energy. Specifically, Jack developed a 90-day mission—where he wanted to be 90 days after surgery—which included getting back on the tennis court and hitting tennis balls. During those 90 days, Jack had good days and days where he struggled, but he kept his focus to achieve his goal.

Since his successful knee replacement surgeries, Jack has taught others who are going through joint replacement surgery how to take their experience beyond just pain relief. He encourages others to look at how their emotional, mental and spiritual energy has also been affected, and provides tips on how to be fully engaged with the things that matter the most in their lives.

© DePuy Synthes Joint Reconstruction, a division of DOI 2014. All rights reserved.

The third party trademarks used herein are the trademarks of their respective owners.

December 2014. DSUS/JRC/0914/0434