

Bump. Set. Ouch.

Volleyballer Undergoes Unique Kneecap Surgery



After spending the day in the office processing insurance claims, 35-year-old Andrew Bussan, heads to the volleyball court to unwind.

"I'm part of a co-ed league called 'Hits and Giggles,' and we like to play after work a couple of nights a week. I've played on sand, grass, and traditional volleyball courts. The fast-paced athleticism and social aspects make it fun."

He's not alone. Volleyball's popularity continues to surge, with USA Volleyball membership rising nearly 10 percent to 408,000 members—the largest growth since 1998.

Active since childhood, from high school football in Scales Mound to helping on his family's dairy farm,

Andrew found volleyball to be the perfect outlet. He often played three nights a week—until a single play changed everything.

"On my first swing of the game, I heard something snap," he says. "I came down awkwardly and my right knee buckled. I could barely walk or put weight on it."

A quick internet search brought him to **ORA Orthopedics**, where he was scheduled with Sports Medicine Surgeon, Dr. Kevin Hodge, within a day.

ORA is the Quad Cities' largest and most comprehensive orthopedic provider proudly offering an integrated continuum of orthopedic care that includes orthopedic sub-specialty clinics, walk-in care at our Urgent

OrthoCARE clinics, diagnostic imaging, bracing, physical therapy, and outpatient surgery.

"I called on a Monday and met Dr. Hodge less than two days later," Andrew says. "He was reassuring and straightforward. An MRI confirmed his diagnosis, and three days after my injury, I was in surgery."

"Volleyball is high-impact. Players jump, land, twist—knee injuries are common. Andrew had ruptured his patellar tendon, which allows you to extend your knee. Without surgery, he wouldn't have been able to walk normally again."

Behind Andrew's care is a coordinated partnership between ORA Orthopedics surgeons and the nationally recognized **UnityPoint Health – Trinity** orthopedic team.

From surgical prep through recovery, hospital-based nurses, therapists and care coordinators work closely with ORA surgeons to standardize best practices, reduce complications and streamline recovery.

"Our orthopedic program is built

on teamwork," says Erika Hayes, director of surgical services at UnityPoint Health – Trinity.

"Surgeons like Dr. Hodge bring exceptional expertise, and our hospital team surrounds that expertise with nationally recognized protocols, advanced technology and dedicated nursing care. Patients like Andrew benefit from a seamless experience that leads to stronger outcomes."

Five months after surgery, Andrew is back to playing one night a week.

"My recovery has been good. I can bend my knee, jump, change directions—my strength is coming back. Dr. Hodge was relatable and very clear about my options. I'm thrilled to be back. It could not have gone any better."

Andrew is already eyeing more court time. "I can't wait to play more volleyball."

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ORA ORTHOPEDICS



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