



● **DIG THAT:** Victor, who had his first hip operation back in 1968.

*Picture by Simon Horn. Ref 24-05-0176SH*

## Meet Victor Small, 82, a small wonder after four big hip-ops

AN 82-year-old Sidford man still actively enjoys tending his garden after enduring FOUR major hip operations.

Victor Small, from South Lawn, had his first hip operations in 1968 and 1969, which were followed by hip replacements in 1972 and 1984.

He was diagnosed with osteoarthritis when he was in his 40s and had radical surgery.

Formerly a cricketer, rugby player and rugby referee for Sidmouth, it was when he was gardening in 1968 that he bent down to pick something up and felt his right hip lock.

Because of his age doctors decided not to replace his hips but to remove bone from his upper thighs and secure them with clips. But he started to suffer reduced mobility and had to take more time off work.

In 1972, his surgeon told him he would benefit from the implant of a new hip system called the Exeter.

Mr Small said: "They say most hips should last about 10 years. Mine is still going strong after more than 30."

He is still walking around on the original replacements put in 33 and 21 years ago and has had no surgery since then.