



## Carlos Locklyn, Running Back Coach – WKU

[VIDEO TRANSCRIPT]

I am the running back coach here at Western Kentucky University – just developing the young men and serving them in any way that I can, not just on the field but off the field. With my job, I have to be pretty fit and active. As I ask them to do things, I try to push myself to do the very same things.

I had my hip replaced. I had this procedure done at Med Center Health. This injury was starting to affect my everyday life. It kind of made me unmotivated to go in and work out – walking became a task.

My experience at Med Center Health was absolutely wonderful. My doctor was “Dr. B” at the Med Center. Man, he was great. Sitting down with me and wife, telling us about the procedure, answering every question -- I had a thousand questions – made sure I was comfortable with the procedure. I couldn’t have asked for a better doctor to have done my procedure.

After the procedure, they had me moving around, they had me up walking. I listened to all the protocols, but my procedure went kind of fast. I wanted to get out and start walking around the neighborhood because I was feeling good.

My life has improved tremendously. I wake up in the morning at 5:30, I can come up here to the school, I’m on the elliptical machine exercising and I feel good. I really feel like my younger self.

Anybody who is dealing with hip pain, I would advise them to go in and get it done so you can have a better quality of life, and just get back out and keep it moving.