

*Center for Wound Care Helps Put Patient*

## **Back in the Saddle**

Robin Arnold is a tough cowboy. As a maintenance manager for a recycling company in Anaheim, he rarely calls in sick. Over the years, he's pushed through his share of injuries, including a fractured arm and the continual health demands of diabetes. But a leg wound in 2010 knocked him off his feet. It wasn't until he underwent surgery and attended weeks of cleansings and skin grafts at St. Mary Medical Center's Center for Wound Care and Hyperbaric Medicine that he was able to get back to work and back on his horse.

### **A Wound that Wouldn't Heal**

On Nov. 1, 2010, Robin and his wife, Dawn Walker, were evaluating a new horse. They visited the 4-year-old mare in Phelan and decided to take her home. The young mare, Mistae Rose, had only ridden in a horse trailer twice and protested when they attempted to load her. She fell out of their trailer once and on the second attempt to load her with Robin, his wife and the current owner all working together, Mistae Rose's fighting knocked Robin to the ground and the horse stepped on his leg.

Robin checked the leg once they got home, and it was a mess of bruises and blisters. "The wound was horrific to look at," Dawn says. They made an appointment immediately with their family physician and got it cleaned and bandaged.

The wound appeared to be healing, but within a month's time, Robin was showing other serious signs of illness – losing his balance and vomiting at random times. By Christmas, Robin was too ill to work and thought he had a nasty case of the flu. He was waking up delusional, thinking he was at work. The truth finally emerged after he fell in the bathroom. The fall caused the scab over his wound to break open. Rather than healing pink skin, it revealed a large hole in his flesh that smelled and wasn't healing. Following more visits to his family physician and the emergency department, Robin was admitted to St. Mary Medical Center and underwent surgery to clean the wound that had become septic and was poisoning his body.

### **Moving On**

Following surgery, Robin was referred to the Center for Wound Care and Hyperbaric Medicine. There he received six Oasis skin grafts made of pig skin and weeks of specialized wound care. The Oasis graft is used to generate growth and repair damaged tissue. "I can't praise the wound center enough," Robin says. "If it wasn't for them I wouldn't be here."

Robin and Dawn described the physicians and staff as friendly and patient-oriented. "They listen to what you have to say," Dawn says.

After nearly five months of dealing with his wound, numerous doctor and hospital visits, surgery and six skin grafts, Robin was able to return to work in March. He also mounted his horse for the first time.

For more information about the Center for Wound Care and Hyperbaric Medicine, please call (760) 242-2111 or go to [www.stmaryapplevalley.com](http://www.stmaryapplevalley.com).



After months of recovery, Robin Arnold enjoys time with Mistae Rose, the horse who caused his injury.