

WHAT DO YOU DO AT MEDICLINIC?

As an orthopaedic surgeon at Mediclinic Cape Town with a special interest in foot and ankle surgery, I see a lot of patients with tendon injuries, long-term ankle instability, or who need bunion surgery. I also treat trauma patients.

These range from the elderly who have fallen to more active people who have fractured a bone, especially the collarbone and wrist, or sprained an ankle or knee ligament.



When I see a follow-up patient, and they jump off the waiting room chair with a big smile and glide into my consultation room, that excites me.



Meet Jason Crane

Orthopaedic surgeon, Mediclinic Cape Town

Why did you become a surgeon?

When I was a child I broke my leg in a soccer match and was operated on by an orthopaedic surgeon. A year later, a friend broke his wrist and we took him to the same surgeon. He let me come into theatre with him and showed me how to pull the wrist straight. When my friend's wrist clicked back into place, I guess something clicked in me, too. I knew then this is what I want to do with my life.

HIDDEN TALENTS

I'm great with power tools and woodwork - and I'm an amateur photographer.



WHY BOXING?

In one hour of boxing, I get the same fitness benefits as I would in six hours on a mountain bike, and when I get home after a session, I am relaxed and focused.

But what I love most is the mental aspect. Brute strength is not enough to win. It feels like a full-contact chess game: you need to outsmart your opponent.

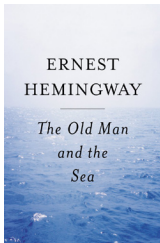


WHY DO YOU TAKE YOUR GIRLS ALONG?

Boxing gives you confidence, self-belief, and self-control. My girls are Layla and Roxy, 7 and 9. Before they start the class they're hyperactive and annoying one another. After training they are calm, kind to one another, and easy on their parents.

FAVOURITE QUOTE

'They tried to bury us, but they didn't know we were seeds.'



ERNEST HEMINGWAY

The Old Man and the Sea

FAVOURITE BOOK

Ernest Hemingway's *The Old Man and the Sea* is about a man who has lost faith, but goes out

and catches the biggest marlin anyone has seen. He fights the fish for days, and, drained and hurt, lands the fish, but never loses respect for his worthy adversary.

3 THINGS YOU CAN'T LEAVE HOME WITHOUT?

- Boxing gloves
- Dictaphone
- iPod

Your typical week?

Most weekdays I get my kids ready for school, then it's ward rounds, consultations and surgery. Wednesday at 5pm I have a boxing lesson and a session with The Mankind Project, which is a personal-development group for men. On Fridays I box again, and on Saturdays I take my girls with me. The rest of the weekend is family time!

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