

Ian Mackenzie (Mack) Rogan

3 March 1944 – 27 April 2019

Mack Rogan, past president of the South African Knee and Arthroscopy Society, distinguished knee and orthopaedic surgeon, passed away in Johannesburg on 27 April 2019 at the age of 75. We will all suffer from the loss of this giant and pioneer of knee surgery in South Africa.

Mack is left by his three loving children Francis, Theresa and Ruarri Rogan and his lifelong friend and wife Kathleen (Finegan) Rogan. Mack was extremely fortunate to have his entire family present and support him through his last days.

Mack has always excelled in every aspect of his life, and his schooling was no exception. His senior high school was Pretoria Boy's High, and in his final year of school, he was head prefect. He passed his matriculation with distinction in 1961. After he matriculated, he studied at the University of the Witwatersrand for his MB BCh degree in medicine. In his third year, he undertook to do a BSc majoring in microanatomy and biochemistry. He obtained his BSc in 1964 and completed his medical training at the University of the Witwatersrand qualifying as a medical doctor in 1968 with his MB BCh degree. In 1969, Mack did his housemanship under Prof D J du Plessis, who had a reputation for being a severe taskmaster.



In 1970, he was enlisted into the South African Defence Force as a medical officer for "2 Parachute Battalion". During this year, he met a true and faithful, lifelong friend in Montague ("Monty") Brett. Mack and Monty had many adventurous trips together, and Monty is well known for "Baroque in the Bush", a yearly musical event at Shingwedzi Camp, in the Kruger National Park. It was in Mack's nature to be a true and loyal friend to all who knew him.

Mack desired to become an orthopaedic surgeon, and he started this quest by returning to the University of the Witwatersrand in 1971, and he started a table doctor's job under Prof Phillip Tobias in the Department of anatomy. In 1972 he did his rotation as a senior house officer in orthopaedics

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under Prof Louis Solomon and he also did a four-month rotation through urology and paediatric surgery.

He left South Africa in 1973 with the intention of obtaining his FRCS from the United Kingdom. He worked as a senior house officer at the Royal Infirmary in Edinburgh under Prof Sir Patrick Forrest. With his usual dedication to complete the task at hand, he obtained his FRCS from Edinburgh in 1974 and his FRCS from England in 1974. He returned to South Africa in 1974 and started his orthopaedic rotation under Prof Louis Solomon. He qualified as an orthopaedic surgeon in 1977 and obtained his FCS (Orthopaedics) S.A.

He worked as a consultant orthopaedic surgeon at Baragwanath Hospital in 1977 and at the end of 1978 moved to Edenvale Hospital, and then went to Rosebank Clinic before starting his practice at Morningside MediClinic. Mack's first ten years in private practice were spent doing general orthopaedic surgery, but he became particularly sought-after for surgery relating to the knee, shoulder, and feet.

Mack's first love in orthopaedic surgery was always the knee, and he acquired D.J Dandy's book on arthroscopy of the knee and was so taken with this that he bought his arthroscope and equipment to start doing arthroscopy of the knee. He was a South African pioneer in knee surgery and slowly honed his skills to become one of the best arthroscopists of the knee in Africa. He studied all manner of literature about the knee and by 1989 was well-recognised as a formidable knee surgeon by his colleagues and was nominated as President of the South African Knee and Arthroscopy Society, and he held this position from 1989 to 1994. He continued to dedicate himself to supporting the local societies and became an honorary secretary for the South African Orthopaedic Association from 1995 to 1997.

Mack was invited to be part of the editorship for an international journal, "The Knee," an official Publication of the British Association for Surgery of the Knee, the Australian Knee Society, and the German Knee Society. Also, he was on the editorship of the Turkish Journal of Orthopaedic Surgery and Traumatology.

Mack would always try and help those around him, and he was always willing to organise and not just talk about doing something. Mack was present at Morningside Mediclinic when it was exposed to the Ebola virus that took the

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life of the nurse, Marilyn Lahana. He immediately started a foundation to reward nursing excellence.

When I joined Mack in practice in 1998, two-thirds of his practice pertained to the knee and one third to the shoulder. He decided to concentrate only on knee surgery and asked if I could take over the shoulder side of his practice. Mack passes many of his special attributes onto his colleagues. He insisted on punctuality and time management. He would expect 100% output from his colleagues, but would put in 110% himself. He taught us how to run a practice efficiently and at the same time master how to produce reproducible outcomes with our surgical cases. On any given list, we would always do the right knees first and then the left knees. In order for the staff to manage a big turnover of cases, he would do all arthroscopic procedures on one day and arthroplasties on another day. Each case would be set up the same, with the camera, light source, arthroscope, the position of the television, sister and anaesthetist in the allocated positions. By simplifying our environment, the surgery of the knee became consistently easier as it was always in the same position and by repeating the same type of surgery several times, the workload became easier and the outcomes more predictable.

On a typical day, Mack would arrive at 6 a.m. and do a ward round and assess the patients for surgery that day. He would start theatre promptly at 7:00 am and complete four total knee replacements by 1:15 pm and be ready to consult in the afternoon by 1:30 pm. By the time I joined Mack in private practice, he had already mastered the ability to do anterior cruciate ligament repairs, osteochondral autograft transfer (OAT) procedure and started doing meniscal repairs. He visited Freddie Fu and was involved with one of the first meniscal transplants in Johannesburg. He worked tirelessly trying to salvage the knee with lost cartilage and used numerous techniques such as chondroplasty, bone marrow stimulation, autologous chondrocyte implantation of the patella and was always willing to listen and learn a new technique. Initially, he did bone patella bone anterior cruciate ligament repairs and was then influenced by a Donald D Johnson from Canada and swapped over to predominantly hamstring cruciate ligament repairs. He was involved in the whole evolution of the anterior cruciate ligament debate and constantly strived to perfect and recreate a perfect anterior cruciate ligament. Mack worked tirelessly in private practice and on looking at his last file in private practice he had seen over 59,900 patients by the time he retired.

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Mack was extensively involved in total knee arthroplasty and initially started with the AMK total knee replacement. Mack moved over to the Low Contact Stress (LCS) total knee replacement, and this rapidly became his standard total knee replacement. He became an international consultant to DePuy International and was involved in the advanced LCS Learning Centre in 1999, at the annual meeting of the American Academy of Orthopaedic surgeons in California. He was also on the panel at the LCS Learning Centre in 2000 in Amsterdam. He was invited to be on the faculty at the 25th Anniversary of the LCS total knee replacement. He continued to teach many junior consultants and every year would take on a “fellow” to train the consultant in knee surgery. He did no less than 1800 total knee replacements from 1989 to 2011.

When unicompartmental total knee replacements from Oxford started to show promise for severe medial compartment osteoarthritis, Graham Keyes from Oxford taught Mack the procedure; after that, Mack performed over 400 unicompartmental knee replacements and was one of the first surgeons to move to uncemented unicompartmental knee replacements. He was always challenging the boundaries of knee surgery and did so once he understood the technique and had thoroughly studied the published data.

Knee surgery certainly exploded in the 1990s and 2000s with new methods for dealing with patellofemoral instability with de-rotation high tibial osteotomies, Fulkerson's osteotomy, and Elmslie-Trillat osteotomy. New techniques of balancing the patella with medial patellofemoral ligament reconstruction. Patellofemoral joint replacements and revision total knee replacements became common procedures, and to Mack's credit, he mastered all of the procedures.

When Mack was in his 60's computer-assisted surgery arrived on the scene, and the needed shift in mindset from manual to computer-assisted surgery was extremely challenging. This did not deter Mack in the least, and before long he was involved in teaching most of the other knee surgeons how to do this procedure. We presented several papers together at the South African Orthopaedic Association Congress on comparing computer-assisted surgery to the standard method of doing total knee replacement. He would review his work consistently to see how we could improve and obtain the best possible outcomes for his patients. Even as he came close to retirement, he embraced a

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new computerised technique of "patient-specific" cutting jigs for total knee replacement. He never tired of learning and mastering new skills.

His ability to lead and help manage the people around him even showed up later in life, when he was elected as chairperson on the hospital committee at Morningside MediClinic in 2009. He retired in 2011 and stayed on assisting in a semi-retired position until he was 72 years of age. When he left Morningside MediClinic he continued to give back to the community and worked on a part-time basis at Tintswalo Hospital as an outreach program.

Mack was renowned for his acts of kindness to strangers. He found a job for his golf caddy at a large construction company. For his employee, who worked at his home, he sponsored her son Andrew's school fees from prep to matric at King Edward School in Johannesburg.

In addition to his work, Mack had three other passions: trout fishing, birding, and indigenous trees. I joined Mack for an LCS computer-assisted surgery trip to Newcastle, and he suggested an extra few days in Wakkerstroom, to look for two Larks – Rudd's and Botha's lark. Eventually, towards the end of the second day, we found Botha's Lark. When we finally found this miniature bird, I realised his passion towards these creatures. He also loved his quiet retreat in Lydenburg / Mashishing. He spent as many weekends as he could at Finsbury Estate. As was typical of Mack, when he found out that Prof Hans Myburgh had had an accident and became confined to a wheelchair, he regularly arranged to take Hans trout fishing with him in Finsbury. Mack was always willing to make the extra effort to help his friends.

Mack was the eternal Braveheart, and I was fortunate enough to visit him the day before he passed away. In his normal philosophical way, he turned round to me and said: "Well Charlie, I'm ready for the next part of my journey in life." This was fairly typical of Mack, he did not fear the unknown, but was ready to embrace it.

Travel well good friend and father, we will miss you.

Compiled by Ruarri Rogan, Kathleen Finegan, Charles Breckon