

## ZYDUS CENTRE FOR SPORTS MEDICINE AND ARTHROSCOPY



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**ZYDUS HOSPITAL**

Zydus Hospital was established with a vision to be the leading provider in healthcare service delivery to the community and is now the most preferred destination for comprehensive medical care and treatment.

On a mission to extend the world-class healthcare solutions to the community through advances in medical technology, medical research and best management practices, Zydus Hospital has all major medical specialities, investigative and diagnostics facilities, rehabilitation and physical therapy care under one roof.



### Zydus Hospitals & Healthcare Research Pvt. Ltd.

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ORTHOPAEDICS



# DEPARTMENT OF ARTHROSCOPY & SPORTS MEDICINE



Qualified & Expert Doctors | Transparent Billing | Fixed Packages | No Service Charges

Department of Arthroscopy & Sports medicine offers an integrated approach for the most comprehensive treatment of sports & ligament injuries with specialised orthopaedic surgeons, state-of-the-art physiotherapy department, and "Arthroscopy & minimally invasive surgeries".

#### Our team:

- Team of expert orthopaedic surgeons
- Sports physiotherapists
- Pain management specialists
- Nutritionist
- Rheumatologist

#### Diagnostic Services:

- Class 100 - Modular OT
- Dedicated Incentive Critical Care Unit (ICCU)
- Most advanced silent Magnetic Resonance Imaging (MRI) technology with 32 channels
- CT Scan - dual energy, 256 slice CT Scan
- Digital X-ray with 58% lower radiation
- Pathology & Transfusion medicine backed by high-end technology

## SERVICE PROVIDED

### ARTHROSCOPY SURGERY

Arthroscopy is a minimally invasive 'Key Hole' surgical procedure on a joint in which an endoscope inserted into the joint through a small incision for treatment of the injury.

At Zydus hospital we provide latest 'High Definition- 3 Chip' camera system to give best outcome of arthroscopy surgery.

#### Advantages of Arthroscopy over traditional open surgeries"

- No blood loss & No risk of infection
- Less post-operative pain
- Less stay in the hospital
- Faster recovery time & Quicker return to sports
- Lower risk of complications
- Better cosmetic scar

#### Knee Joint:

The knee is the largest joint in your body and one of the most complex. Your knee ligaments connect your thighbone to your lower leg bones. Knee ligament injuries are common in vehicular accidents and in sports players.

In the past, injuring knee ligament would put an end to future sports activities. Today, many athletes are able to return to high level sports following multiple ligament injuries thanks to arthroscopy.

At Zydus Hospital we provide Arthroscopy services to wide range of conditions as following:

- Torn or damaged anterior cruciate ligament (ACL) or posterior cruciate ligament (PCL). These ligaments can be repaired (if bony avulsion) or replaced (reconstruction).
- Torn Meniscus – Meniscus is very important cartilage structure that cushions the space between the bones of the knee (Femur & Tibia). Surgery is done to repair or remove it.

- Swollen (inflamed) or damaged lining of the joint. This lining is called the synovium. This can be due to Rheumatoid arthritis, Gout, and Tuberculosis or after an accident. This swelling can be very easily & precisely removed (synovectomy) with a scope. To do a biopsy in such diseases, knee joint is not opened.
- Kneecap (Patella) that is out of position (misalignment). Treatment for Recurrent dislocation & subluxation of patella (MPFL reconstruction) is possible with an arthroscope.
- Small pieces of broken cartilage in the knee joint or bony pieces (Loose body) or a foreign body like pin, stone chip and needle can be removed with puncture holes.
- Removal of Cyst- a swelling around the knee that is filled with fluid.

#### Shoulder Joint:

Your shoulder is the most flexible joint in your body. But its wide range of movement also means that it's easy to injure your shoulder. A painful shoulder can make even simple tasks difficult to do. But getting the right treatment can help.

At Zydus Hospital we provide complete treatment of Shoulder joint injuries.

- Management of long term undiagnosed shoulder pain
- Arthroscopy surgery for
  - Difficulty in lifting your shoulder (Rotator cuff tendon tear)
  - Frozen shoulder
  - Repeated Dislocations of your shoulder
- Ultrasonography guided Injection for Tendonitis, Bursitis and Arthritis

Other services:

- Arthroscopy of ankle, elbow, Hip & wrist joint
- Reconstructive surgery of small & large joints
- Pain management

### SPORTS PHYSIOTHERAPY & REHABILITATION

Sports Physiotherapy is the specialised branch of physiotherapy which deals issues related to sports people & with musculoskeletal injuries of day to day life.

From a casual walker to a sports athlete our team ensures high quality care for everyone.

Our sports physiotherapists help athletes recover from sporting injuries, and provide education and resources to prevent future problems.

#### Services provided by our department

- Sports specific rehab & Agility training
- Post operative rehab
- Gait training
- Occupational Therapy & Ergonomics
- Kinesio taping
- Mobilisation & Manual therapy
- Functional Electrical Stimulation

