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Consult professional help even for minor joint injuries

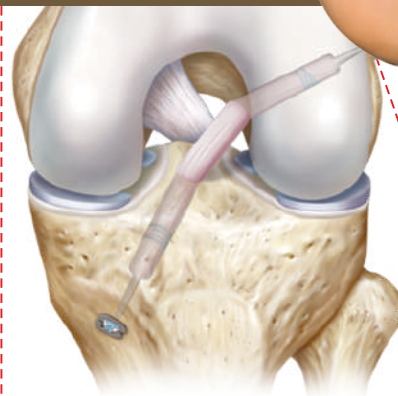
Road accidents and injuries in competitive sports today are major factors behind the increase in injuries in patients. More often than not we tend to ignore these minor instabilities and minimal alterations in the bio-mechanics. But these injuries are a threat as they lead to early wear and tear of ligaments, muscles and affect our day to day life.

Most often these injuries occur around the knee. Our knee is stabilised by 4 ligaments, 2 collaterals in the sides and 2 cruciates in the front and back. The washers (meniscus) in between are to help ensure their smooth functioning. Among these, the anterior cruciate ligament and the meniscus are the ones that are most vulnerable to injuries.

Most injuries are identified by through clinical evaluation, supported by an MRI for the understanding of the patient as well as the doctor.

Any injury in the human body heals with good blood supply and neogenesis. Depending on the severity of the injury and the level of activity, the injury has to be rehabilitated through physiotherapy or reconstructed and then rehabilitated again.

With the advent of arthroscopy (key hole surgery) and advanced instrumentation, reconstruction and rehabilitation has become more precise and faster respectively. For reconstruction,



Calcaneal Burritis, TA Tendinopathy, Plantar Fascitis, Chronic collateral strain and early stages of the osteoarthritis.

At Srikara Hospitals, a leading orthopaedic center in Hyderabad, treatment modality depends on the patient's condition, activity levels and the expectations post operatively. Stem Cell Therapy heals but cannot be a replacement for reconstruction (Arthroscopic) or the Total Joint Replacement in advanced osteoarthritis, where Biomechanical Restoration surgeries and stabilisation is needed.



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tendons (parts of the muscle attached to bone) such as hamstring are used. With the graft link technique, bone tunneling has become pain, faster recovery and rehabilitation.

Many patients enquire about stem cells being used for ligament injuries and arthritis of the knee. Stem cell therapy includes PRP (Platelet

Rich Plasma)& BMAC (Bone Marrow Aspirate Concentrate) that are used for chronic tendinopathy such as Tennis Elbow,

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