



ADESH

ARTHROSCOPY & SPORTS INJURY CLINIC

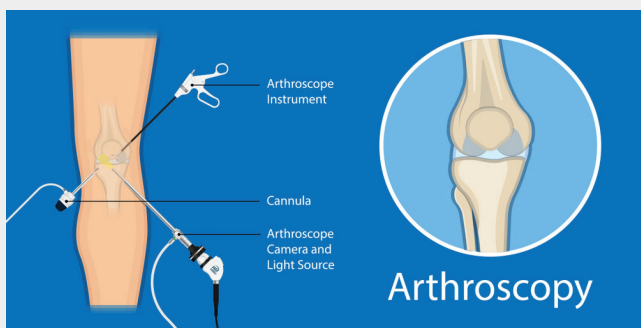
**ADESH INSTITUTE OF
MEDICAL SCIENCES & RESEARCH**

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What is Arthroscopy?

Arthroscopy has revolutionized the treatment of joint injuries. In the past, treatment of orthopedic injuries involved extensive surgery, including large incisions, a hospital stay, and a prolonged recovery period. But today, with the help of an arthroscope, orthopedic surgeons can easily examine, diagnose, and treat problems in the joint that previously may have been difficult to identify. The arthroscope is a small fiber optic viewing instrument made up of a tiny lens, a light source, and a video camera.



The surgeon inserts the arthroscope into the joint through a tiny incision (about 1/4 of an inch) called a portal. Two or three incisions may be made for portals. Other portals are used for the insertion of surgical instruments, such as the probe shown above. These incisions result in very small scars which in many cases aren't even noticeable.

Advantages of Arthroscopy

- »No cutting of muscles or tendons
- »Less bleeding during surgery
- »Less scarring
- »Smaller incisions

»Faster recovery and return to regular activities

»Faster and more comfortable rehabilitation

Arthroscopy is not appropriate for every patient. Your doctor will discuss the diagnostic and treatment options that are best for you.

Why us

We provide world class treatment for sports injuries and joint ailments at affordable costs. Arthroscopic surgical Services at Adesh are provided at very high standards. Fully equipped operation theatres with state of the art imported equipment & instruments are available for conducting all advanced arthroscopic surgeries of Knee, Shoulder, Ankle, Hip and Elbow joints.

Our highly experienced arthroscopy surgeon work in close association with our skilled rehab team to lead our patients to road of recovery in a safe and professional way.

When to Visit Us

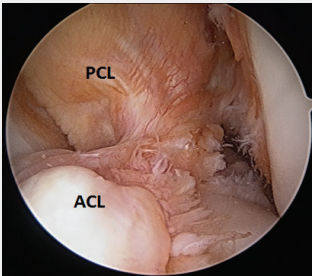
- » Persistent pain in shoulder/knee after exercise or exertion
- » Repeated shoulder dislocation
- » Pain/weakness of shoulder while raising the arm
- » Disturbed sleep during night due to shoulder pain
- » Stiffness of shoulder
- » Persistent knee pain/swelling following injury
- » Locking episodes of knee
- » Instability or feeling of giving way of knee

Spectrum of Conditions we cover

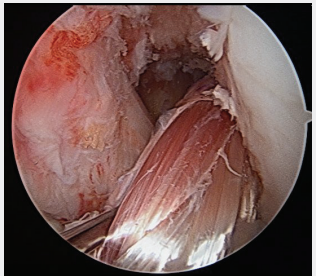
Knee Arthroscopy

Knee ligament injuries

- ACL/PCL
(Cruiate ligament) reconstruction
- Multiligament repair/reconstruction
(ACL, PCL, LCL, PLC, MCL)
- Meniscus
Partial menisectomy, Meniscus repair



Torn ACL Stump



Reconstructed ACL

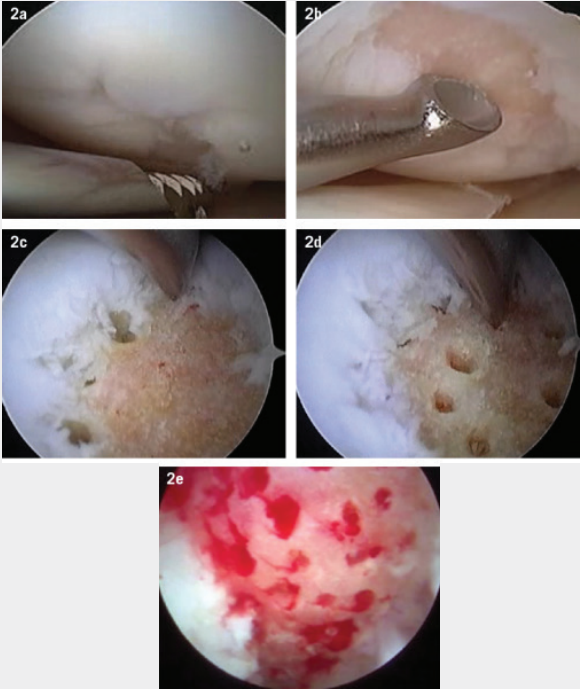


Torn meniscus



After partial menisectomy

- Cartilage restoration and joint preservation
Chondroplasty Microfracture



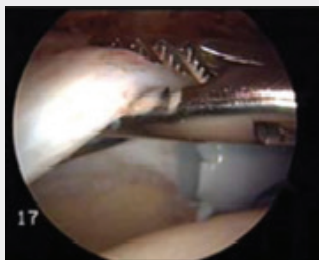
Cartilage defect treated with microfracture technique

- Knee cap/Patella related problems, mal tracking
MPFL Reconstruction



Shoulder Arthroscopy

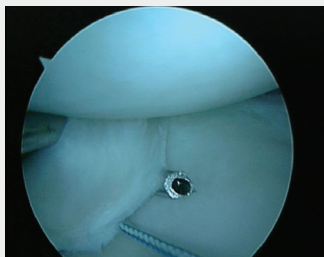
- Rotator cuff repair
- Recurrent dislocation of shoulder
Bankart Repair/Latarjet procedure
- Frozen shoulder
Capsular release



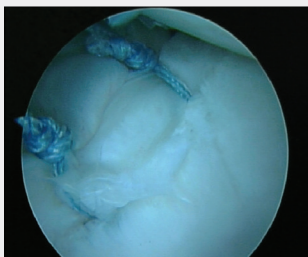
Torn rotator cuff



Repaired rotator cuff



Torn labrum



Completed Bankart Repair

Latarjet Procedure

Patient back to gym and playing kabbadi in 6 months after procedure





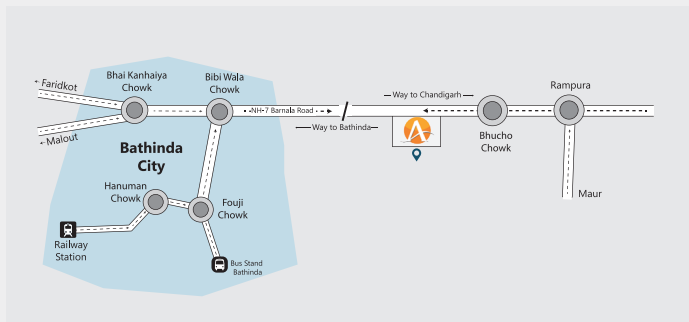
Dr Shiraz Bhatti

MBBS, MS (Ortho), FAOA (Sydney, Australia)

- Sports Injury and Arthroscopy fellowship, KMC, Manipal
- Fellowship in Orthopaedics & Trauma, Alice Springs, Australia
- Shoulder, Knee & Elbow Fellowship, Sydney, Australia
- Arthroplasty and Arthroscopy Fellowship, Sydney, Australia.

Dr Shiraz Bhatti is a Orthopaedic and Sports Medicine Surgeon with special interest in shoulder and knee. He completed his medical school and Orthopaedic training at CMC, Ludhiana. He has done fellowships in Arthroscopy and Joint Replacement in India and in Australia. He has been extensively trained in primary, complex and revision surgeries of shoulder, knee and elbow. He has more than 15 years of experience and has worked as a senior consultant at CMC, Ludhiana and GGS Medical College, Faridkot. Dr Bhatti deals with all aspects of shoulder and knee problems and will provide you with best solution either non operative or operative. He has published several scientific papers in both national and international journals. He has keen interest in teaching and is currently working as an Professor in the department of Orthopaedics at Adesh Hospital, Bathinda.

ROUTE MAP



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