

## SISA performs advance Knee preservation to prolong knee life



Hyderabad, July 14th, 2018: Knee joint replacement has been the conventional option for patients with arthritis. However, patients below the age of 55 years, who lead a relatively active life, see increased wear and tear in their implant. Advanced knee preservation techniques can be used to prevent such deterioration. Sai Institute of Sports Injure and Arthroscopy (SISA) Hospital held a press conference and a workshop to brief attendees on these techniques.

The workshop was attended by over 350 surgeons from different parts of the country. Dr. Raghuv eer Reddy K., the Organizing Secretary of the course, and Dr. Pascal Christel (France & Dubai), with nine other prominent surgeons in the field from India, shared the finer aspects of achieving good results with these techniques.

A few techniques discussed include the High Tibial Osteotomy (HTO technique), Meniscus Root Repair, and Cartilage Cell Implantation.

HTO involves mechanical realignment of the leg by repositioning the upper part of the shin bone, transferring the body weight to the preserved normal outside of the knee. Meniscus Root Repair involves repairing of the cushions between the bones of the knee joint, that act as shock absorbers, and provide lubrication for the joint.

Cartilage Cell Implantation is a technique usually employed during early stages of cartilage damage. This is done either by harvesting cartilage from the patient's knee joint, which is cultured for 6 weeks in a laboratory, and implanting the grown tissue on the injured knee joint, or implanting concentrated bone marrow from the waist bone, whose mesenchymal stem cells differentiate into cartilage cells.

A patient present at the conference recounted her experience with her affliction. Once leading an active life, she suffered a sudden collapse, becoming bed-ridden. She was referred to Dr. Raghuv eer, who diagnosed her with damaged menisci. After bone alignment surgery and root repair, with intense physiotherapy, she was able to walk with support in two months, and without support in three months.

Arthritis is not just a consequence of sports injuries, and anyone can sustain injuries that can lead to it. The people of India are more aware of knee-joint preservation, and with the rapid development of this sub-specialty in our country, those suffering from arthritis will be able to receive better treatment to lessen its impact on them.