

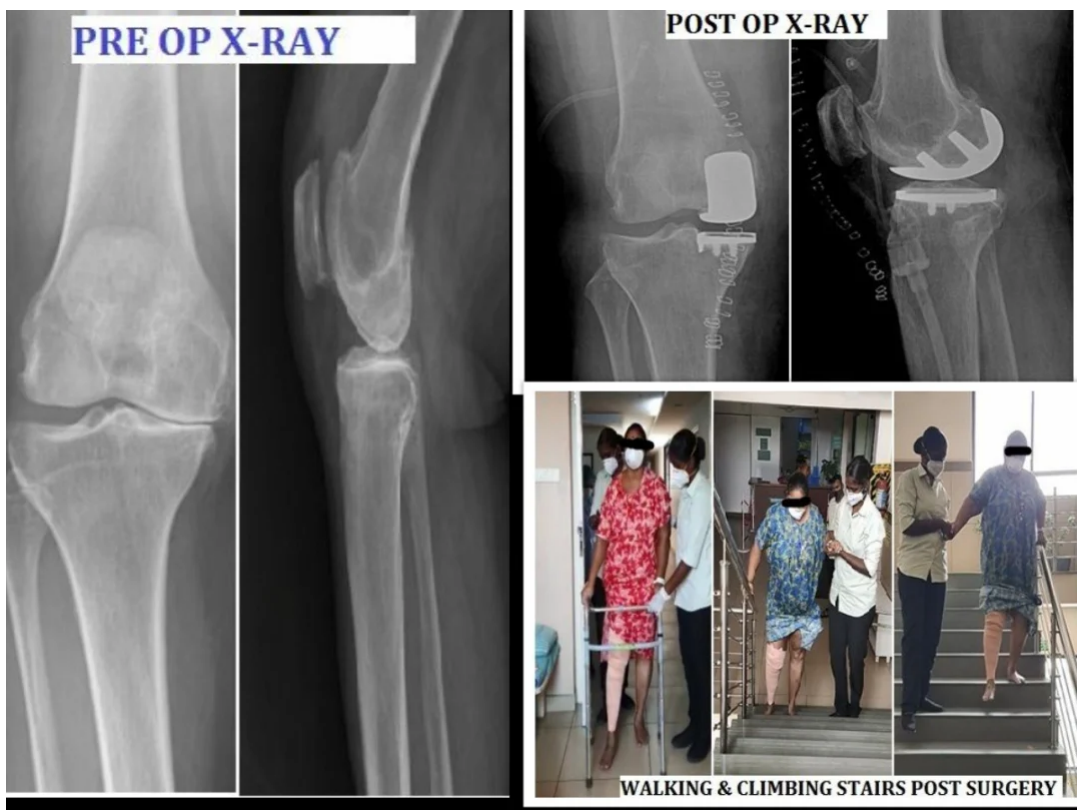


Ortho-One Orthopaedic Speciality Centre

Updates November 2020

Partial Knee Replacement

Mrs. Maragatham (Name changed), a 50-year-old woman came to Ortho-One with severe pain in her right knee which affected her day to day activities. She could not walk more than 500 meters nor use the Indian toilet or sit cross-legged and had pain while at rest and at night. Evaluated and diagnosed at Ortho-One with isolated anteromedial bone osteoarthritis, she underwent partial knee replacement, performed by Dr. Yuvarajan. Full weight bearing mobilisation was carried out on the same day as the surgery. She was able to climb the stairs on the day after the surgery and discharged on the very next day. Her pain was managed with multimodal therapy experiencing excellent post-surgery pain relief. Mrs Maragatham recovered very well with a good functional outcome. Partial Knee Replacement can be a good solution for isolated medial osteoarthritis with an added advantage of early recovery with rehab. The knee feels almost as good as before, since all the ligaments are preserved.



**Pole Vaulter
narrates her
journey from
injury, on the field,
and back to the
field competition, and onto the podium**



My name is Baranica. I am a 23 year old pole vaulter from Chennai. In February 2019, during a tournament I suffered injury owing to a fall, experiencing severe pain. Though I had the option of Hospitals in Chennai, I was recommended to Ortho-One hospital in Coimbatore by my coach and friends. Dr.Santosh Sahanand diagnosed and advised ACL surgery. I underwent surgery immediately and was discharged within 3 days. Mr. Ganesan - HOD of Physiotherapy and his team played a major role in my recovery. Within 6 months of my surgery, I participated in a Tournament and won the Mangalore University Gold Medal. Within 8 months of surgery, I took part in the All India Inter University Meet and won the Bronze Medal. Furthermore I won the CM Trophy Gold Medal and KHELO India Silver Medal.

In Feb 2020, 11 months post surgery, I participated in the Southern Railway Trail and achieved my personal best of 3.90 metres and am now employed by the Southern Railways.



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