

SERVICES AT A GLANCE:

Joint Replacement Surgery

- Ankle replacement
- Elbow replacement
- Hip replacement
- Knee replacement
- Shoulder replacement

Arthroscopy

- ACL or knee ligament treatment
- Torn or damaged cartilage treatment
- Knee arthroscopy
- Shoulder arthroscopy

Fracture Management

- Immobilization techniques – casting and traction
- Surgical options including open reduction, internal fixation, affixing plates and screws

Osteoporosis Clinic

- Counseling for preventive measures and/or lifestyle changes
- Medication
- Physical therapy and exercise

Spine Surgery

- Minimally Invasive Surgery
- Disc Replacement Surgery
- Kyphoplasty
- Laminectomy
- Spinal Cord Stimulation
- Discectomy

Pediatric Orthopedict

- Limb & Spine deformities
- Gait Abnormalities
- Bone & Joint infections
- Broken Bones

ABOUT QRG HEALTH CITY

QRG Health City is a super speciality hospital committed towards providing exemplary medical care by ethical practices and providing world class services to people of Faridabad and beyond. We at QRG Health City are committed to set a benchmark in quality and affordable healthcare for all, provide comfort and safety to patients and support to their families. This 450 bed hospital has top-of-the-line doctors, state-of-the-art patient-friendly facilities and a large fleet of fully equipped ambulances with life-saving equipment and highly trained medical professionals to handle emergencies.

Offering expertise in Cardiology & Cardiothoracic surgery, Neurosciences, Gastroenterology & Hepatobiliary Science, Minimally Invasive Surgery including Bariatric Surgery, Mother & Child Care, Nephrology & Urosciences, Orthopaedics & Spine, Ophthalmology, ENT & Cochlear Implant, Dental Services, Plastic & Cosmetic Surgery, and Advanced Diagnostics & Critical care and more, we make sure everything is taken care of to help people become healthy both during emergencies and for planned treatment.

QRG Health City

Plot No.1, Sector-16, Faridabad-121002 (Haryana)

Phone: 0129 - 4330000

Website: qrgmedicare.com/healthcity

Regd. Office:904, 9th Floor, Surya Kiran Building, K.G.

Marg, Connaught Place, New Delhi-110 001 (INDIA).

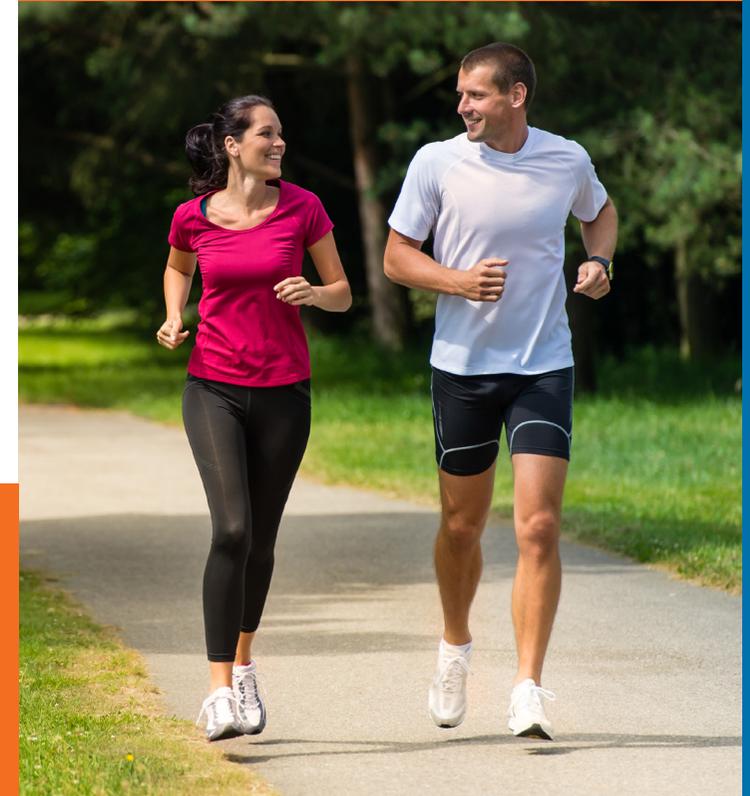
CIN: U74999DL2010PLC205776

Join us on Facebook at: www.facebook.com/QRGHealthCity

QRGHealthCity



Healthy Joints. Active Lifestyle.



INSTITUTE OF
ORTHOPAEDICS AND
JOINT REPLACEMENT

www.qrgmedicare.com/healthcity

Institute of Orthopaedics and Joint Replacement at QRG Health City specializes in state-of-the-art orthopaedic care. Our specialists have a world of knowledge and experience in treating all types of musculoskeletal trauma, sports injuries, degenerative diseases, infections, tumours and congenital disorders.

We develop and provide a treatment and rehabilitation plan that is customized to each patient's specific condition and needs. Our integrated approach takes inputs from experts in the fields of orthopaedics, sports medicine, chronic pain management and therapy, radiology, spine disorders and rheumatology.

With the help of advanced technology, we are able to provide world class patient diagnosis, treatment, surgery, rehabilitation and recovery programs that enable those suffering from



musculoskeletal conditions to lead a healthy life.

EXCELLENCE IN ORTHOPAEDICS AT QRG HEALTH CITY:

The orthopaedic specialists at QRG Health City focus on diagnosing and treating a variety of disorders of the bones, joints and spine which cause pain and reduction or loss of mobility. These include afflictions such as arthritis, spondylitis, osteoporosis, spinal fracture and paralysis, back pain, disc diseases and injuries caused during sports or exercise.

We conduct advanced surgeries for joint replacement where the damaged joint is replaced by a prosthesis. We also offer treatments for fractures such as in the back, neck or hip. Our specialized osteoporosis clinic is fully equipped to treat all types of orthopaedic conditions.

QRG Health City's superior infrastructure comprises hi-tech instruments and systems that enable us to provide the best in patient care. Our technology includes the most modern knee/hip implants, a high definition arthroscopy endovision system and a modular operation theatre.

Symptoms of osteoporosis can include

- Back pain, caused by a collapsed vertebra
- Stooping posture
- Apparent loss of height over time
- Bones that fracture easily

Symptoms of rheumatoid arthritis can include

- Joint pain and tenderness
- Swelling and redness in the joints
- Fatigue or feeling of extreme tiredness
- Stiffness of joints particularly in the mornings

SERVICES AND PROCEDURES

Joint Replacement Surgery

Also known as replacement arthroplasty, this orthopedic surgery involves replacement of a dysfunctional joint surface with a prosthetic implant. This option is explored when other non-surgical therapies have failed to alleviate pain and dysfunction of the joint. Be it the knee, hip, ankle, elbow or shoulder, our prosthetic implant surgeries go a long way towards pain relief and improving movement.

Arthroscopy

Arthroscopic surgery is a minimally invasive procedure involving an arthroscope (an endoscope) that is inserted into the joint through a small incision rather than open surgery. This procedure is carried out to treat torn cartilage, trim damaged cartilage or ACL (a major knee ligament) treatment. Being a minimally invasive surgery, this procedure causes less trauma to connective tissue as compared to open surgery and thus reduces patient recovery time. The smaller incisions also mean less scarring.

Treatment for Fracture

We provide early fracture management procedures to control haemorrhage, provide pain relief and remove potential contaminants. Then fracture reduction is explored using immobilization techniques. We can treat the fracture with non-operative therapy, which comprises casting and traction. Else surgical options can be considered including open reduction and internal fixation, affixing plates and screws, etc.

Osteoporosis Clinic

Osteoporosis makes the bones weak and brittle and consequently more susceptible to fractures and damage. QRG Health City features a fully equipped osteoporosis clinic to deal with all types of orthopaedic problems. Osteoporosis specialists

are supported by nutritionists and physiotherapists to provide comprehensive care and advise patients on changes in lifestyle to improve bone health.

Technology & Infrastructure

QRG Health City believes in cutting edge technology to aid in early detection and prevention of bone, joints and spine disease as well as for surgical treatment options. We use the best quality material for our prosthetic implants to ensure successful results of replacement surgeries. Our sophisticated high definition arthroscopy endovision system provides surgeons with high quality images for improved observation during minimally invasive procedures. We have a sterilized modular operation theatre that integrates all the necessary instrumentation to ensure smooth and efficient surgeries.

Modular Operation Theatre

Our highly sterilized operation theatre ensures absolute cleanliness, hygiene and safety of equipment and devices. The modular design enables complete integration of all the necessary instruments for high functionality and efficiency in surgical procedures. Engineered to meet the highest international standards, our modular OT provides a contamination free working environment for the medical team and contains all the modern amenities such as temperature and humidity control and CCTV cameras.

At the Institute of Orthopaedics and Joint Replacement, we are committed to providing a comprehensive treatment plan tailored to each patient's specific medical condition and requirements. Our focus is on early detection and treatment of musculoskeletal disorders enabled by excellent diagnostic facilities. We provide medication and monitoring along with physiotherapy and a nutrition regime to promote healthy bones and prevent the onset of orthopaedic dysfunction.

In the case of advanced deterioration, the skill of our surgeons offers relief from pain and improvement in mobility for our patients. We also support post-surgery rehabilitation through regular physiotherapy to restore normal function of joints.

As part of your dedicated healthcare team, we will provide you with superior care to keep you in the best of health. So take the first step towards a healthier you and seek our expert advice.