

## PRESS RELEASE

### **Fortis Hospital organizes Arthro Bengaluru Meet**

*The highlight of the programme were live surgeries to demonstrate how operative techniques for knee and shoulder injuries can be improved.*

**Bangalore, Friday, July 29 2016:** Innovation and expertise in the effective treatment and management of orthopaedic ailments has ensured improved outcomes and a better quality of life for patients. The 'Arthro Bengaluru Meet,' a workshop organized to demonstrate the latest in arthroscopy techniques and supported by Fortis Hospitals, brought together some of the brightest minds in the realm of minimally invasive joint surgery.

The main feature of the two-day programme held on July 29-30 were 10 live surgery demonstrations by a team of highly-qualified doctors led by Dr P.C.Jagadeesh, Consultant, Arthroscopy and Sports Medicine at Fortis Hospitals. The live surgeries displayed some of the latest operative techniques that can be used to give relief to patients who have complex knee and shoulder injuries.

"The main aim of this programme was to display how to improve operative techniques for these ailments for better results and to provide a comprehensive idea about the current standards in the management of such injuries. It was a one-of-a-kind event to be held in Bengaluru wherein specialists in the area of arthroscopy came together to deliberate on and demonstrate advanced techniques such as Bankart repair for shoulder injury, ACL surgery, BMAC technology for cartilage repair of the knee, OATS technique, Meniscal repair and replacement and the All-Inside PCL reconstruction," explained Dr Jagadeesh.

Many international and around 20 medical experts from across India participated in the meet as faculty. Eminent personalities such as Nitin Patel, former Board of Cricket Control in India (BCCI) physiotherapist and presently lead physio with the Mumbai Indians team and Dr Angus Robertson, knee and shoulder surgeon gave their valuable insights on the subject.

Some of the live surgeries performed included :

1. Bankart Repair – This is an advanced key-hole surgery to repair the Bankart Lesion, a shoulder ligament injury, in which the ligaments are torn from the front of the socket caused by a dislocated shoulder.
2. BMAC Cartilage Repair – This hi-tech stem cell therapy using bone marrow aspirate concentrate (BMAC) is helps in one-step regeneration and repair of damaged knee cartilage.
3. All Inside PCL reconstruction -- Posterior cruciate ligament (PCL) is one of the four major ligaments of the knee and connects the thighbone to the shinbone. In case of trauma to the ligament, an advanced minimally invasive



surgical technique called All Inside PCL reconstruction can be performed to repair the ligament and stabilise the knee.

Apart from the live surgeries, lectures and discussions were also held during the meet on the following topics – Meniscus Replacement, Paediatric ACL Repair, graft harvesting techniques, Arthroscopy Rotator Cuff and so on.

“This workshop is unique as there are very few surgeons in this part of the world who are trained and have the expertise to perform some of these advanced arthroscopy techniques. The idea of having this meet was to disseminate valuable information in the treatment of knee and shoulder ailments and to promote innovation in patient care so that the benefit ultimately reaches the patients,” Dr Jagadeesh added.

**About Fortis Healthcare Limited**

*Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 54 healthcare facilities (including projects under development), approximately 10,000 potential beds and 314 diagnostic centres.*

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