

## 'Country still lags behind in field of shoulder surgery'

Ankur Mehta (name changed on request) had dislocated his shoulder 20 times in the past one year. But the 20-year-old can now breathe easy.

Mehta is one of the 16 persons with the history of shoulder and knee problem, who underwent a minimally invasive surgical procedure on Sunday during the three-day 7th International Symposium on current concepts in knee and shoulder arthroscopic surgery and arthroplasty at the Indian Spinal Injuries Centre.

Arthroscopy is a minimally invasive surgical procedure in which an examination and sometimes treatment of damage of the interior of a joint is performed using an arthroscope, a type of endoscope that is inserted into the joint through a small incision. Dr Sanjay S. Desai, Mumbai-based arthroscopy and joint replacement surgeon, who operated upon Mehta, said, "Last 40 years has seen tremendous growth in the field of orthopedics in terms of material technology and engineering. However, one area that has lagged behind, particularly in India, is shoulder surgery because of lack of adequate exposure."

At present, the country does not have more than a dozen trained shoulder arthroscopic surgeons. "These type of live surgical workshops help increase awareness and expose surgeons to advances within the country," said Dr Desai.

Arthroscopic surgeries or keyhole surgeries have an edge over conventional surgeries as the recovery of function of the joint is like normal in comparatively less time, less pain and small scars. "To repair one tissue, it does not make sense to cut three tissues, which is the case in a conventional surgery. Also, the outcome is better in a keyhole surgery as there is better visualisation," added Dr Desai.

More than 300 delegates from across the country participated in the symposium that involved 70 trainers from different countries. "We had 10 foreign faculty members and 60 trainers from India involved in various capacities. We had instructional courses, hands on surgical demonstrations, debates, symposia, etc., apart from live surgeries packed in these three days," said **Dr Pushpinder Bajaj, chief organiser of the event.**

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