



Joint replacement surgery made better

More than 500 doctors will be exposed to the latest developments in keyhole and minimally invasive joint surgeries, during the 30 live surgeries that are being performed in the Capital from Friday. The surgeries, including knee, shoulder and hip joint replacement, comprise a majority of joint surgeries in the country. Though there are very few surgeons in India who have specialised in performing the keyhole surgery, nearly 500 such surgeries are performed in Delhi alone every year.

The live surgeries are being performed during the International Society for Knowledge for Surgeons on Arthroscopy and Arthroplasty's (ISKSAA) annual conference, held between February 22 and 24. The focus of the conference is sports injury, which will include cartilage transplant, implanting custom-specific implants and navigation-based knee replacement surgeries.

Sports injury may sound like it involves only sports persons, but specialists say most of these injuries can occur during accidents, overuse of keyboards or mobile phone keys, bad sitting posture among others. Ligament tear, for instance, is a very common problem among people who are not from a sports background.

There have also been revolutionary changes across the world in knee ligament surgery, with better implants, surgical instrument and techniques used to improve the quality of surgery. "With this new technique people will start walking within three to six days of the surgery as compared to three to six weeks earlier. There will also be smaller scars that do not look as ugly," said **Dr Pushpinder Bajaj**, specialist in the field of Arthroscopic (keyhole) surgery, and organiser of the conference.

The keyhole procedure provides tremendous post-operative benefits, with smaller scars and shorter recovery period. "The pain-management is a lot better with the keyhole procedure and the recovery during the initial three months after the surgery is quite comfortable," added **Dr Bajaj**.



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