

RISE UP TO LIFE!

Centre of Excellence:
**Reconstruction and
Joint Replacement**



Injury or congenital degenerative problems that necessitate reconstruction and joint replacement can impact lives in many ways. If unattended, such can be life threatening.

With the rise of diabetes, hypertension, HIV, TB etc. looming large in Africa, the need for world-class reconstruction and joint replacement expertise is also growing higher than ever before. We, at Mediheal Group of Hospitals, are at the forefront of addressing this need by providing the most comprehensive and technologically advanced services through our chain of healthcare facilities across Kenya and Rwanda.

Our centres are staffed with the region's most highly-qualified professionals including Orthopaedic Surgeons, Lab Technicians, Physiotherapists and Nursing Staff. Our doctors are trained across the world at leading healthcare institutions and present the most appropriate diagnosis and treatment for finest patient outcomes.





“Complementing
the great African dream
with comprehensive
healthcare support...”

Africa is the youngest continent in the world today developing very fast, hosting about 1 billion people, which is 14% of the world population and very compatible with the modern smart electronic age. Complementing the great African dream with comprehensive healthcare support is Mediheal Group of Hospitals.

We have been leading the healthcare segment with high quality medical services and have participated in inspiring improvements with our patients in mind. Thanks to their incessant trust and support, our spectrum of services today is spread across Kenya, Uganda, Tanzania, Rwanda and Burundi.

We are constantly looking to attract highly qualified medical professionals who live up to the high standards we set for ourselves. We always procure state-of-the-art equipment that is being used across the world, and make sure that our diagnostic labs consistently meet international standards for accuracy and reliability.

As I look back on the years of successful development and aspirations beginning with the establishment of Mediheal Group of Hospitals, I feel both proud and excited about the future. As a progressive healthcare provider, we aim to keep expanding with new facilities and continue the momentum as one of the fastest growing healthcare groups in Africa.

Dr. S. R. Mishra

MS - Obstetrics & Gynaecology (India)

Dip. Gynae Endoscopy (Germany)

Chairman, Mediheal Group



“We are focussed on bringing state-of-the-art surgical techniques for congenital and acquired musculoskeletal abnormalities.”

In the low and middle-income countries of Sub-Saharan Africa, controlling communicable diseases has more often been the primary focus for domestic as well as the international communities. The burden of musculoskeletal disease has taken a backseat despite musculoskeletal trauma constituting an enormous and steadily increasing proportion of health concerns in the African continent.

This is an opportunity for healthcare organizations and orthopedic clinicians to embrace the challenges of reducing the burden of orthopedic injury and raising the standards of treatment in African countries. At Mediheal Group of Hospitals, we consider this as our duty to bring considerable professional weight to support and initiate programs aimed at uplifting, building research and creating partnerships for providing quality diagnosis and treatment for the entire range of orthopedic problems.

With extensive experience spanning close to three decades in the field of orthopedics, I have seen how the landscape of treatment and diagnosis has progressed over the years. I have worked in several prestigious healthcare institutes across different cities of India. I have been practising since early 1989, and some of the notable names of my professional association include Safdurjung Hospital (New Delhi), All India Institute of Physical Medicine and Rehabilitation (Mumbai) and Breach Candy Hospital (Mumbai).

At Mediheal Group of Hospitals, we are focused on bringing state-of-the-art surgical techniques for congenital and acquired musculoskeletal abnormalities. Our advanced infrastructure includes well-equipped operating theatres with modern equipment for performing all simple and complex orthopedic procedures. We are committed to providing quality healthcare services aimed at ensuring reduced morbidity and mortality across the African region.

Dr. Sanjib Kumar Behera

MBBS, MS (Orthopaedics)

Consultant Orthopaedic and Joint Replacement Surgeon



“We blend tech-enabled paths with expertise of skilled surgeons in an environment of compassionate care.”

Medical science is evolving faster than the speed of thought. Orthopaedic patients, today, have more options than ever before, that too with excellent results. The use of technology has transformed the rendition of Orthopaedic Surgery, and in turn, the lives the patients. Advanced MRI Imaging, Computer Navigation in Trauma and Joint Replacements, Arthroscopy, Newer Biomaterial and Implant Materials, Stem Cell and Tissue Engineering, Outcome Analysis and Statistical Interpretation of Data have radically transformed how we treat our patients.

We, at Mediheal Group of Hospitals, blend these tech-enabled paths with expertise of skilled surgeons in an environment of compassionate care to deliver finest outcomes for the patients suffering from Orthopaedic conditions.

I am privileged to have trained in Orthopaedics across two centuries. I started my training in the 20th century and am now practising in the 21st century. I have been fortunate to witness the transformation of Orthopaedics has made in the last two centuries. This has helped me understand the importance of technology in treatment better.

The treatment options we offer at Mediheal Group are a true reflection of the changing times. With a strong passion for Orthopaedics, and technology and expertise as core strengths, we deliver therapeutic and surgical interventions on par with the best medical institutions across the world.

Dr. Rahul Pardipuram

MBBS, MS - Orthopaedics,
AO Trauma Member, Fellowship in
Joint Replacement (Bangalore, India).
Consultant Orthopaedic and Joint
Replacement Surgeon



“We leverage on modern facilities and cutting-edge new techniques of treatment to offer best Orthopaedic Reconstruction solutions.”



Dr. Tapulol Rajeev

Asst. Consulting Orthopedic Surgeon

In Africa, the need for quality reconstruction and joint replacement services and expertise are growing higher akin to the need in other specialties. In the discipline of Orthopaedic Reconstruction, some of the most notable issues include Musculoskeletal Oncology, Trauma and Injury (road traffic crashes, conflict, and disaster). These issues acquire larger proportions in Africa due to the lack of evolved technology and robust infrastructure.

With a combined experience of more than 20 years in the medical profession and Orthopaedic specialty, I have performed numerous surgeries in advanced trauma, advanced Minimally Invasive/Keyhole (Arthroscopy) and Arthroplasty. My areas of interest and expertise include advanced Arthroscopy of knee, shoulder, elbow, foot and ankle and Joint Replacement/Reconstructive Surgery of shoulder, knee, elbow and hip joint.

I also specialize in advanced Trauma, Arthroscopy and Sports Orthopaedics, Complex Arthroscopic ACL, PCL Repairs of Knee, Rotator Cuff, Bankart Repairs and Tendon Transfers for Irreparable Cuff, Tear of the Shoulder, Sports Medicine, Total Shoulder Replacement, Reverse Shoulder Replacement, Total Elbow Replacement, Total Hip Replacement and Total Knee Replacement.

I undertook various Fellowship Programmes to develop my skills in Arthroscopy and Reconstructive Arthroplasty Surgeries. They include Paediatric Orthopaedics Fellowship at Sancheti Hospital, Pune (India) with Dr. Sandeep Patwardhan, Fellowship in Arthroplasty & Reconstructive Orthopaedics Surgeries at Marien Hospital, Erwitte (Germany) with Prof. Thomas Hess and Dr. Dirk Baumann and Clinical Fellowship in Arthroscopy & Sports Medicine with Dr. Shirish Pathak at Deenanath Mangeshkar Hospital and Research Center, Pune (India). To further develop my skills in Shoulder and Elbow Surgeries, I undertook Clinical Fellowship Programme for Advanced Shoulder & Elbow Arthroscopy and Arthroplasty Surgeries at D. Cervesi Hospital, Cattolica (Italy).

At Mediheal Group of Hospitals, we focus on bringing evolved technology and robust infrastructure combined with highly skilled manpower to serve our patients. We leverage on modern facilities and cutting-edge new techniques of treatment to offer best Orthopaedic Reconstruction solutions.

Dr. Kartikeya Pramod Joshi

MBBS, DNB (Orthopaedics)

Fellow in Arthroscopy & Reconstructive Arthroplasty (Germany)

Fellow in Arthroscopy & Sports Medicine (India)

Fellow in Shoulder & Elbow Arthroscopy and Arthroplasty (Italy)



“Our patients remain the centre of all our endeavours as we evolve with changing times. Thousands of smiling Africans bear testimony to our dedication...”

We, at Mediheal Group of Hospitals, have always strived to raise the bar for healthcare in Africa to meet the highest international medical standards. A warm and friendly ambience, high-quality medical services and personalized nursing care have always been the hallmarks of hospitals since inception.

Our patients remain the centre of all our endeavours as we evolve with changing times. Thousands of smiling Africans bear testimony to our dedication, to the quality of care and sensitivity to everyone who walk through our doors. The continuum of care is an added edge that we offer as we aim to elevate the overall health of the society.

With eminent doctors leading each practice, we are committed to delivering world-class healthcare to an increasing number of people who have come to consider Mediheal as their preferred choice of hospital. We recruited doctors with training and experience at top international hospitals and implemented evidence-based protocols that are followed by leading global institutions. They provide treatment, supportive care and preventive measures spanning over 15 specialties and super-specialties of medicine. We receive a large number of international patients every year trusting our expertise and services.

We believe technology plays a vital role in delivering superior healthcare and hence have made effective outlays in procuring the best of equipment to serve our patients. We have introduced several cutting-edge technologies and procedures to the people of Africa that have improved the clinical outcomes significantly.

As we evolve, we try to sustain the highest level of competence through various academic programs and initiatives for our staff. Together, we aim to bring our vision for Africa to life by embarking in a journey to redefine healthcare in Africa.

Mr. Gokul Prem Kumar

Vice President - International Patient Services

WHAT IS ORTHOPEDICS?



Orthopedics is the medical specialty concerned with correction of deformities or functional impairments of the musculoskeletal system. The body's musculoskeletal system is a complex system of bones, joints, ligaments, tendons, muscles and nerves and allows you to move, work and be active. Once devoted to the care of children with spine and limb deformities, Orthopedics now cares for patients of all ages, from newborns with clubfeet, to young athletes requiring arthroscopic surgery, to older people with arthritis. The physicians who specialize in this area are called Orthopedic Surgeons.

Orthopedics deals with diagnosis and treatment of a wide variety of diseases and conditions, including fractures and dislocations, torn ligaments, sprains and strains tendon injuries, pulled muscles and bursitis ruptured disks, sciatica, low back pain, and

scoliosis knock knees, bow legs, bunions and hammer toes, arthritis and osteoporosis, bone tumors, muscular dystrophy and cerebral palsy, club foot and unequal leg length abnormalities of the fingers and toes, and growth abnormalities.

It also focuses on rehabilitation by recommending exercises or physical therapy to restore movement, strength and function in addition to focusing on prevention with information and treatment plans to prevent injury or slow the progression of diseases. Examples of Orthopedic Sub-specialty include Hand Surgery, Shoulder and Elbow Surgery, Total Joint Reconstruction (Arthroplasty), Pediatric Orthopedics, Foot and Ankle Surgery, Spine Surgery, Musculoskeletal Oncology, Surgical Sports Medicine and Orthopedic Trauma.

JOINT RECONSTRUCTION / REPLACEMENT

Sometimes the best way to relieve pain and restore function to a joint is to replace all or part of it with prosthesis (an artificial joint). Prostheses are intended to restore function to the joint and relieve pain associated with arthritis, other chronic conditions, or traumatic injury.

Prostheses are designed to move like a regular joint. They are made of durable plastic and metal parts that fit together snugly but glide smoothly (as opposed to the painful friction associated with the worn cartilage of arthritic joints). The pieces are shaped like the structures they replace - for example, the damaged bones in a ball-and-socket joint of a hip or shoulder are replaced with a metal ball and plastic socket. They are held to the surrounding bone either with a locking mechanism or with special bone cement.

The length and difficulty of recovery depend on the location of the joint replaced as well as the patient's

age and overall health. Hip or knee surgery typically requires temporary use of a cane or walker. Some pain and stiffness following surgery is normal. Gradually, the weakened muscles regain strength and flexibility as the patient becomes accustomed to using the joint. The physician will discuss when it is safe to return to any athletic activities. Once in place, prostheses usually perform well for up to a decade or longer.

Joint reconstruction ranges from minor repairs to the damaged joint to total joint replacement. These treatment options can offer temporary pain relief or permanent solutions to joint disorders. The best treatment for you depends on the type and severity of your joint disorder. Together, you and your doctor can develop the most effective treatment option for your needs.

Some of the different types of Joint Reconstructive Surgery include:

JOINT REPLACEMENT SURGERY:

Joint Replacement is a complicated procedure that is for severe joint pain that does not respond to conservative methods. Replacement surgery is usually performed on the hip, shoulder or knee. Prosthetic joints are designed to move just like regular joints and are made of durable metal and plastic to fit together smoothly. The length of relief depends on the individual, but replacement joints tend to last for over 15 - 20 years.



**Arthroscopy:**

Arthroscopy is a minimally invasive procedure that allows your doctor to make minor adjustments to joints through tiny incisions and the use of a camera. This procedure can help release pressure from a tight ligament to increase the range of motion for a stiff joint, remove bone spurs and trim soft tissues like cartilage.

Osteotomy:

Osteotomy or “bone cutting” removes a section of bone near a damaged joint. This shifts the weight away from the damaged cartilage to an area with healthier cartilage, temporarily relieving the pain. This procedure is typically performed on the knee or hip for younger patients who do not want to have Joint Replacement Surgery yet.



Resurfacing Surgery:

Resurfacing is most commonly performed on the hip and is also for younger patients who may not benefit from Total Hip Replacement. It is less complicated than hip replacement and usually retains a more normal feeling after surgery. Results can last up to 8 years, but long-term studies are not yet available.

Arthrodesis:

Arthrodesis fuses together two bones in a damaged joint to prevent the joint from moving and causing pain. This is a more extreme treatment method that is used when medication and other conservative methods are no longer effective.

Small Joint Surgery:

If joints in the hands or feet cannot be used because of damage, they may be replaced to restore limited movement and activities.



JOINT REPLACEMENT

There are many conditions which require a Joint Replacement. The most common being Rheumatoid Arthritis and Osteoarthritis, which result in stiff and painful joints that curtail normal activities severely.

Joint replacement is an inevitable solution for worn-out joints, as it ensures painless mobility and allows the patient to get back to near-normal activity levels.

The most important advantages of this procedure include...

- Pain relief
- Improved mobility
- Improved quality of life

The three most common Joint Replacement Surgeries performed are hip, knee, and shoulder.



HIP REPLACEMENT

The hip is one of the body's largest joints. It is a ball-and-socket joint. The socket is formed by the acetabulum, which is part of the large pelvis bone. The ball is the femoral head, which is the upper end of the femur (thighbone). The bone surfaces of the ball and socket are covered with articular cartilage, a smooth tissue that cushions the ends of the bones and enables them to move easily.

A thin tissue called synovial membrane surrounds the hip joint. In a healthy hip, this membrane makes a small amount of fluid that lubricates the cartilage and eliminates almost all friction during hip movement. Bands of tissue called ligaments (the hip capsule) connect the ball to the socket and provide stability to the joint.

Common Causes of Hip Pain:

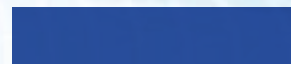
The most common cause of chronic hip pain and disability is Arthritis. Osteoarthritis, Rheumatoid Arthritis, and Traumatic Arthritis are the most common forms of this disease.



Osteoarthritis:

This is an age-related "wear and tear" type of arthritis. It usually occurs in people 50 years of age and older and often in individuals with a family history of arthritis. The cartilage cushioning the bones of the hip wears away.

The bones then rub against each other, causing hip pain and stiffness. Osteoarthritis may also be caused or accelerated by subtle irregularities in how the hip developed in childhood.





Rheumatoid Arthritis:

This is an autoimmune disease in which the synovial membrane becomes inflamed and thickened. This chronic inflammation can damage the cartilage, leading to pain and stiffness. Rheumatoid arthritis is the most common type of a group of disorders termed "inflammatory arthritis."



Post-traumatic Arthritis:

This can follow a serious hip injury or fracture. The cartilage may become damaged and lead to hip pain and stiffness over time.

Avascular Necrosis:

An injury to the hip, such as a dislocation or fracture, may limit the blood supply to the femoral head. This is called avascular necrosis (also commonly referred to as Osteonecrosis). The lack of blood may cause the surface of the bone to collapse, and arthritis will result.





Childhood Hip Disease:

Some infants and children have hip problems. Even though the problems are successfully treated during childhood, they may still cause arthritis later on in life. This happens because the hip may not grow normally, and the joint surfaces are affected.

In a Total Hip Replacement (also called Total Hip Arthroplasty), the damaged bone and cartilage is removed and replaced with prosthetic components.

- The damaged femoral head is removed and replaced with a metal stem that is placed into the hollow center of the femur. The femoral stem may be either cemented or "press fit" into the bone.
- A metal or ceramic ball is placed on the upper part of the stem. This ball replaces the damaged femoral head that was removed.
- The damaged cartilage surface of the socket (Acetabulum) is removed and replaced with a metal socket. Screws or cement are sometimes used to hold the socket in place.
- A plastic, ceramic, or metal spacer is inserted between the new ball and the socket to allow for a smooth gliding surface.

TOTAL KNEE REPLACEMENT

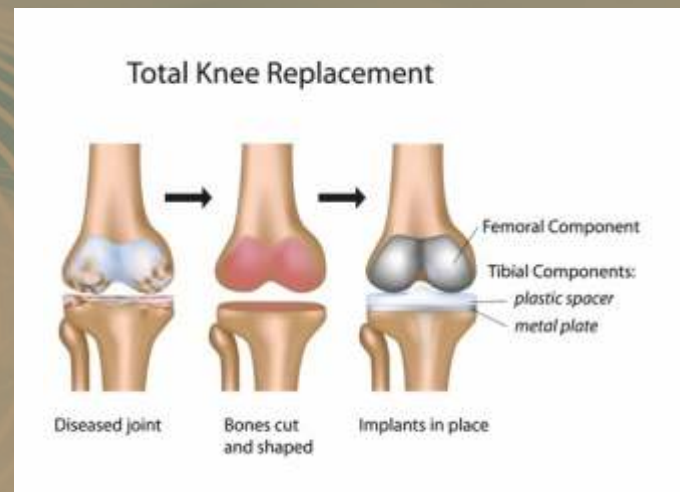
A Total Knee Replacement is a surgical procedure whereby the diseased knee joint is replaced with artificial material. The knee is a hinge joint which provides motion at the point where the thigh meets the lower leg. The thighbone (or femur) abuts the large bone of the lower leg (tibia) at the knee joint. During a Total Knee Replacement, the end of the femur bone is removed and replaced with a metal shell. The end of the lower leg bone (tibia) is also removed and replaced with a channelled plastic piece with a metal stem. Depending on the condition of the kneecap portion of the knee joint, a plastic "button" may also be added under the kneecap surface. The artificial components of a Total Knee Replacement are referred to as the prosthesis.

The posterior cruciate ligament is a tissue that normally stabilizes each side of the knee joint so that the lower leg cannot slide backward in relation to the thighbone. In Total Knee Replacement surgery, this ligament is retained, sacrificed, or substituted by a polyethylene post. Each of these various designs of Total Knee Replacement has its own benefits and risks.

Knee Arthroscopy:

Your knee is the largest joint in your body and one of the most complex. The bones that make up the knee include the lower end of the femur (thighbone), the upper end of the tibia (shinbone), and the patella (kneecap).

Other important structures that make up the knee joint include:

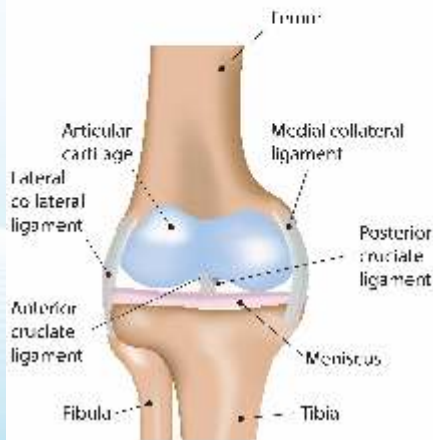


Articular Cartilage:

The ends of the femur and tibia, and the back of the patella are covered with articular cartilage. This slippery substance helps your knee bones glide smoothly across each other as you bend or straighten your leg.

Meniscal Tear

Healthy Knee



Knee with a Torn Meniscus



Meniscus:

Two wedge-shaped pieces of meniscal cartilage act as "shock absorbers" between your femur and tibia.

Different from articular cartilage, the meniscus is tough and rubbery to help cushion and stabilize the joint.

Synovium:

The knee joint is surrounded by a thin lining called synovium. This lining releases a fluid that lubricates the cartilage and reduces friction during movement.

Ligaments:

Bones are connected to other bones by ligaments. The four main ligaments in your knee act like strong ropes to hold the bones together and keep your knee stable.

While two collateral ligaments are found on either side of your knee, two cruciate ligaments are found inside your knee joint. They cross each other to form an "X" with the anterior cruciate ligament in front and the posterior cruciate ligament in back.

Arthroscopy is commonly used to diagnose and treat problems that damage the articular cartilage, ligaments, and other structures around the joint.

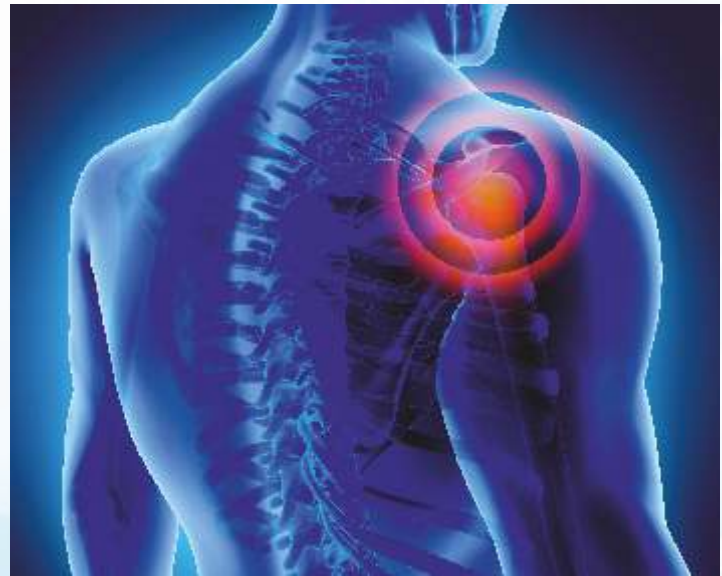
SHOULDER ARTHROSCOPY

Arthroscopy is a procedure that Orthopedic Surgeons use to inspect, diagnose, and repair problems inside a joint. The word Arthroscopy comes from two Greek words, "arthro" (joint) and "skopein" (to look). The term literally means "to look within the joint." During Shoulder Arthroscopy, your surgeon inserts a small camera, called an Arthroscope, into your shoulder joint. The camera displays pictures on a television screen, and your surgeon uses these images to guide miniature surgical instruments.

Because the Arthroscope and surgical instruments are thin, your surgeon can use very small incisions (cuts), rather than the larger incision needed for standard, open surgery. This results in less pain for patients and shortens the time it takes to recover and return to favourite activities.

Shoulder Arthroscopy has been performed since the 1970s. It has made diagnosis, treatment, and recovery from surgery easier and faster than was once thought possible. Improvements to Shoulder Arthroscopy occur every year as new instruments and techniques are developed.

Your shoulder is a complex joint that is capable of more motion than any other joint in your body. It is made up of three bones: your upper arm bone (humerus), your shoulder blade (scapula), and your collarbone (clavicle).



Ball and Socket:

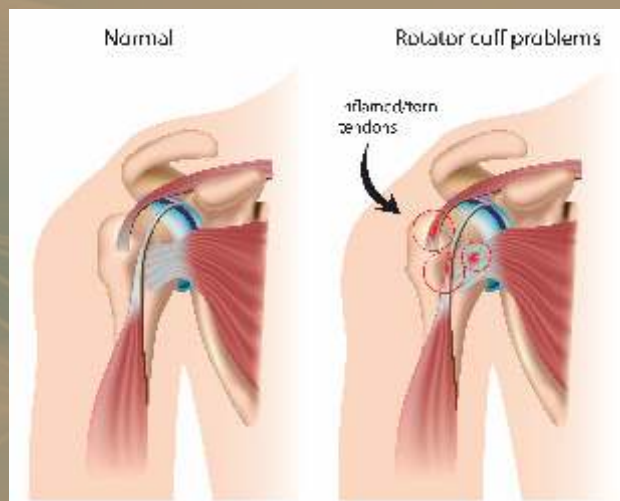
The head of your upper arm bone fits into a rounded socket in your shoulder blade. This socket is called the Glenoid. A slippery tissue called articular cartilage covers the surface of the ball and the socket. It creates a smooth, frictionless surface that helps the bones glide easily across each other.

The glenoid is ringed by strong fibrous cartilage called the labrum. The labrum forms a gasket around the socket, adds stability, and cushions the joint.



Shoulder Capsule:

The joint is surrounded by bands of tissue called ligaments. They form a capsule that holds the joint together. The undersurface of the capsule is lined by a thin membrane called the synovium. It produces synovial fluid that lubricates the shoulder joint.



Rotator Cuff:

Four tendons surround the shoulder capsule and help keep your arm bone centered in your shoulder socket. This thick tendon material is called the rotator cuff. The cuff covers the head of the humerus and attaches it to your shoulder blade.

Bursa:

There is a lubricating sac called a bursa between the rotator cuff and the bone on top of your shoulder (acromion). The bursa helps the rotator cuff tendons glide smoothly when you move your arm.

When is Shoulder Arthroscopy Recommended?

Your doctor may recommend Shoulder Arthroscopy if you have a painful condition that does not respond to non-surgical treatment. Non-surgical treatment includes rest, physical therapy, and medications or injections that can reduce inflammation. Inflammation is one of your body's normal reactions to injury or disease. In an injured or diseased shoulder joint, inflammation causes swelling, pain, and stiffness.

Injury, overuse, and age-related wear and tear are responsible for most shoulder problems. Shoulder Arthroscopy may relieve painful symptoms of many problems that damage the rotator cuff tendons, labrum, articular cartilage, and other soft tissues surrounding the joint. Common arthroscopic procedures include:

- Rotator Cuff Repair
- Bone Spur Removal
- Removal or Repair of the Labrum
- Repair of Ligaments
- Removal of Inflamed Tissue or Loose Cartilage
- Repair for Recurrent Shoulder Dislocation

Less common procedures such as nerve release, fracture repair, and cyst excision can also be performed using an Arthroscope. Some surgical procedures, such as Shoulder Replacement, still require open surgery with more extensive incisions.

KNEE ARTHROSCOPY

When is Knee Arthroscopy Recommended?

Your doctor may recommend Knee Arthroscopy if you have a painful condition that does not respond to non-surgical treatment. Non-surgical treatment includes rest, physical therapy, and medications or injections that can reduce inflammation. Knee Arthroscopy may relieve painful symptoms of many problems that damage the cartilage surfaces and other soft tissues surrounding the joint.

Common Arthroscopic Procedures for the knee include:

- Removal or repair of a torn meniscus
- Reconstruction of a torn anterior cruciate ligament
- Removal of inflamed synovial tissue
- Trimming of damaged articular cartilage
- Removal of loose fragments of bone or cartilage
- Treatment of patella (kneecap) problems
- Treatment of knee sepsis (infection).

Arthroscopy is commonly used to diagnose and treat problems that damage the articular cartilage, ligaments, and other structures around the joint.



SPORTS MEDICINE

Sports medicine is an interdisciplinary subspecialty which deals with fitness, prevention and management of injuries related to sports and physical exercises. This branch has emerged in the late 20th century. It focuses on improvement of performance in athlete, recovery from injuries and prevention of future injuries. The sports injuries adversely affect the performance of the athlete in addition to having significant financial implications. Sports medicine has developed in terms of its clinical importance with appropriate diagnosis and proper rehabilitation following an injury. Patients who seek medical attention at Sports Injury Clinics represent a spectrum from top professionals to recreational athletes. The multi-disciplinary sports medicine team includes the athlete himself, the athletic trainer, clinical consultants (Orthopaedic Surgeon, Physician, Dentist, Podiatrist, Nutritionist and Psychologist) and support systems for the athlete's family, friends and teammates, in addition to administrative support and officials.



An Orthopaedic Surgeon plays a vital role in managing sports injuries which can range from ligament/muscle sprain to their complete tears to chondral (cartilage) injury to fractures and dislocations.

These injuries are managed by various techniques both conservative and surgical, such as taping, rehabilitation, open or arthroscopic repairs and reconstructions depending on the individual case. Chondral injuries, depending on the size of cartilage defect, are dealt by Chondral Resurfacing by Microfracture to Cartilage Replacement by Autologous Chondrocyte Implantation. These procedures augment speedy recovery and help in restoring the performance level to the pre-injury state. Availability of, both, advanced infrastructure and skill-sets are prerequisites for successful surgical outcome. And in today's era of Minimally Invasive Surgery, the duration of hospitalisation and hence the financial burden on the athlete and his family are lesser compared to earlier. A tailored Physiotherapy Program is of utmost importance to regain the strength and functionality, and is imperative for complete recovery.

Multi-disciplinary team management helps in attaining the desired outcome in sports injuries and today, many hospitals are providing such comprehensive care under one roof.



At Mediheal Group of Hospitals, we specialize in prevention, diagnosis and surgical and non-surgical treatment of problems impacting the bones, joints, muscles, nerves, ligaments and tendons. The treatments cover a gamut of services such as General Orthopedics and Trauma, Joint Replacements, Spine Surgery, Sports Medicine and Joint Replacements and Reconstruction including Minimally Invasive Surgery and Pelvic reconstruction. Be it simple pain or complex surgical interventions or even highly critical situations, we deliver some of the most advanced techniques and technologies in this field with experience, expertise and excellence.

We are equipped with state-of-the-art infrastructure, managed by highly experienced and trained bone and joints specialists.

- Advanced monitoring equipment
- Tools for minimally-invasive surgery
- Rapid closure devices to avoid bleeding complications
- Lasers for making precision incisions

Conditions Treated

- ACL (Anterior Cruciate Ligament of the Knee) Injuries
- Ankle Injuries
- Arthritis
- Bunions
- Bursitis
- Carpal Tunnel Syndrome
- Cartilage Tears and Other Injuries
- Chronic Pain
- Fractures
- Hip Injuries
- Joint Replacement Surgery
- Knee Injuries
- MCL (Medial Collateral Ligament of the Knee) Injuries
- PCL (Posterior Cruciate Ligament)
- PLC (Posterior Lateral Complex)
- Meniscal Surgeries
- Shoulder Arthroscopy (Cuffs Repair, Bankart Repair)
- Ankle Arthroscopy
- Wrist Arthroscopy
- Hip Arthroscopy
- Capsular Release
- Pelvic Reconstruction

**Treatments Offered:**

At Mediheal Group of Hospitals, we offer a wide spectrum of Orthopedic treatment services including:

- Knee Replacement Surgery
- Arthroscopic Surgery
- Bone Resurfacing
- Cartilage Repair
- Conventional Surgery
- Joint Surgery
- Minimally Invasive Surgery
- Pain Management
- Rehabilitation
- Sports Medicine
- Pelvic Reconstruction

The department is powered by a team of experienced and dedicated specialists who are trained to manage several Orthopedic conditions with expertise. The team is diverse, with varied skills, sub-specialty practice to resuscitate and treat trauma patients. By adopting latest techniques such as navigation technology, the team prides itself in handling emergencies round-the-clock.

WORLD-CLASS OT INFRASTRUCTURE



Operation Theatre with HEPA Filters and Laminar Air Flow



CUTTING-EDGE TECHNOLOGY

ICU Cubicle



Intensive Care Unit



Siemens 1.5 Tesla MRI



Siemens 64 Slice CT

STATE-OF-THE ART DIAGNOSTIC FACILITIES



Hi-end facilities in...

- Histopathology
- Cytology (Gynac & Non-Gynac)
- Clinical Chemistry
- Hematology
- Immunoassay
- Micro-biology
- Clinical Pathology
- Blood Banking & Transfusion



FULLY-EQUIPPED BLOOD BANK



MEDIHEAL HOSPITAL DOCTORS PLAZA - ELDORET



MEDIHEAL HOSPITALS - EASTLEIGH



MEDIHEAL GROUP OF HOSPITALS

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