The BLK Centre for Orthopaedics, Joint Reconstruction & Spine Surgery is a part of BLK Super Speciality Hospital – one of India’s largest, private sector, tertiary care hospitals. Attracting, perhaps, the largest number of patients to a facility of its kind, the Centre focuses on the most recent techniques in Joint Replacement, Spine Surgery, Sports Injury and Trauma Care. The Centre is also ably supported by a world-class Physiotherapy and Rehabilitation unit for post-surgical care.

Introduction

The BLK Centre for Orthopaedics, Joint Reconstruction & Spine Surgery is one of the largest Orthopaedic centres in India. Equipped with state-of-the-art technology and internationally renowned surgeons, the Centre offers a comprehensive suite of services ranging from Trauma Care and Joint Replacement to Minimally Invasive Surgeries for Joints and the Spine.

Our Centre

The Centre provides comprehensive interdisciplinary care to patients. By providing thoughtful details like natural lighting throughout the building, in-room facilities for your family members while you receive treatment, the BLK Centre for Orthopaedics, Joint Reconstruction & Spine Surgery personifies our concern for your health and well-being. Our specialities include:

- Joint Replacement
- Minimally Invasive Spine Surgery
- Trauma Care
- Sports Injury Management
- Paediatric Orthopaedic
- Limb Salvage Surgery for Tumours

### Joint Replacement

The BLK Centre for Orthopaedics, Joint Reconstruction & Spine Surgery has performed large number of Total Knee and Hip Replacement Surgeries with results that are comparable to the best hospitals of the world. The Centre also offers Unicompartmental Knee Arthroplasty, which is done for relatively younger patients with Knee Arthritis. Shoulder and Elbow Arthroplasty as well as Arthroplasty for small joints in hand (especially in case of Rheumatoid Arthritis) are some of the key services offered to the patients with an aim to improve the overall quality of life.

The Orthopaedic team has expertise in Revision Joint Replacement Surgery for Hip and Knee, using special implants and frozen bone grafts. The Centre utilises ‘Computer Aided Navigation’ surgery, which is especially useful in cases of severe deformity.

### Minimally Invasive Spine Surgery

The BLK Spine Team offers Minimal Access Spinal Surgery, Microscopic / Endoscopic Disc Surgery and Spine Fusion, using Minimally Invasive Techniques (MITYF). Spine deformities like Scoliosis and Kyphosis are rectified using segmental correction with modern instrumentation techniques under neuro-monitoring. Spine fractures in the elderly are treated by injecting bone cement into the vertebra (Kyphoplasty) under local anaesthesia, resulting in excellent pain relief and early mobilisation.

At BLK Centre for Orthopaedics, Joint Reconstruction & Spine Surgery, the emphasis is always on early rehabilitation. In the case of disc operations, patients are discharged from the hospital on the same day after the microsurgery. Patients who undergo Minimal Access Fusion Surgery are discharged from the hospital a day after the surgical procedure. Results of these surgeries are at par with global standards.

### Trauma Care

The Centre has a comprehensive approach for delivering optimal Orthopaedic care to injured patients. A dedicated team of Orthopaedics, Neurosurgeons, Plastic Surgeons and General Surgeons provide the best possible definitive care for Polytrauma. Some of the services offered by the Centre are:

- Management of Polytrauma with modern instrumentation
- Minimal access fixation of fractures using interlocking nails and locking plates
- Pelvic and Acetabular Fracture Management
- Conventional and Ilizarov External Fixators
- Bone Transport for gap non-union, Limb Lengthening
Our team diagnoses and treats all Paediatric Orthopaedic conditions, including Developmental Dysplasia of the Hip (DDH), Congenital Deformities of Foot, Limbs and Congenital Developmental Deformities of Spine etc. Our Centre is committed to provide comprehensive Paediatric Care including management of Paediatric Trauma using Minimally Invasive Techniques and general Paediatric Orthopaedic conditions.

**Paediatric Orthopaedic**

With an internationally renowned Oncology set-up, our Orthopaedic team manages treatment of malignant tumours of limbs with ‘Limb Salvage Surgery’ using customised modular bone and joint prosthesis and even biological grafts that saves limbs.

**Limb Salvage Surgery for Tumours**

BLK Arthroscopy and Sports Medicine Centre provides individualised treatment for all kinds of sports injuries and other joint-related disorders. Our focus is primarily on the quality of medical care. We are committed to helping individuals recover quickly from sports injuries, and facilitating their return to their previous level of sports as quickly and safely as possible. We use a multidisciplinary team approach to treat various sports injuries which include ligament and tendon reconstruction and repair, alignment correction, cartilage resurfacing.

**Sports Injury Management**

With an internationally renowned Oncology set-up, our Orthopaedic team manages treatment of malignant tumours of limbs with ‘Limb Salvage Surgery’ using customised modular bone and joint prosthesis and even biological grafts that saves limbs.

**Shoulder Ligament Injury**

The Centre provides specialised management for various Shoulder Ligament injuries such as shoulder dislocation, shoulder tendon tear, bicep injury and old failed surgery. Generally, old age and sports accidents are the primary causes of these injuries and a favoured option of treatment for such cases is Minimally Invasive Surgery which ensures faster recovery.
Knee injuries are amongst the most common injury occurring in players participating in active sports. This could range from ligamentous sprains to broken ligaments. Comprehensive management of sports-related Knee Ligamentous injuries such as ACL / PCL / LCL / MCL or even multi ligament injury are offered at the BLK Arthroscopy and Sports Medicine Centre. Typical treatment for these injuries involves Minimally Invasive Surgery which allows athletes fast and safe return to their pre-injury level.

Knee Ligament Injury

Meniscal Injuries usually happen during sports activities or unusual training because of a trauma or a fall and when there is a sudden twisting movement of the knee. The Centre provides fitting treatment depending on the type of the meniscal tear. Meniscal injuries are primarily treated operatively although the Team of Arthroscopy and Sports Medicine Center focuses more on Meniscal repair and preservation wherever possible rather than the more commonly opted option of removal (menisectomy).

Meniscal Injuries

Typical treatment for these injuries involves Minimally Invasive Surgery which allows athletes fast and safe return to their pre-injury level.

All Sports Related Injuries

The Centre provides specialised and individualised management and rehabilitation care for various sports-related injuries and discomforts which include knee pain, Tennis Elbow and ankle sprain. With the aim to provide treatment corrections for injuries of such kind, the Centre has developed a comprehensive treatment program covering electrotherapy coupled with rehabilitative modalities. BLK Arthroscopy and Sports Medicine Centre also has a comprehensive rehabilitation unit to support post-surgical care.

Cartilage Injury

To deliver ideal treatment and care for the delicate Cartilage Injury, the Centre has adopted a comprehensive approach, i.e. regrow, regenerate, repair rather than replace, which promises to give the best long term results. The mainstay treatment focuses on preserving and rebuilding of the natural normal cartilage.

Re-generative and Cell Growth Therapy

At BLK Arthroscopy and Sports Medicine Centre, various patients are treated with PRP injections that is cells derived from patients own blood with selective growth factors which help in recovery and healing of soft tissue chronic injuries. The results are backed by extensive research and provides answer to patients with failed conservative therapy.
Where passion meets healing