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 focusses 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 Unicondylar 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 (MITLIF). 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
Sports Injury Management


Paediatric Orthopaedic

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.

Limb Salvage Surgery for Tumours

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.

Our Team

Led by Dr. Pradeep Sharma, our team has combined experience of over 7000 Joint Replacements and more than 2000 Spine Surgeries. BLK Centre for Orthopaedics, Joint Reconstruction & Spine Surgery combines the skills and experience of several healthcare professionals, many of whom specialise in diagnosing and treating specific Orthopaedic disorders. With representatives of many different disciplines involved in your care, we ensure that you will receive the best possible treatment for your specific needs.

Dr. Pradeep Sharma

Director & Head, BLK Centre for Orthopaedics, Joint Reconstruction & Spine Surgery

Dr. Pradeep Sharma, MBBS, M.Ch (Orthopaedic), MS (Orthopaedic), has a vast global experience, having worked in United Kingdom, Germany, Switzerland, United States with numerous fellowship from different countries.

Dr. Sharma was previously associated with Holy Family Hospital, New Delhi; Queen Mary’s Hospital, London and Nevill Hall Hospital, United Kingdom. Dr. Sharma has also undergone training at Royal Liverpool Hospital and Alder Hey Children’s Hospital in Liverpool, UK.

Dr. Sharma has special interest in revision and reconstruction surgery of the failed Hip, Knees and computer assisted surgery in special cases of the Knee.
Dr. Puneet Girdhar
Director- Spine Surgery, BLK Centre for Orthopaedics, Joint Reconstruction & Spine Surgery

Dr. Girdhar, MBBS, MS, M.Ch (Orthopaedic), Spine Fellow (U.K.), Arthroplasty Fellow (Germany) & AO Fellow (USA) was previously associated with Artemis Hospital, Gurgaon, Apollo Hospital, Ahmedabad and Fortis Hospital, Vasant Kunj, New Delhi.

His area of specialisation covers, Minimal Invasive Spine Surgery, Microdiscectomy, Endoscopic Discectomy, Anterior / Posterior Decompression and Instrumentation. An expert in the techniques of Minimally Invasive Spine Fusion (MITLIF) / DLIF; Dr. Girdhar also specialises in correction of Spine Deformities such as Scoliosis and Kyphosis.

Dr. Girdhar is a National and Asia Pacific level faculty and has regularly conducted workshops and cadaveric training on Minimal Invasive Spine Surgery. He is also responsible for managing advanced centre for Minimal Invasive Spine Surgery training for fellows within and outside country.

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Dr. Rakesh Mahajan
Sr. Consultant, BLK Centre for Orthopaedics, Joint Reconstruction & Spine Surgery

Dr. Mahajan, MBBS, D.Ortho, MS (Orthopaedic), M.Ch (Orthopaedic) was formerly associated with Sir Ganga Ram Hospital, Delhi. His area of specialisation covers, Joint Replacement and Arthroscopic Surgery. His special areas of interest are, Hip Arthroplasty in Dysplastic Hips and Revision Joint Replacement. Dr. Mahajan is an active member of Indian and Delhi Orthopaedic Association.

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Dr. Rajesh Verma
Consultant – Joint Replacement and Trauma, BLK Centre for Orthopaedics, Joint Reconstruction & Spine Surgery

Dr. Verma, MBBS, DNB, M. Ch (Orthopaedic), Spine Fellow (Seoul) was previously associated with Fortis Hospital, Vasant Kunj, New Delhi and Rockland Hospital, New Delhi.

His area of specialisation covers, Spine Surgery and Arthroscopic Surgery. His special areas of interest are Degenerative Spine and Spinal Deformities.

Dr. Verma has also done several ligament reconstruction for Knee and Shoulder through Arthroscopic procedures.

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Dr. Ishwar Bohra
Consultant - Trauma and Arthroscopy, BLK Centre for Orthopaedics, Joint Reconstruction & Spine Surgery

Dr. Bohra, M.Ch (Orthopaedic), MS (Orthopaedic), MAMS, was awarded Fellowship in Arthroscopy and Sports Medicine (FASM), Barcelona, Spain, Fellowship in Knee Replacement and Arthroscopic Surgery, UK, Fellowship in Upper Limb Surgery (Shoulder and Elbow Surgery), Scotland, UK, Fellowship in Joint Replacement Surgery, Exeter, UK and Fellowship in Joint Replacement and Arthroscopy, Pune, India.

Dr. Bohra is a next generation Knee Replacement Surgeon and specialises in Knee Replacement Surgery, Personalised Knee Replacement (PSI), Advanced Computer Navigation Surgery and Partial Knee Replacement (Unicondylar).

Dr. Bohra’s surgical technique involves no muscle cut, no blood transfusion and quicker recovery with new generation Knee Replacement.

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Dr. Sharma is an ardent teacher who runs various fellowship programmes sponsored by Zimmer and Stryker. He has been invited by various countries to perform demonstration surgeries of the Hip and Knee. He has been honoured by Delhi Orthopaedic Association for his meritorious service in Orthopaedics.

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Dr. Mrinal Sharma
Consultant – Joint Replacement and Arthroscopy,
BLK Centre for Orthopaedics, Joint Reconstruction & Spine Surgery

Dr. Sharma, MBBS, MS, DNB, MNAMS, Dip. SICOT (Belgium), M. Ch (Orthopaedic) was awarded Ranawat Fellowship in Arthroplasty, USA, Computer-navigated Arthroplasty Fellowship, UK and Revision Arthroplasty Fellowship, Germany. Dr. Sharma was earlier associated with Indraprastha Apollo Hospital, New Delhi.

An expert in Joint Replacement and Arthroscopy with sub speciality of the Knee, he has successfully performed numerous Complex and Revision Joint Replacement Surgeries. Dr. Sharma has special interest in Robot-assisted / Computer-navigated Arthroplasty and Revision Arthroplasty of Hip and Knee.

Dr. Sharma was commemorated with SICOT Indian Foundation Award, MP Chapter Gold Medal, 2010 at Cezcon, and numerous other awards at various National and International forums. He has innumerable publications to his credit in National and International Journals and has presented various papers at conferences within and outside the country.

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Dr. Anuj Malhotra
Consultant – Joint Replacement and Trauma,
BLK Centre for Orthopaedics, Joint Reconstruction & Spine Surgery

Dr. Malhotra, MBBS, MS (Orthopaedic), was awarded IOA WOC SICOT Fellowship in Arthroscopic Surgery, Joint Replacement Fellowship from Exeter, UK and Stryker Joint Replacement Fellowship. Dr. Malhotra was previously associated with Fortis Hospital, Vasant Kunj, New Delhi and Rockland Hospital, New Delhi. His area of specialisation covers, Knee, Hip and Shoulder Joint Replacement. His special areas of interest are Minimally Invasive Joint Replacement, Sports Injury and Arthroscopy. Dr. Malhotra has also done large number of Complicated Limb Trauma and Minimal Invasive Trauma Surgeries (MIPO). Dr. Malhotra is a life member of Indian Orthopaedic Association, Delhi Orthopaedic Association and Delhi Medical Association.

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