Scoliosis Surgery India

Overview:

According to the National Scoliosis Foundation, scoliosis affects nearly 6 million children, teens and adults, with the typical onset occurring between ages 10 and 15. Scoliosis surgery is designed to reduce the patient's curvature and fuse the spine to prevent any further progression of the deformity. Surgery for adolescents with scoliosis is only recommended when their curves are greater than 40 to 45 degrees and continuing to progress, and for most patients with curves that are greater than 50 degrees. Severe curvatures (greater than 50 degrees) are more likely to progress in adulthood. If a curve is allowed to progress to 70 - 90 degrees, it will not only result in a very disfiguring deformity, but will start to result in cardiopulmonary compromise.

Scoliosis is a medical condition in which a person's spine is curved from side to side. Although it is a complex three-dimensional deformity, on an x-ray, viewed from the rear, the spine of an individual with scoliosis may look more like an "S" or a "C" than a straight line. Scoliosis is typically classified as either congenital (caused by vertebral anomalies present at birth), idiopathic (cause unknown, sub-classified as infantile, juvenile, adolescent, or adult according to when onset occurred), or neuromuscular (having developed as a secondary symptom of another condition, such as spina bifida, cerebral palsy, spinal muscular atrophy, or physical trauma).

What is Scoliosis Surgery?

Scoliosis surgery is one of the longest and most complicated orthopedic surgical procedures performed on children or adult. The operation takes approximately six hours. Hospitalization can last several (usually around six) days and activities are restricted for several months. Scoliosis is best treated when found early and can be detected during a routine school screening.

Types of Scoliosis:

There are several types of scoliosis. Each of them are named and defined according to the age, cause of scoliosis and spinal curvature. There are two basic types of scoliosis:

- **Structural**: is caused by neuromuscular diseases, certain infections, birth defects, injury, connective tissue disorders, metabolic diseases, rheumatic diseases, tumors and other unknown factors

- **Nonstructural**: or functional scoliosis is reasoned by underlying conditions such as a difference in leg length, muscle spasms, or inflammatory conditions including appendicitis.

- **Idiopathic scoliosis**: is the most common type of scoliosis based on age. It affects about 4% of the population, commonly females. The reasons may include differences in leg length, hereditary conditions, injury, infections and tumors. It is subdivided into three categories:
  - Infantile scoliosis: extends from birth to age three
  - Juvenile scoliosis: is caused between the ages three and nine
  - Adolescent scoliosis: scoliosis extends from 10 to 18
Scoliosis is also categorized on the basis of the spinal curvature. Thus following are the types found:

- Thoracic curve scoliosis,
- Lumbar curve scoliosis
- Thoracolumbar curve scoliosis

Other Types of Scoliosis are:

- Congenital scoliosis: is a rare type of scoliosis caused by an abnormally shaped bone that presents at birth.
- Neuromuscular scoliosis: is a lateral curvature of the spine occurring due to muscular weakness or neuromuscular disease such as cerebral palsy, spina bifida, paralytic conditions, spinal cord tumors, neurofibromatosis and muscular dystrophy.
- Degenerative scoliosis: happens in adults due to weakening of the spine with aging.

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Causes of Scoliosis:

In the case of the most common form of scoliosis, adolescent idiopathic scoliosis, there is no clear causal agent and it is generally believed to be multi-factorial, although genetics are believed to play a role. Various causes have been implicated, but none of them have consensus among scientists as the cause of scoliosis, though the role of genetic factors in the development of this condition is widely accepted. In some cases, scoliosis exists at birth due to a congenital vertebral anomaly, but occasionally, development of scoliosis during adolescence is due to an underlying anomaly such as a tethered spinal cord. Admittedly, the cause is unknown or idiopathic; having been inherited through multiple factors, including genetics. Scoliosis often presents itself, or worsens, during the adolescence growth spurt and is more often diagnosed in females versus males.

Scoliosis Symptoms:

These symptoms are only those associated with the spine being curved:

- Your head may be off center.
- One hip or shoulder may be higher than the other.
- You may walk with a rolling gait.
- The opposite sides of the body may not appear level.

You may experience back pain or tire easily during activities that require excessive trunk (chest and belly) movement.
How is Scoliosis Diagnosed?

Past diseases or surgery, and diseases in your family are also important information. The caregiver may ask your child to bend forward, which may help show any deformities on his back. Your child's shoulders, hips, legs, and ribs may also be checked. How well your child moves and feels things may also be tested. Your child may also need the following tests:

**X-rays:** Several x-ray pictures may be taken of your child's spine, including views taken from the back and sides. Your child's caregiver will carefully look at the x-rays to check the curve or shape of the spine. Other problems, such as broken, incomplete, or fused bones may also be seen. Your child's caregiver may also check if your child's bones are still growing.

**CT scan:** This is also called a CAT scan. A special x-ray machine uses a computer to take pictures of your child's body. It may be used to look at your child's bones, muscles, brain, body organs, and blood vessels. Your child may be given dye by mouth or in an IV before the pictures are taken. The dye may help your child's caregiver see the pictures better. People who are allergic to iodine or shellfish (lobster, crab, or shrimp) may be allergic to some dyes. Tell the caregiver if your child is allergic to shellfish, or has other allergies or medical conditions.

**MRI:** This test is called magnetic resonance imaging. During the MRI, 3-D (three-dimensional) pictures are taken of your child's body. An MRI may be used to look at your child's brain, muscles, joints, bones, or blood vessels. Your child will need to lie still during his MRI. Never enter the MRI room with an oxygen tank, wrist watch, or any other metal objects. This can cause serious injury.

Types of Scoliosis Surgery:

Scoliosis surgery is usually recommended by orthopedists for curves that have a high likelihood of progression (i.e., greater than 45 to 50 degrees magnitude), curves that would be cosmetically unacceptable as an adult, curves in patients with spina bifida and cerebral palsy that interfere with sitting and care, and curves that affect physiological functions such as breathing. There are two main types of surgery:

- **Anterior Fusion:** This surgical approach is through an incision (cut) at the side of the chest wall;
- **Posterior Fusion:** This surgical approach is through an incision on the back and involves the use of metal instrumentation to correct the curve.

Surgical Approaches and Procedures for Scoliosis Surgery:

The scoliosis spine surgeon will choose the procedure that best treats the patient's problem. Sometimes more than one surgery produces the most favorable results. The surgeon will present the pros and cons of the different procedures so the patient and their family can make an informed decision with his guidance. Choices include: Posterior approach (back)
Anterior-posterior approach (front and back)
Anterior approach (front)
Thoracoscopic surgery (VATS, Video-Assisted Thoracoscopic Surgery)
Thoracoplasty (rib resection, rib removal)
Osteotomies (bone removal)
Hemivertebrae excision (partial or complete removal of a vertebra)
Kyphosis surgery
Flatback surgery
Vertebral column resection

Common Procedures:

Posterior Approach (Back): The posterior approach has been the gold standard for years to treat scoliosis and continues to be a surgical procedure applicable to most patients. The procedure usually involves implanting two metal rods (stainless steel or titanium) to correct the abnormal curvature. Sometimes more than two rods are needed. A combination of screws, hooks and wire may be used to anchor the rods to the spine. A spinal fusion procedure helps to weld the bone grafts and vertebral of the spinal column into a solid mass. Thoracoplasty involves rib resection (partial or total removal) to decrease the size of the rib hump caused by scoliosis. The rib bone can be used as a source of bone graft used in the fusion procedure. Today, with pedicle screw fixation, Thoracoplasty is less commonly performed than previously. The average hospital stay for most operations ranges from four to seven days.

Spinal fusion with instrumentation: Spinal fusion is the most widely performed surgery for scoliosis. In this procedure, bone (either harvested from elsewhere in the body autograft or from a donor allograft) is grafted to the vertebrae so that when it heals they will form one solid bone mass and the vertebral column becomes rigid. This prevents worsening of the curve, at the expense of some spinal movement. This can be performed from the anterior (front) aspect of the spine by entering the thoracic or abdominal cavity or, more commonly, performed from the back (posterior). A combination is used in more severe cases. Originally, spinal fusions were done without metal implants. A cast was applied after the surgery, usually under traction to pull the curve as straight as possible and then hold it there while fusion took place. Unfortunately, there was a relatively high risk of pseudarthrosis (fusion failure) at one or more levels and significant correction could not always be achieved.

Thoracoplasty: A complementary surgical procedure a surgeon may recommend is called Thoracoplasty (also called costoplasty). This is a procedure to reduce the rib hump that affects most scoliosis patients with a thoracic curve. A rib hump is evidence that there is some rotational deformity to the spine. Thoracoplasty may also be performed to obtain bone grafts from the ribs instead of the pelvis, regardless of whether a rib hump is present. Thoracoplasty can be performed as part of a spinal fusion or as a separate surgery, entirely. Thoracoplasty is the removal (or resection) of typically four to six segments of adjacent ribs that protrude. Each segment is one to two inches long. The surgeon decides which ribs to resects based on either their prominence or by determining those which are unlikely to be realigned by correction of the curvature alone. The ribs grow back, and will grow back straight.

Preparing for Scoliosis Surgery:

If you are considering Scoliosis surgery you should be sure to ask your surgeon the following questions:

- What will happen if I don't have surgery?
- What type of surgery will work best for me?
- What implants will be used?
- How straight will my spine be after surgery?
- How long will the operation take?
- What are the risks of this surgery?
- What are the benefits to getting this type of surgery?
- What is the scar like?
- How long will I have to remain in the hospital after the surgery?
- How long will it take to recover?
- When can I start being as active as I was before surgery?
- What permanent restrictions are there on activity?
Postoperative care after Scoliosis Surgery:

Following scoliosis surgery, patients can usually start to move around about 2 to 3 days after the surgery and when they start feeling better, and total hospital stay is usually about 4 to 7 days. Patients can return to school about 2 to 4 weeks after surgery, but their activity needs to be limited while the bone is fusing.

It is important to note that the more immobile the spine is kept the better it will fuse. Bending, lifting, and twisting are all discouraged for the first three months after surgery. For this reason, some surgeons will prescribe wearing a back brace for a period following the surgery. Any physical contact or jarring type activities are restricted for about 6 to 12 months after surgery.

Generally the patient will be monitored with intermittent examinations and x-rays for 1 to 2 years after the surgery. Once the bone is solidly fused no further treatment is required.

For the most part, patients can resume normal activity levels after a thoracic fusion since fusing the thoracic and upper lumbar spine does not change the biomechanics of the spine all that much. Female patients who have had a scoliosis fusion can still become pregnant and deliver babies vaginally.

Prognosis - Scoliosis Surgery:

The prognosis of scoliosis depends on the likelihood of progression. The general rules of progression are that larger curves carry a higher risk of progression than smaller curves, and that thoracic and double primary curves carry a higher risk of progression than single lumbar or thoracolumbar curves. In addition, patients who have not yet reached skeletal maturity have a higher likelihood of progression (i.e., if the patient has not yet completed the adolescent growth spurt).

Benefits of Scoliosis Surgery:

Surgery is an option used primarily for severe scoliosis (curves greater than 45 degrees) or for curves that do not respond to bracing. Following are the primary benefits of successful scoliosis surgery:

- **Curve:** One of the most drastic benefits of scoliosis surgery is stopping the progressive curvature of the spine. Not only will this help alleviate health issues associated with scoliosis, but it will also help from a cosmetic standpoint.

- **Lung and Heart Health:** Scoliosis can have a negative effect on heart and lung health. Damage to these organs occurs as the curve reaches 70 degrees. A curve of 100 degrees can cause serious damage, especially as the rib cage begins to press against the heart and lungs. By performing surgery early enough in the progression of the disease, the spinal curve can be stopped before it causes further damage.

- **Future Prevention:** Some advantages of scoliosis surgery are not necessarily immediate. Catching scoliosis early on and preventing it from progressing can save the patient from developing other painful related issues such as chronic back pain, arthritis of the spine etc.

Scoliosis Surgery in India:

Of late India has emerged as a pioneer in the field of health sector dealing the best to global patients suffering from scoliosis and other medical ailments. A large number of leading spines, Neurosurgery and Orthopedic Centers of India are present which offer the highest possible standards of spine and neuro healthcare to patients. India has world class panel of spine and Orthopedic expertise and have provided surgery and medical treatments to most complex cases of Spine like the Degenerated Disc Disease, Multi Level Herniated Discs, Scoliosis, Kyphosis, Spinal Stenosis, Spondylolisthesis, Spinal Tumors, Spinal Fractures and Malformations.
The hospitals catering Scoliosis surgery in India happen to a top class modern treatment centres abreast with latest technology as witnessed in the developed nations. Most of them are accredited with JCI accreditations, which are approved once they follow stringent protocols of quality and hygiene. Increasing quality of medical facilities with affordability factors do bring a huge rush of foreign patients all across the world, wherein they get quality health care and best medical services.

The hospitals and clinics are spread over more than 15 cities of India and with more than 5,000 healthcare professionals have the most advanced medical facilities in the world and use the best internationally recognized medical systems where the patients get their scoliosis surgeries.

These are available at hospitals in the following cities with latest amenities and state-of-art-facilities.

<table>
<thead>
<tr>
<th>Mumbai</th>
<th>Hyderabad</th>
<th>Kerala</th>
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<tbody>
<tr>
<td>Delhi</td>
<td>Pune</td>
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<td>Bangalore</td>
<td>Nagpur</td>
<td>Jaipur</td>
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<td>Chennai</td>
<td>Gurgaon</td>
<td>Chandigarh</td>
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The additional care the global patients get while undergoing through their respective medical treatments or surgeries surpasses all the value added services they avail at their respective places.

**Cost of Scoliosis Surgery in India:**

Advanced methods of treatment are available in India at quiet affordable prices. India offers an incredibly low cost which goes to around 60-80% less than prevailing USA rates. Even with travel expenses taken into account, the comprehensive medical tourism packages still provide a savings measured in the thousands of dollars for major procedures. The following cost comparison is a good curtain raiser for patients looking for medical services in India.

<table>
<thead>
<tr>
<th>Medical Treatment</th>
<th>Procedure Cost (US$)</th>
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<tbody>
<tr>
<td></td>
<td>United States</td>
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<tr>
<td>Spinal Fusion</td>
<td>77,000</td>
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<tr>
<td>Thoracoplasty</td>
<td>9,500</td>
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<tr>
<td>Posterior Approach (Back)</td>
<td>18,000</td>
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<tr>
<td>Orthopedic Surgery</td>
<td>20,000</td>
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Some of the common countries from which patients travel to India for surgery are:

<table>
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<tr>
<th>USA</th>
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<td>Afghanistan</td>
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ABOUT INDIA

Located in South Asia, bordered by Pakistan, Nepal, China and Bangladesh, India is South Asia's largest, sovereign, democratic republic. India has an edge over other countries when it comes to offering comprehensive, cost-effective and timely medical care: it also offers an exotic, adventure-filled or cultural -if you wish array of destinations to discover and revel in for the travelers. Indian cities like Mumbai, Hyderabad, Goa, Bangalore, Nagpur, Kerala, Delhi, Pune, Jaipur, Chennai, Gurgaon, and Chandigarh offers best medical tourism service.

**Mumbai** - Formerly known as Bombay, is the commercial & financial capital city of India. Mumbai is famous for many things, including its thriving Bollywood film industry, teeming bazaars, colonial-style buildings, Art Deco structures and a superb choice of restaurants, often being rated as the dining capital of India. The tourist district of Colaba in Mumbai is a great place to start exploring this great city.

**Hyderabad** – Hyderabad city is a great place to visit in the state of Andhra Pradesh. The place has witnessed a continuous growth for last many years. Hyderabad has become a tourist hotspot following ever increasing number of tourists during past few years. Hyderabad has a well-founded reputation as one of the safest cities in the world.

**Goa** - The country's smallest state and famed for its colonial Portuguese and Catholic past, most tourists visit Goa for its endless selection of sandy beaches and coastal attractions. Standing proudly next to the Arabian Sea, Goa is a particularly compact state and often feels like a large town, being easy to travel. Around Goa, tourists will soon realize that the state has much more to offer than simply stunning beaches, fishing, water scooters, windsurfing and scuba diving.

**Bangalore** - Beauty lies in the eyes of beholder and if you want to see one of the most beautiful places in India then Bangalore is the word for it. Bangalore has earned sobriquets like 'Silicon Valley of India', 'Pub Capital of India', and 'City of Gardens'. Pleasant climate with colorful gardens with lakes and glittering nightlife, Bangalore has made its own attraction for travelers as one of the most charming cities in India,

**Nagpur** - Nagpur is the largest city in central India, but with its friendly atmosphere and dependable transportation, you'll instantly feel at home. The city of Nagpur has a well-built infrastructure, is a clean and affluent city which makes a good jumping-off point for a series of trips into the far eastern corner of Maharashtra.

**Kerala** - Natural beauty, clean air and primordial greenery amidst the vast expanse of water and sky, typifies the state of Kerala – better known as God's own country. Kerala is famous for its alternative medical therapies such as Ayurveda, which help to rejuvenate and revitalize the body. The region is also home to India’s only virgin tropical rain forest – the Silent Valley National Park, supporting an overwhelming range of life forms, many of which are highly endangered, and endemic to this part of the planet.

**Delhi** - “Welcome to The Capital City of India - New Delhi” Delhi is famous as Capital city of India is located in North India. Delhi is truly a symbol of the old and the new; a blend of ancient well preserved monuments and temples along with jam-packed burger joints and up market shopping malls. Delhi has state of the art Hospitals and the best qualified doctors.

**Pune** - Once referred to as the Oxford of the east, Pune continues to be a stronghold for academics and culture. An array of factors like availability of efficient and experienced doctors, comparatively low treatment costs, hospital facilities of international standards and many more have made Pune one of the top destinations for medical tourism.

**Jaipur** - Jaipur is one of the most popular destinations on a tourist’s itinerary. The magnificent forts, beautiful havelis and colourful bazaars make Jaipur a popular tourist destination among tourists. Jaipur has pioneered health and medical tourism in India.

**Chennai** - Chennai is one of the most developed urban centers in the Indian subcontinent. The city forms the capital of Tamil Nadu state and is the fourth largest metropolitan city in India. They have some of the very best hospitals and treatment centers in the world. Each hospital is equipped with state of the art facilities. The technology brought into practice is the very latest, including robotic surgery.
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**Gurgaon** – It is one of the four important satellite cities of the National Capital Region and is often referred to as the ‘Millennium City.’ Gurgaon has recently emerged as the latest hub for Medical Tourism. Apart from being IT hub and a favorite haunt for MNC offices, the city has a number of world class hospitals that not only treat Indian citizens but also people from outside.

**Chandigarh** - Chandigarh is a rare epitome of modernization co-existing with nature's preservation. It is here that the trees and plants are as much a part of the construction plans as the buildings and the roads. India’s first planned city, Chandigarh is a rich, prosperous, spic and span, green city rightly called “THE CITY BEAUTIFUL”.
**Patients Testimonial:**

**Ms. Tokoni, Nigeria**  
Scoliosis Surgery in India

Hello! I am Tokomi from Nigeria. I came to Mumbai for my Spinal Alteration Surgery in India, under best medical faculty of India. I came to India with the help of Tour2india4health Consultant website. I was searching for one of the best options for surgery in overseas and I came over this website and came to know more about Spinal Alteration Surgery. My quest for information for Spinal Alteration Surgery was fulfilled and the kind of treatment I was offered was better than what I got back in Nigeria. The moment I touched India, I was completely taken under the care of the officials of Tour2india4health Consultant Team. I was relieved by the care provided to me. I was feeling like I was at home, and I don’t have to worry or get concerned about anything. After the Spinal Alteration Surgery I feel like, I am a new born baby. I couldn’t believe my eyes that I can sit straight and walk and could do whatever I want. I never experienced such kind of treatment anywhere. I saw the results with my own eyes, and it was hard to believe that I am cured completely. Really I thank Tour2india4health Consultant and his associates to help me to regain my body structure back. I am completely bowled over by the type of surgery and treatment I received in India. I would love to recommend my friends and relatives to come to India for healthcare and as well as tourism. I am coming back to India for next check up.

**Mrs. Grace - Tanzania**  
Scoliosis Surgery in India

Myself Grace from Tanzania. I took a successful medical trip for an Economical Scoliosis Surgery at Mumbai in India it was the full medical support and care of Tour2india4health Consultant Team that helped me to get recovery so well. It was a great experience of undergoing a surgery in India. Initially, I looked for other alternatives as well, before coming to India for my surgery because, I was not sure for getting medical treatment in India.

But when I came across Tour2india4health Consultant I got a new hope. I am very much pleased with their services. I was glad to be in contact with Doctor for my Economical Scoliosis Surgery at Mumbai in India as he solved my all problems concerning getting the appointment dates, a safe and comfortable medical lodging and intensive healthcare facilities. Before getting the procedure of Scoliosis Surgery I experienced problems like spinal curvature, sideways curvature of the spine, sideways body posture and my one shoulder had risen higher than the other one. The medical services provided to me were wonderful, the medical staff and the surgeons in India were well trained in their work and the hospital was very elegant and equipped with all surgical facilities. With Tour2india4health Consultants one has nothing to worry as they are truly professional and supportive to their patients. They made me the best arrangements in India for my accommodation. I had to do nothing all the arrangements were done by the associates of Doctor for my Economical Scoliosis Surgery at Mumbai in India. The medical rehabilitation after my surgery at the hospital was fantastic now I am showing speedy recovery being very much happy with the results of my Scoliosis Surgery in India. Thanks to Tour2india4health Consultants for providing me with such first class services for my Economical Scoliosis Surgery at Mumbai in India.
Knee Replacement Surgery in India

Knee replacement surgery also known as knee arthroplasty is procedure to replace the weight-bearing surfaces of the knee joint to relieve the pain and disability of osteoarthritis. It may be performed for other knee diseases such as rheumatoid arthritis and psoriatic arthritis. The procedure has been proven to help individuals return back to moderately challenging activities such as golf, bicycling, and swimming. Total knees are not designed for jogging, or sports like tennis and skiing (although there certainly are people with total knee replacements that participate in such sports). Knee replacement is a routine surgery performed on over 60,000 people worldwide each year. Over 90% of people who have had Total Knee Replacement experience an improvement in knee pain and function.

Knee Replacement Surgery Candidates

A person would be considered a candidate for knee replacement if there is:

• Daily pain
• The pain is severe enough to restrict work, recreation and ordinary activities of daily living
• Significant stiffness in the knee
• Significant instability (constant giving way) of the knee
• Significant deformity (knock-knees or bow-legs) that hinders normal function of the knee
• Damage from arthritic conditions, such as osteoarthritis, rheumatoid arthritis or post-traumatic arthritis

Success Rate of Knee Replacement Surgery:

Knee replacement surgery is recognized as a miracle of modern surgery. Most orthopedic experts consider replacement to be the best method of handling arthritis in the knee. Knee replacements have literally put hundreds of thousands of Americans back on their feet and allowed them to enjoy their golden years.

Knee Replacement Surgery Preparations:

• If you smoke, cut down or quit. Smoking changes blood flow patterns, delays healing and slows recovery.
• If you drink, don't have any alcohol for at least 48 hours before surgery.
• Ask your doctor for pre-surgical exercises. If you are having hip or knee replacement surgery, doing exercises to strengthen your upper body will help you cope with crutches or a walker after surgery.
• Your primary care physician or an internist will conduct a general medical evaluation several weeks before surgery. This examination will assess your health and your risk for anesthesia. The results of this examination should be forwarded to your orthopaedic surgeon, along with a surgical clearance.
• Shortly before your scheduled surgery, you will probably have an orthopedic examination to review the procedure and answer any last-minute questions.
• You may need to take several types of tests, including blood tests, a cardiogram, a urine sample and a chest X-ray.
• Advise your surgeon of any medical conditions you have and of all the medications you are taking. You may need to stop taking certain medications or your surgeon may recommend substitute medications until your surgery.
• Medications such as corticosteroids, insulin or anti-coagulants will need to be managed before and after surgery.

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