



Park Hospitals

EVERY LIFE MATTERS



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**Welcome
Esteemed Guests & Members of the
Media
to the
Press Conference of
Park Grecian Hospital, Mohali**



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Dr. Bhanu Pratap Singh Saluja

**Chairman and Director – Robotic
Arthroplasty Centre of Excellence (RACE)**

*MBBS, MS (ORTHO), FIJR (GERMANY) ,
FIJR (U.K.) , FIJR (AUSTRALIA)*



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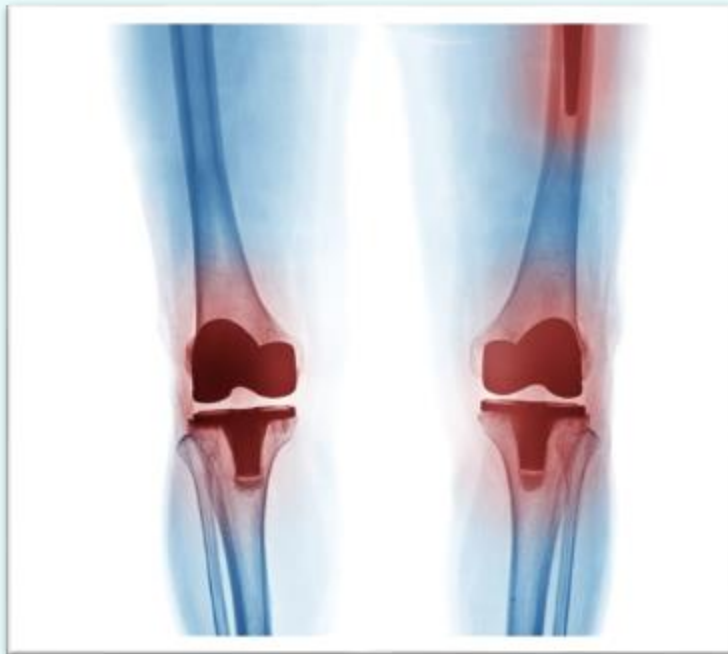
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RECENT TREND & ADVANCEMENT IN JOINT REPLACEMENT



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**LIFE IS MOVEMENT
&
MOVEMENT IS LIFE**



POSSIBLE ONLY WITH HEALTHY JOINTS



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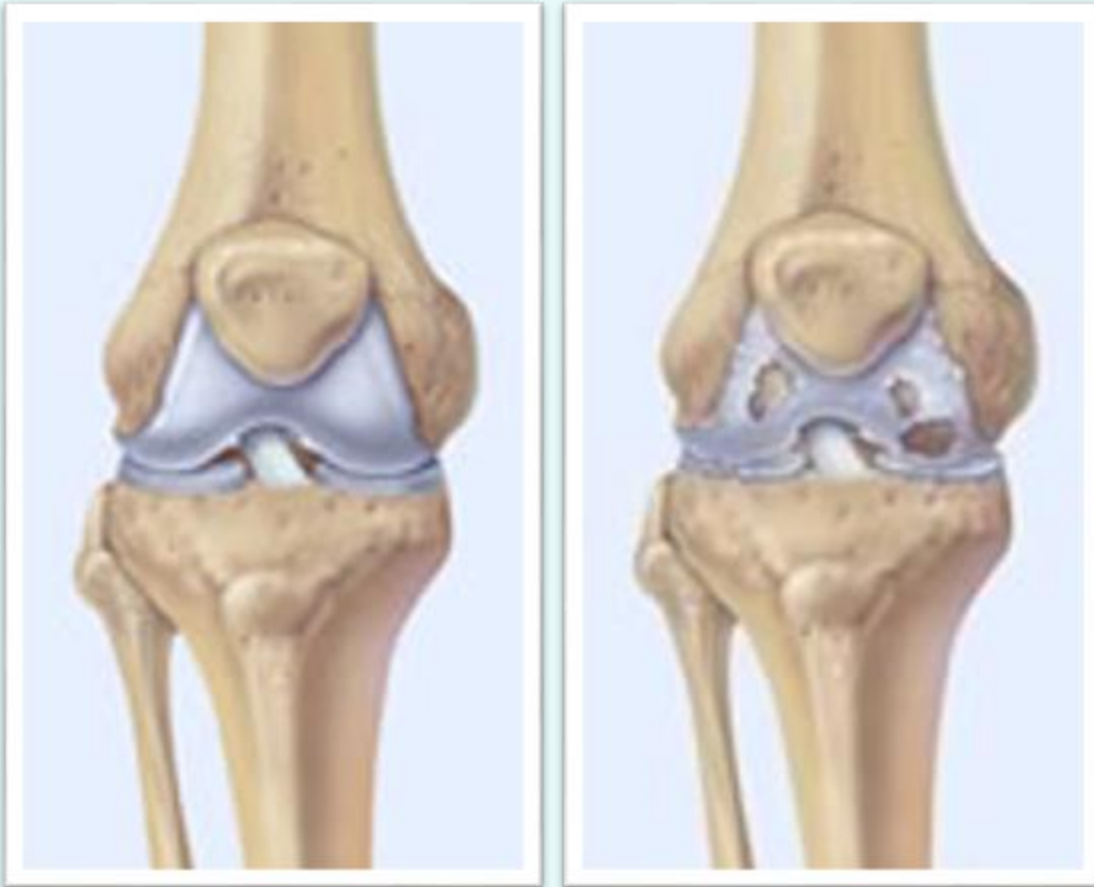
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Osteoarthritis (OA) -



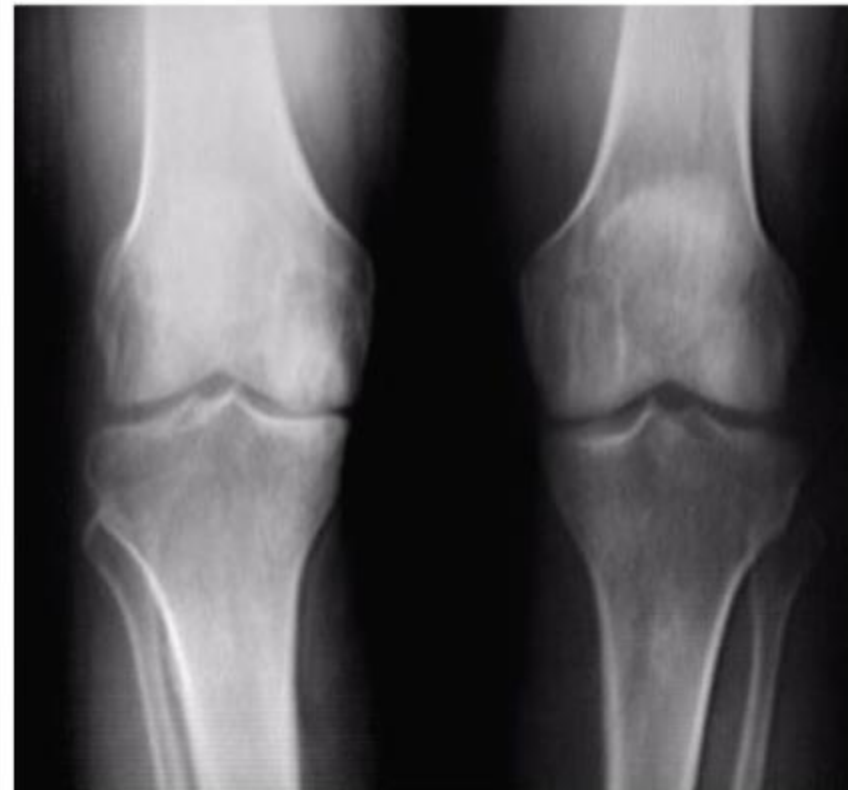
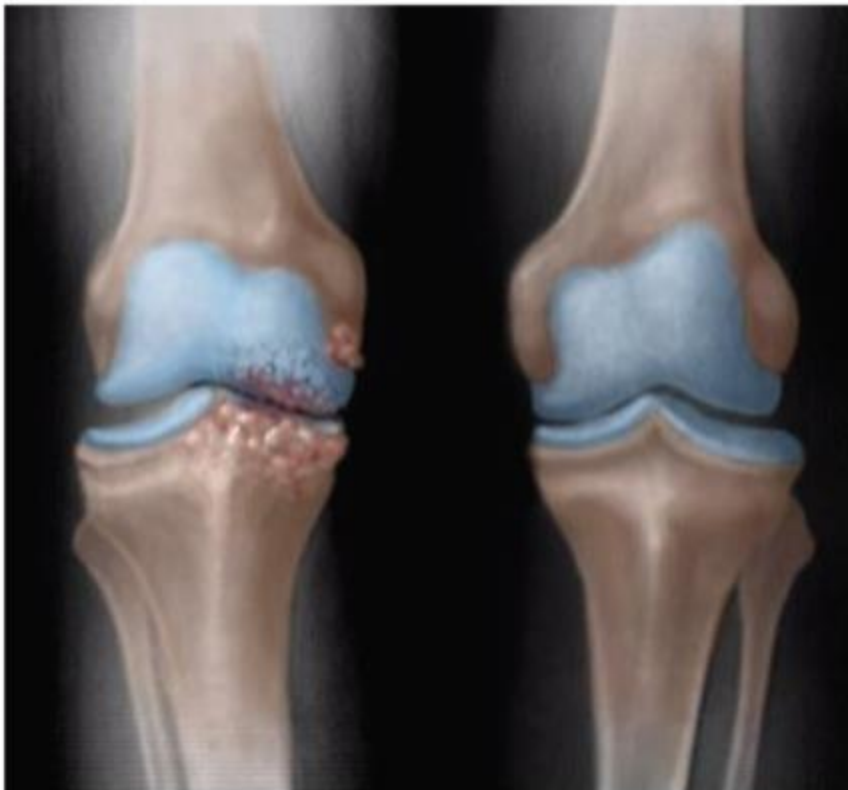
- The normal cartilage lining is gradually worn away and the underlying bone is exposed.



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OA – Radiographic Diagnosis



Asymmetrical joint space narrowing from loss of articular cartilage. The medial (inside) part of the knee is most commonly affected by osteoarthritis.



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COMPLAINTS

- PAIN
- DIFFICULTY IN WALKING
- SWELLING
- STAIR CLIMBING



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OA – Risk Factors

- Age
- Female gender
- Old injury



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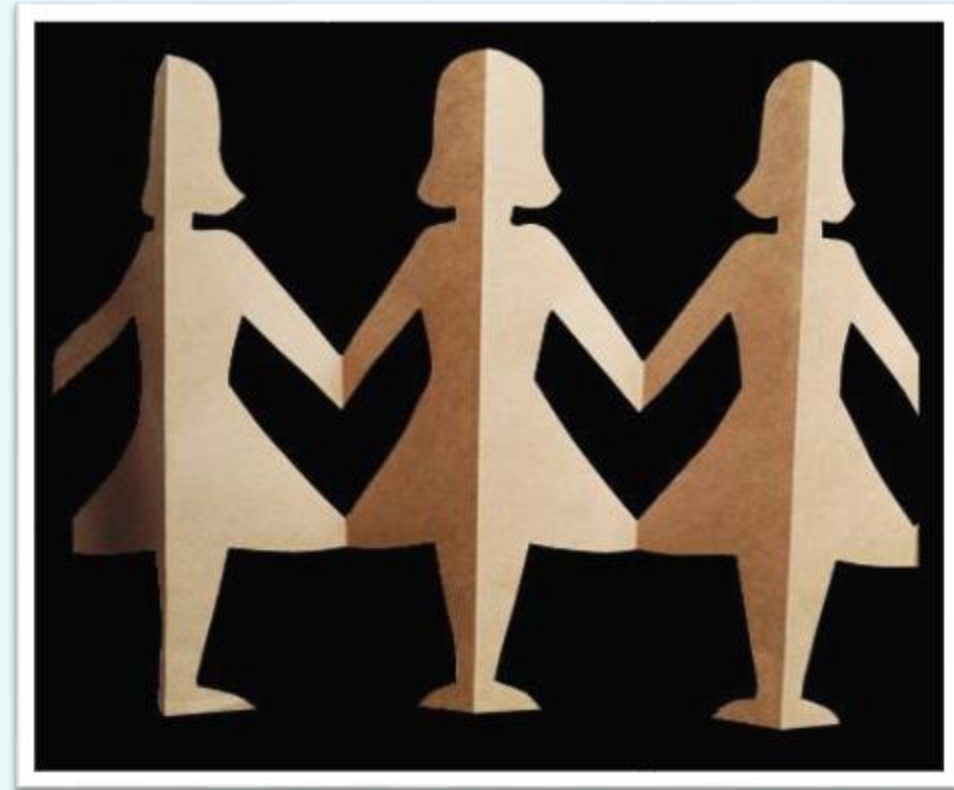


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Risk factors you cannot change

- Family history of disease
- Increasing age
- Being female



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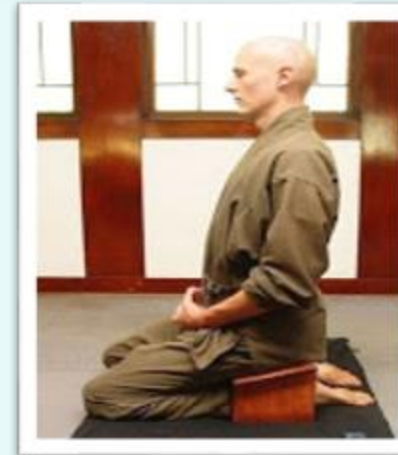


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Risk factors you can change

- Overuse of the joint



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Risk factors you can change

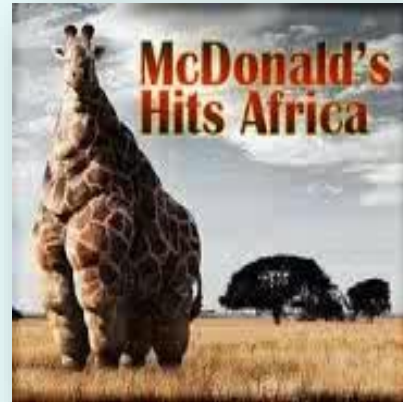
- Overweight



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FOOD AND ARTHRITIS



AVOID FIZZ AND CHEESE OR ELSE.....



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SO WHICH EXERCISES ARE GOOD FOR YOU

Walking is a low-impact exercise that is good for your heart and lungs. It can help you lose weight and improve your mood. Walking is also a great way to stay active and healthy.

WALKING



CYCLING



SWIMMING

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BUSTING THE AGE OLD MYTHS

WALKING INCREASES ARTHRITIS



STAIR
CLIMBING



SQUATTING



STANDING
FOR
LONGTIME

BUSTING THE **AGE OLD** MYTHS



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JOGGING IS GOOD FOR KNEE



YES FOR A LEAN PERSON



NO FOR OBESE



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USE PROPER FOOTWEAR



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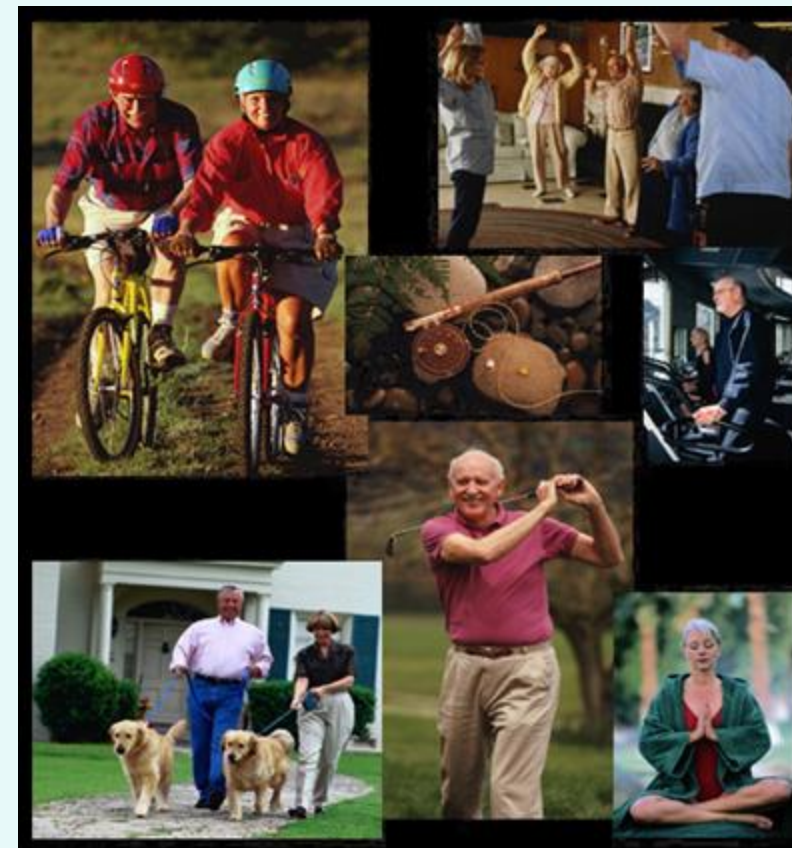
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SUN-LIGHT EXERCISE IS IMPORTANT



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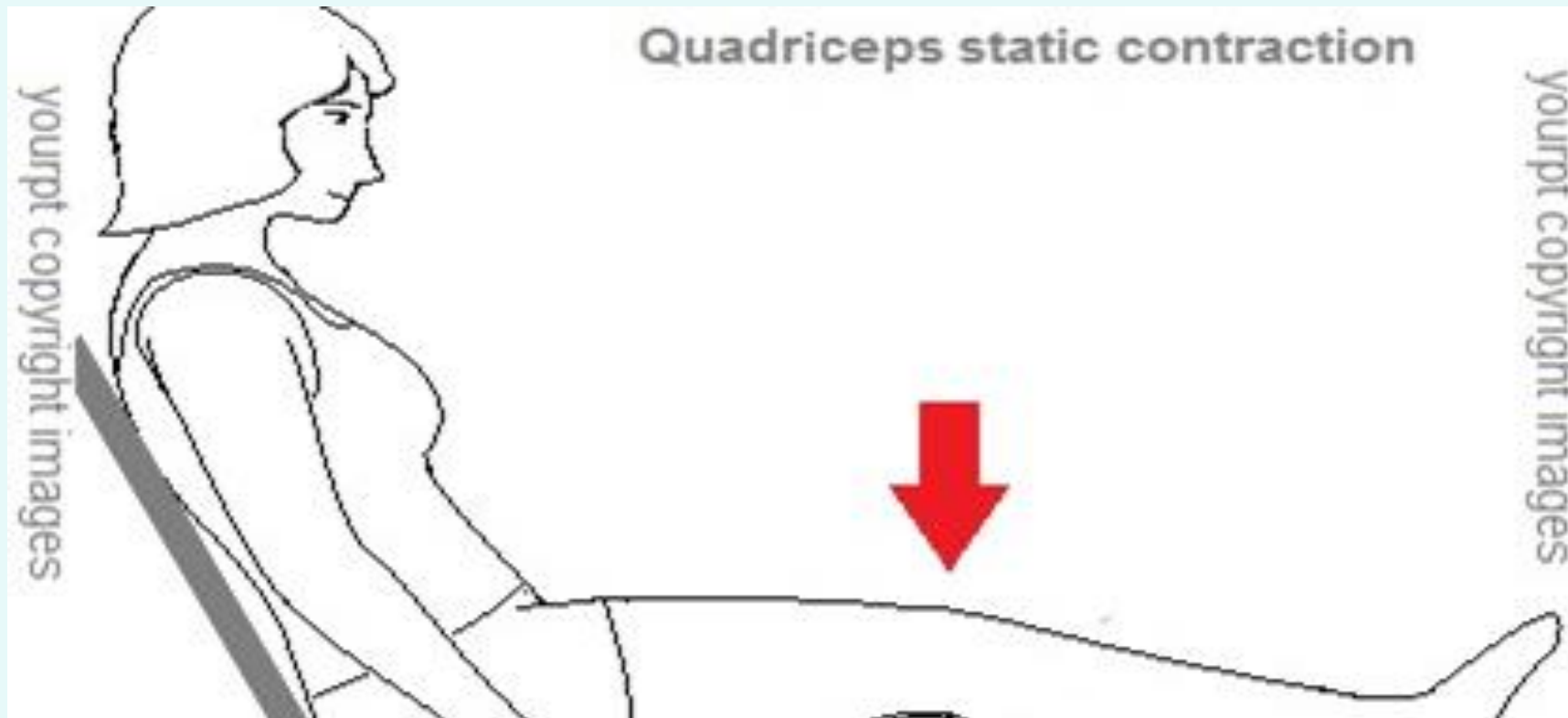
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EXERCISES



DYNAMIC EXERCISES



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SUPPORTIVE THERAPY- KNEE CAP AND HOT FOMENTATION

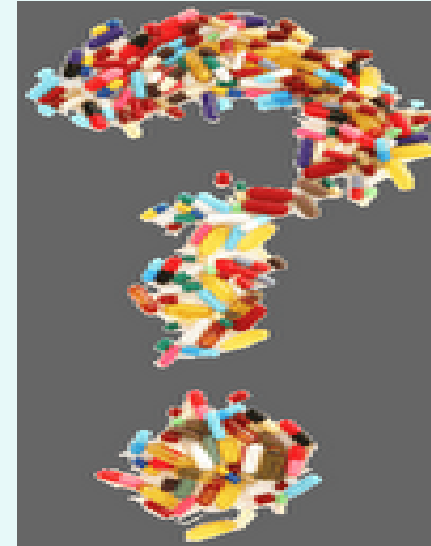


Sitting kitchen



MEDICAL THERAPY

- PAIN KILLERS
- LOCAL GELS
- CALCIUM
- VITAMIN D
- CARTILAGE NUTRITION eg.
GLUCOSAMINE AND CHONDROITIN
SULFATE





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REMISOL



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STAGES OF ARTHRITIS



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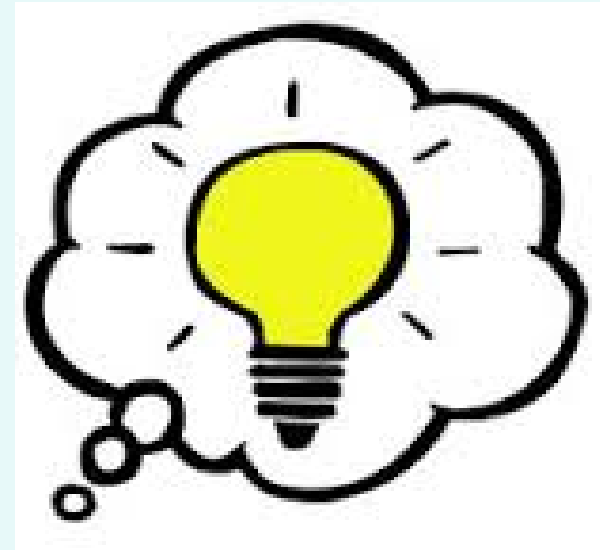
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Late Osteoarthritis

TOTAL KNEE REPLACEMENT

- What
- When
- Where



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Class 100 Theatre & Space Suit



- Stitchless knee replacement
- Minimum Incision
- Minimum Blood Loss
- Walk in 6 hours post surgery
- Minimum surgery time
- Less Pain
- More Flexibility
- Minimum Therapy
- Climb stairs of 3rd day
- Zero infection rate

NextGen* Robotics



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RACE
ROBOTIC ARTHROPLASTY
CENTRE OF EXCELLENCE



Step Into a Future Without Limits!

Precision And Accuracy

Minimally Invasive

Faster Recovery Time

Customized Treatment



Reduced Pain

Improved Range of Motion

Longer-Lasting Results

Lower Risk of Complications



ROBO 3D KNEE RESURFACING

(The Most Advanced Robotic Technology)

Chandigarh's Renowned Orthopaedic Surgeon

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RACE
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CENTRE OF EXCELLENCE



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WHAT TO EXPECT AFTER SURGERY

- PAIN GOES AWAY
- LEG BECOMES STRAIGHT



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THINGS ONE CAN DO AFTER TKR

● SIT CROSS LEGGED

● JOGGING

● STAIRS



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THINGS TO AVOID AFTER SURGERY

- SITTING ON THE FLOOR

Achievements



**Recipient of Aarogyam Award(2021-22)
from Dr. Mansukh Mandaviya, the
Minister of Health & Family**



**Awarded JEWELS OF PUNJAB award by
Shri Nitin Gadkari ji
2024**

Happy Patient from Kashmir





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