



Consultation
Knee Preservation
Cellular Therapy
Arthroscopy
Sports Injury
Knee Replacement
Physiotherapy
Second Opinion

FULL INFORMATION ABOUT KNEE JOINT

Information in this book helps you to choose the Right Solution at Right time

Vision : "Save Knees"

Mission : We are a community of Doctors, Physiotherapists, and network hospitals offering Evidence Based Total Knee Care solutions under one roof to Save Knees by Creating Awareness about Knee Preservation Programme.



Free Consultation
Orthopaedic &
Physiotherapist



Fixed Price
Program



5 Years
Assurance Plan



A. ordable prices
@ 0% EMI



Knee Xpert Opinion



On **Knee Xpert** Platform Patients are provided complete information and treatment facilities about all the problems related to the knee.

On this platform the needs and problems of the patient are fully explained by the experts and after discussing all the suitable treatment options with the patient, information is shared about the the appropriate treatment. On this platform Orthopedic surgeons, regenerative medicine specialists, physiotherapists and network hospitals are available.

Keeping these important things in mind, Knee Expert Platform is formed. With a Mission to Save Your Knee. The main objective of the platform is to detect the wear and tear of the knees at an early stage and provide its proper treatment. This platform has two programs.

KNEE AWARENESS AND PREVENTION PROGRAM

In this program People above 40 years of age are made aware about knee condition and the current knee health check on this platform is known through Sahaj Knee Score in just 2 minutes.

KNEE PREVENTION PROGRAM

Once the current score of the knee is known, the general public is made aware of how they can keep their knees healthy for a long time, information necessary to keep their knees healthy, exercise and precautions Knee Expert Platform with people is shared through KNEE XPERT program.

THE PLATFORM PROVIDES THE FOLLOWING FACILITIES TO ITS PATIENTS

All types of knee care are provided by Orthopedic Doctor Regenerative Specialist Physiotherapist & Network Hospital.



Free Consultation by Orthopedic Surgeon and Physiotherapist Experienced medical experts and state-of-the-art technology first consultation at network hospitals is available free of cost. For booking contact on this number **0731 3500044**

[click to call](#)



Fixed Price Program Under this, the facility of treatment is provided with complete transparency and at pre-determined procedure cost. For more information, contact on this number **0731 3500055**

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5 Years Assurance Program In 5 years Assurance plan is given with deformity correction of Early Grade of Osteoarthritis patients, in which total knee care for 5 years are given by Network Hospital and Doctor. For more information, contact on this number **0731 3500066**

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A. ordable Prices with 0% EMI Treatment facility is provided by select network hospitals on 0% finance. For more information, contact on this number **0731 3500077**

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Knee Xpert Opinion For booking of Second Opinion and Expert Opinion in Network Hospital by Experienced Medical Experts contact on this number **0731 3500088**

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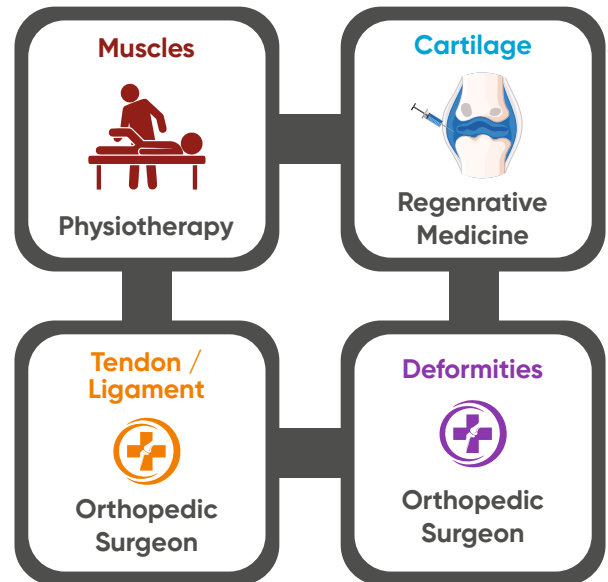
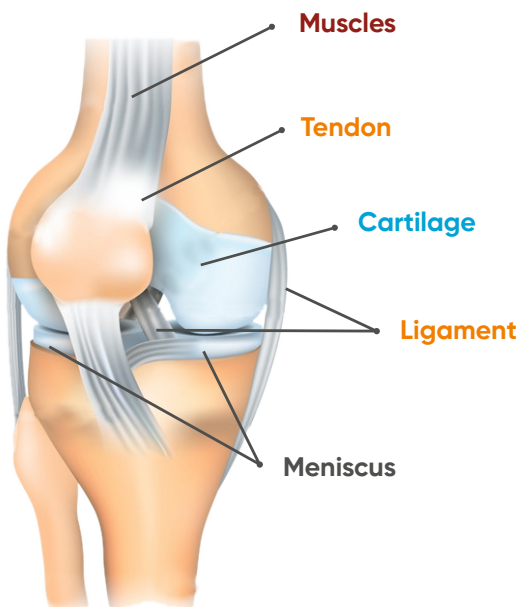
Be a part of Knee Assurance program conducted by Knee Xpert Platform and get the added advantage of getting knee surgery done.

For more information, related to this program give missed call on Knee Xpert Expert's missed call number **8223083555** or Register online www.kneexpert.in

[click to call](#)

The knee joint has three parts. The thigh bone (the femur) meets the large shin bone (the tibia) to form the main knee joint. This joint has an inner (medial) and an outer (lateral) compartment. The kneecap (the patella) joins the femur to form a third joint, called the patellofemoral joint. The patella protects the front of the knee joint. Other than that tendon, ligament and muscles plays a vital role in functioning of knee joint.

Articular cartilage coats the ends of the bones in the knee joint to provide a smooth gliding surface so the bones in the joint move fluidly against each other and the "The crescent-shaped pad of cartilage called the meniscus functions as a joint stabilizer and provides a cushion between the weight-bearing bone surfaces in the knee.



4 Major Reasons of Knee Pain

Weak Knee / Leg Muscles : After the age of 40 years it is found in different research work that every 10 years there is around 8 to 10 % muscle loss. Due to weak muscles the body weight get directly transferred to the knee bones which becomes the reason of knee pain. Symptoms often include pain, swelling, and difficulty in walking.

Tendon/ Ligament Injury or sprain : Inflammation of the tendons/ ligament may result from overuse or due to injury in them that can be treated by Orthopaedic surgeon or by physiotherapist.

Torn or damaged Cartilage : Cartilage damage is the reason of knee pain in more than 80% case which enhances with the age and ignorance of same may leads to complicated surgeries in near future. If it is not ignored and treated in time, not only the progression disease can be stopped even it can be reversed.

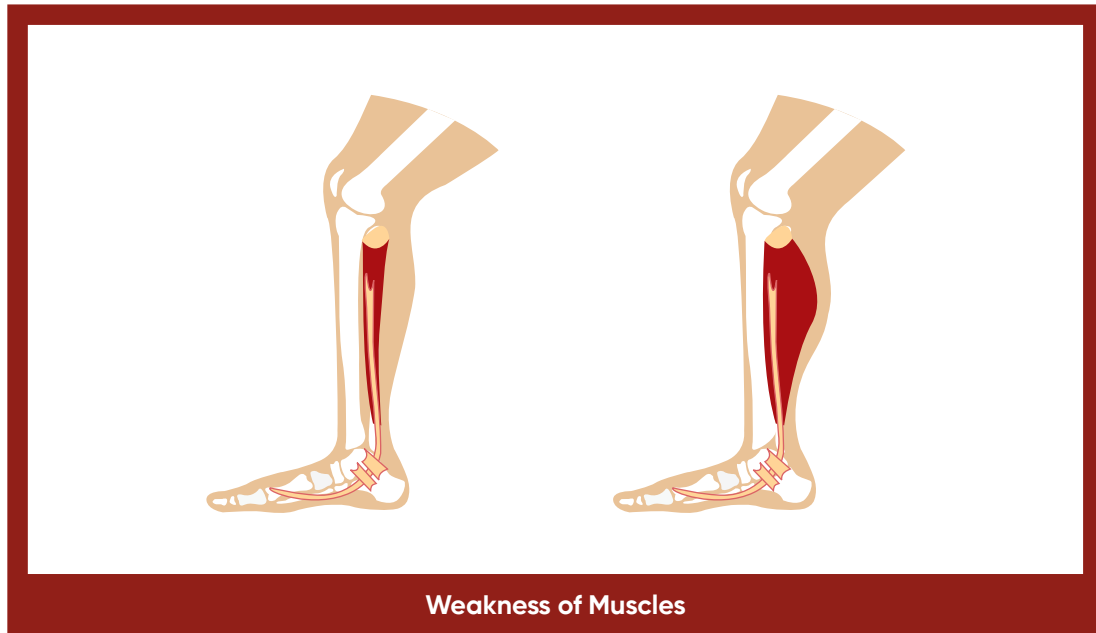
Deformities in Knee Joint / Legs : Leg deformities are musculoskeletal abnormalities that can be congenital (something you are born with), developmental, or acquired as the result of fracture, infection, arthritis or tumor. Becomes the reason of joint pain due to early to damage of cartilage.

1. Muscles

Weakness of muscles is one of the major reasons for knee pain

Symptoms of Muscles weakness :

- Knee pain (especially in the upper part of the knee)
- Pain while going upstairs and downstairs
- Thinning of legs or thighs a looser knee joint



Reasons of behind Muscle weakness :

- Sedentary lifestyle
- Strains and sprains
- Torn cartilage or ligament
- Infection of the knee joint
- Lack of physical activity
- Arthritis
- Age

Muscle strength investigations :

- Physical examination
- Muscle mass percentage is to use magnetic resonance imaging (MRI)
- Muscle girth examination
- Biopsy of Muscles (done in rare cases only)

Treatment for Muscle weakness :

- Protein diet : Take high protein diet
- Exercise & physiotherapy to enhance muscle strength
- Administration of painkillers

Exercise for Muscles (Physiotherapy)

Exercise for Muscles (Physiotherapy)

Range of Motion:

Lay down on a flat and comfortable surface, then fold your one knee as much as possible comfortably then straighten it again. Repeat the exercise with both the legs separately or together.

For both legs do it 20 times twice a day



Play now



Flexibility Hamstring stretch:

Lie on your back and place a towel or strap around the ball of your right foot and hold the ends of the strap with both hands. Gently stretch the leg straight up. Keep the knee straight, the opposite leg should be flat on the floor. Hold this stretch for 15 to 20 seconds. Relax your ankle to stretch the calf and hamstring. Repeat with the other leg.



Play now



Quadriceps Stretch

Strengthen thigh muscles helps you to get rid of knee pain

Stand on a flat surface, keep knees touching each other. Grab your right foot, using your right hand, and pull it towards your butt. Hold the position for 20 to 30 seconds, you will feel the stretch on the front thigh. Then repeat, the same with your left leg. Repeat this 5-10 times with each leg and twice a day.



Play now



Towel Calf Stretch: Way to improve the flexibility of your calf muscles

Sit on the floor with your legs out in front of you. Wrap a towel or strap around the ball of one foot. Hold both ends of the towel. Gently pull the towel so your toes and ankle flex up and off the floor. Hold the stretch for 15-20 seconds. Repeat with the other leg.



Play now



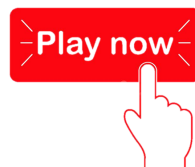
Isometric Quadriceps Knee Exercise

The person should be lying or in a long sitting position, breathing normally. Take a pillow or a towel roll and place it under the knee, the heel should be on the bed or floor. Then press down or press the pillow or the towel roll from the knee without moving the heel, hold this for 5 secs and relax. Repeat this exercise 20 times with each leg and 2 times a day.



Sit to Stand exercise (quadriceps strengthening)

Sit on the chair of your choice. Slide forward as far as possible. Move your feet back so your heels are lined up with the front edge of the chair. Use your butt and legs to stand up. Lightly use your hands on the chair if necessary. Pause before doing the next repetition.



Seated Knee extension

The patient should be in the sitting position (sitting on a chair), with the back straight, breathing normally. Slightly straighten your knee hold this position for 5 secs and then go back to the starting position. Repeat this exercise at least 15 times and then switch to another leg. Do this exercise at least twice a day.



Knee Squeeze

Starting Position: Sit on a chair with a back that should be straight and supported by the chair and a hand should be placed on your thigh feet should be hung freely, Now Place a towel, ball, or pillow between your both thighs. Squeeze and hold the ball or pillow as comfortably as you are.



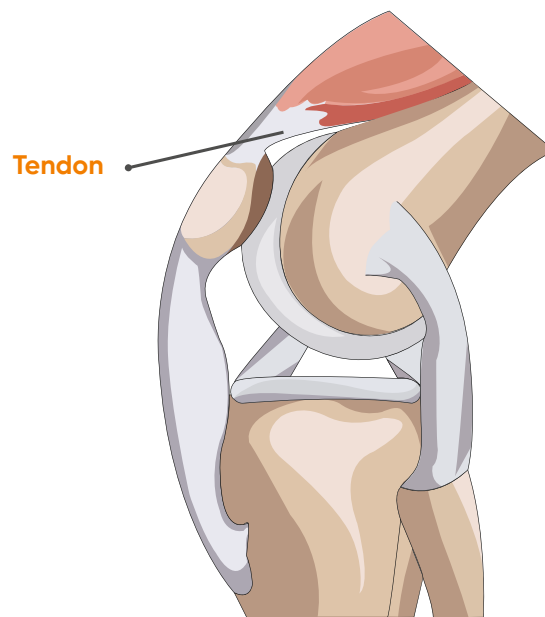
Note: Number of repetitions as per the professional recommendation, we suggest you gradually increase the number of repetitions. If you feel any difficulty/ pain or discomfort immediately stop doing exercise and take expert advice or consult with a Knee Xpert or physiotherapist or Orthopedician or physician.

1. Tendon

Tendons connect your muscles to your bones. A tendon is a cord of strong, flexible tissue, similar to a rope. Tendons let us move our limbs. They also help prevent muscle injury by absorbing some of the impacts your muscles take when you run, jump or do other movements.

When you contract (squeeze) your muscle, your tendon pulls the attached bone, causing it to move. Tendons essentially work as levers to move your bones as your muscles contract and expand.

Tendonitis is when a tendon swells (becomes inflamed) after a tendon injury. It can cause joint pain, stiffness, and affect how a tendon moves.



Knee Pain due Tendons are :

- Patellar tendonitis (Knee Tendonitis): The repetitive stress on the knee creates tiny tears in the tendon that, over time, inflame and weaken the tendon is the reason for pain.
- Obesity
- Excessive stress on the tendons due to exercise, difficult physical work, etc

Symptoms :

- Pain above or below the kneecap. swelling. pain that recurs with particular activities and eases with rest.
- Inflammation in Knee
- You may have more pain and stiffness during the night or when you get up in the morning.

Investigation of Tendons :

- Physical examination of knee joint
- X-ray/ MRI and USG: Among all three MRI is considered as the best tool for diagnosis

Tendons Pain Treatment Options :

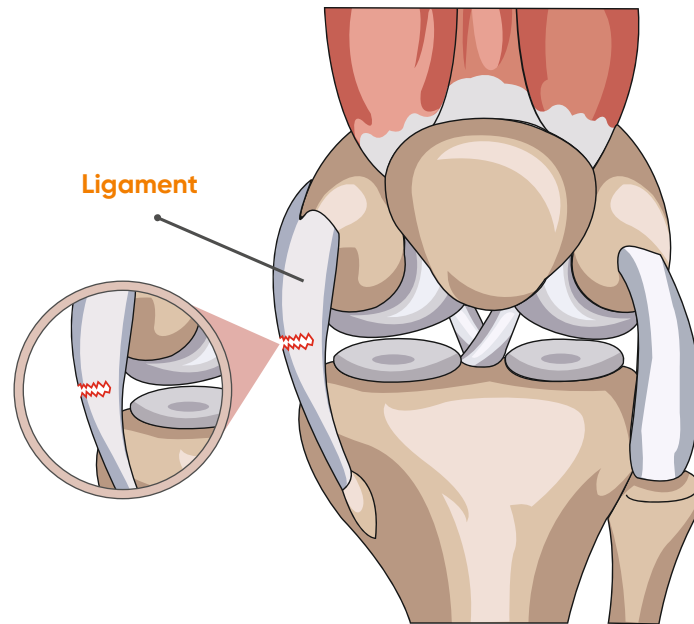
- Rest the painful area and avoid any activity that makes the pain worse.
- Do gentle range-of-motion exercises and stretching to prevent stiffness.
- Always take time to warm up before and stretch after you exercise.
- Injection of a corticosteroid around a tendon to relieve tendinitis. Injections of cortisone reduce inflammation and can help ease the pain.
- Platelet-rich plasma (PRP) is injected into the area of chronic tendon irritation
- Physiotherapy exercises & modalities such as ultrasound, stretching and strengthening exercises etc.

2.2 Ligament

Ligaments are bands of tough elastic tissue around your joints. They connect bone to bone, give your joints support, and limit their movement.

Reasons & Symptoms behind knee pain due to Ligament :

- Pain, often sudden and severe
- A loud pop or snap during the injury
- Swelling within the first 24 hours after the injury
- A feeling of looseness in the joint
- Inability to put weight on the joint without pain, or any weight at all



Investigations for Ligament pain :

- Physical examination
- Magnetic resonance imaging (MRI)
- Ultrasound examination
- Arthroscopic Examination

Treatment of pain due to Ligament :

- Rest. General rest is necessary for healing and limits weight bearing on your knee.
- Ice. When you're awake, try to ice your knee at least every two hours for 20 minutes at a time.
- Compression. Wrap an elastic bandage or compression wrap around your knee.
- Elevation. Lie down with your knee propped up on pillows.
- Management through medicine & NSAIDs

Surgical Management :

Open surgery: Now a day's open surgeries for Ligament reconstruction is done rarely

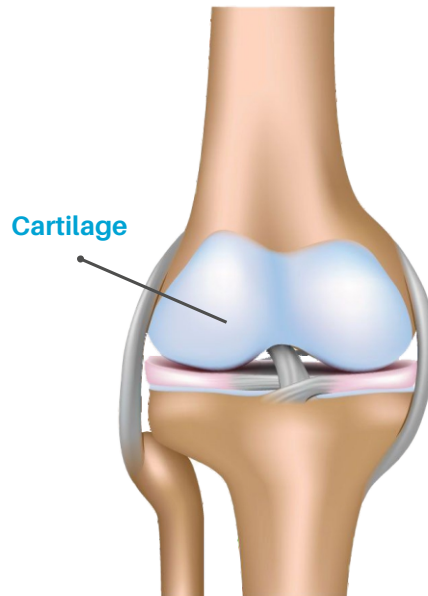
Arthroscopy: Arthroscopy is a minimally invasive surgical procedure on a joint in which reconstruction of damaged or torn ligament is performed using an arthroscope, inserted into the joint through a small incision.

Cartilage

What is Cartilage?

Cartilage is the slippery tissue on the ends of bones, in between joints. There are two kinds of cartilage in the knee:

- Articular cartilage sits at the end of a bone to provide a slippery surface that allows the two bones of the joint to glide easily against one another.
- Meniscus is two pieces of cartilage between the bones in the knee joint that distribute impact and act as shock absorbers (like the shocks in your car).



Degeneration and regeneration of cartilage is the ongoing process like other tissues in our body, but after the age of 40 years' cartilage regeneration nearly stopped, which eventually becomes the reason for joint pain in more than 80% of patients.

For a better understanding of the disease, we can take an example of Non-stick cook wear in which due to regular usage the smooth upper black layer becomes rough and come out from the higher usage area, it denotes that this is the time to change utensil. Similar happen with Knee cartilage too if it is ignored for long.

Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. It occurs when the protective cartilage that cushions the ends of the bones wears down over time. Now with the advancement in the medical field and technology if patient will take a step in early stage of knee pain or disease the disease progression can be stopped and even reversed.

Symptoms of Cartilage Damage :

- **Pain** : while walking, going up and down stairs
- **Inflammation** : the area swells, becomes warmer than other parts of the body, and is tender, sore, and painful.
- Stiffness
- **Range limitation** : as the damage progresses, the affected limb will not move so freely and easily.

Reason of Cartilage Damage?

- **Older age 40+**. The risk of osteoarthritis increases with age.
- **Gender**. Women are more likely to develop osteoarthritis, though it isn't clear why.
- **Obesity**. Carrying extra body weight contributes to osteoarthritis in several ways, and the more you weigh, the greater your risk.
- **Joint injuries**. Injuries, such as those that occur when playing sports or from an accident, can increase the risk of osteoarthritis.
- **Repeated stress on the joint**. If your job or a sport person or having long standing work you place repetitive stress on a joint, that joint might eventually develop osteoarthritis.
- **Genetics**. Some people inherit a tendency to develop osteoarthritis.
- **Bone deformities**. Some people are born with malformed joints or defective cartilage.

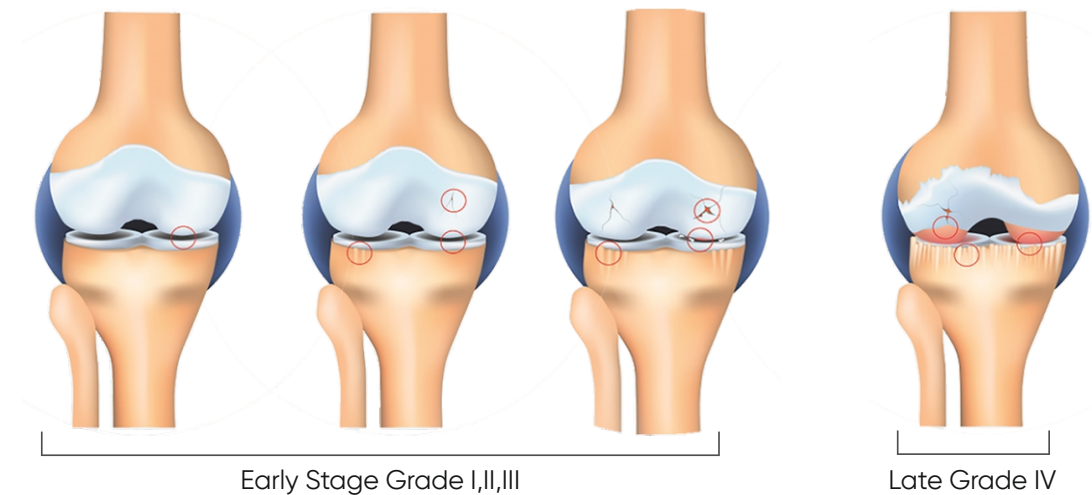
Osteoarthritis (OA)

Osteoarthritis is a degenerative cellular disease and the most common form of arthritis, affecting millions of people worldwide and affecting 1 in 6 in India. It occurs when the protective cartilage that cushions the ends of the bones wears down over time. It is affecting people above 55 years but the problem starts in the early 40s which is generally ignored.

Grades of Osteoarthritis

It is broadly categorized into 2 stages:

1. Early Stage: It ranges from Grade I to Grade III
2. Late Stage: Grade IV



Symptoms of Cartilage Damage :

- **Pain** : while walking, going up and down stairs
- **Inflammation** : the area swells, becomes warmer than other parts of the body, and is tender, sore, and painful.
- Stiffness
- **Range limitation** : as the damage progresses, the affected limb will not move so freely and easily.

Investigation for Osteoarthritis :

It can be diagnosed by Radiological means and physical examination by a medical practitioner

Physical Examination :

Such as duration of pain, pain since, inflammation, deformities, etc

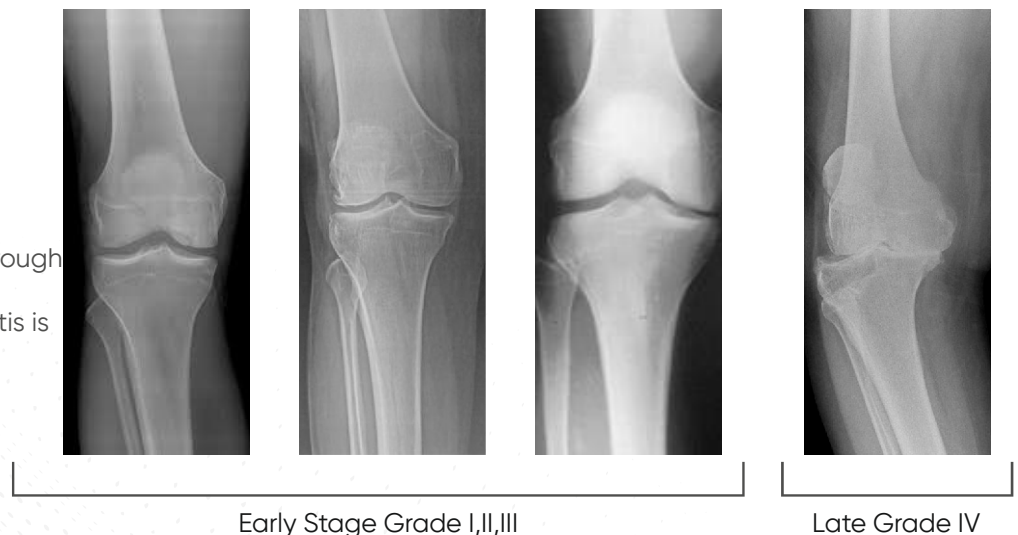
Radiological

X-ray : in Standing AP/Lateral Position

MRI : as recommended by treating practitioner to determine quantified cartilage damage

Understand X-ray :

An X-ray is the basic diagnosis mean to Osteoarthritis, but cartilage can't be visualized through X-ray but on the basis of Joint space the grade of Osteoarthritis is categorized and it is a globally accepted means for diagnosis.



Knee Preservation :

Minimally Invasive Surgery of Knee :

Regenerative Medicine :

Regenerative Medicine is having the remarkable capability to treat the root cause of disease i.e. cartilage damage. It is having certain limitations too, it has shown results only in the early grades of Osteoarthritis i.e. Grade I, II, and III.

In the present scenario due to change in lifestyle Osteoarthritis is affecting people in their 40s only but due to ignorance and lack of awareness, they lead to a late grade of disease where only replacement surgery is the last option left.

Joint preservation surgeries have brought up a new revolution in treating joint pain in the early grade of Osteoarthritis, which are Biological Solution of Biological Problem

Platelet Rich Plasma - PRP

- Platelet-rich plasma (PRP) therapy uses injections of a concentration of a patient's own platelets to accelerate the healing
- PRP injections are prepared by taking anywhere from one to a few tubes of your own blood around 10 ml in each tube and running it through a centrifuge to concentrate the platelets.
- These platelets concentrate is then injected into the affected Knee
- The outcomes of PRP range from few weeks to months

Bone Marrow Concentrate (BMAC)

- Earlier this technique is used but due to its invasive nature has not become popular
- In this procedure from pelvic/ Hip bone around 10 ml of bone marrow is aspirated out and processed
- Done under local anesthesia
- In bone marrow the required number of cells to treat root cause are comparatively less in comparison to the Adipose tissue
- Though required cells are in less number Culture of cells are required to enhance their number, hence there are chances of infection

Cellular Fraction Therapy/ Stromal Vascular Fraction (SVF) Therapy

This is a patented technology by which thousands of joints have been preserved globally and in India for the last 7 years.

This technique is a safe & evidence-based knee pain treatment for the early grade of Osteoarthritis.

This procedure is done in the same surgical sitting and the patient can start walking from the same day.

This procedure is efficient enough to stop the progression of the disease and save you from future complicated surgeries.

If a person is above 40 years and has knee pain should plan a Knee X-ray in a Standing AP/Lateral position and take an opinion from any Medical Professional or free opinion from Knee Xpert.

When Cellular Therapy (Sahaj Therapy) is recommended

- Knee pain while going upstairs and Downstair
- Knee pain while long-standing
- In case of stiffness in the Knee
- In the early grade of Osteoarthritis (Grade I, II, and III)
- In such patients where deformity can be corrected with osteotomy

This same surgical sitting procedure is done in 3 simple steps :

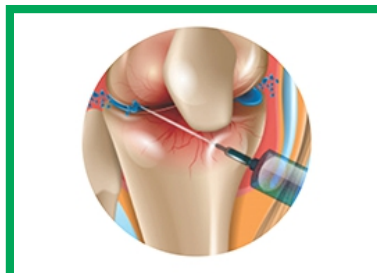
1. Lipoaspiration : In which around 300 ml fat is aspirated from any rich sources in the body such as abdomen using a 3 mm cannula
2. Tissue Fragmentation : Using patented technology adipose tissue is dissociated using sonication without using enzymes/ animal products or chemicals.
3. After Centrifugation this cellular fraction is grafted in affected Knee of the patient through an injection



Lipoaspiration of Adipose Tissue

Why Autologous Cellular Fraction Therapy (SVF) :

- Level 1 global evidence are available for the treatment of early grade of Osteoarthritis
- Safe and minimally invasive in nature
- No use of enzymes or chemicals
- Entire procedure is done under local anesthesia and sedation
- Autologous procedure- No chance of any disease transfer
- No need to change lifestyle



Administration of Cellular Fraction (SVF) Injection

Cellular fraction therapy (SVF) is not recommended to :

- Patients having laxity in joint
- Any kind of active infection inpatient
- History Cancer (less than 3 years)
- Gout
- Pregnant or lactating women

What to do for checking candidacy for Cellular Fraction Therapy (SVF) Sahaj Therapy :

For treatment or checking candidacy for Cellular Fraction Therapy(SVF) give Missed Call on – 82230 83666 or register on www.kneexpert.in

click to call

Deformity in Legs

What is the Deformity of joints?

The condition of having an unusual shape in legs because of disease, injury, etc.

What is Leg deformity?

In normal legs weight of the body is equally distributed on both legs. But due to knee pain patients leads put weight on the non-painful legs which leads to forming deformity and change in gait pattern in such cases there is no uniform distribution of weight on the knee leads to reduced joint space. There are two common types of leg deformity :

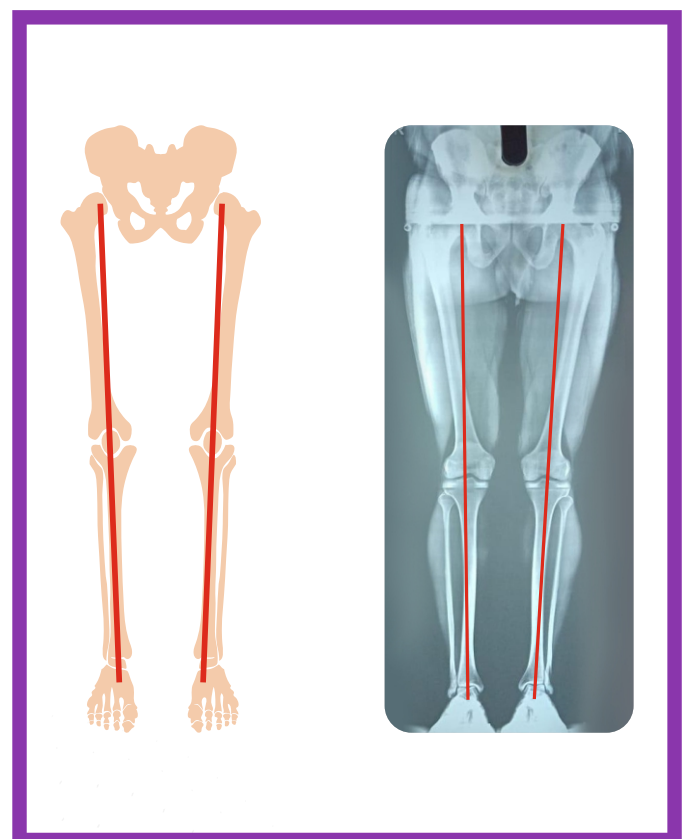
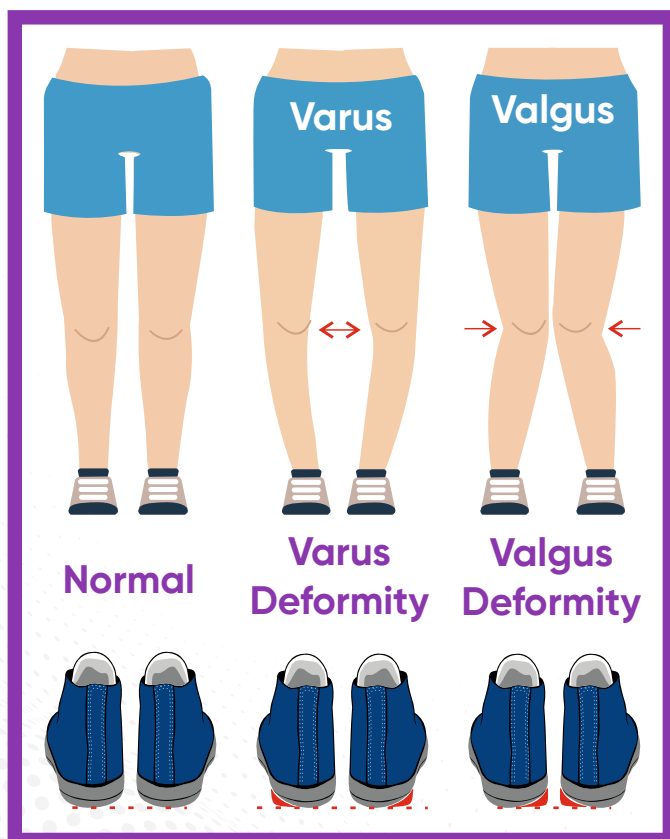
Varus Deformity :

This is one of the most common types of deformity in legs. In varus alignment deformity, the load-bearing axis of the leg shifts to the inside, causing more stress and force on the medial (inner) compartment of the knee. These is also called Bowlegs due to the shape of deformed legs.

Varus alignment increases the risk of knee osteoarthritis five-fold in obese patients.

Valgus Deformity :

In valgus alignment shifts the load-bearing axis to the outside, causing increased stress across the lateral (outer) compartment of the knee. It is not considered quite as destructive as varus alignment. This is also called the knock-kneed knee is the opposite of Varus deformity.

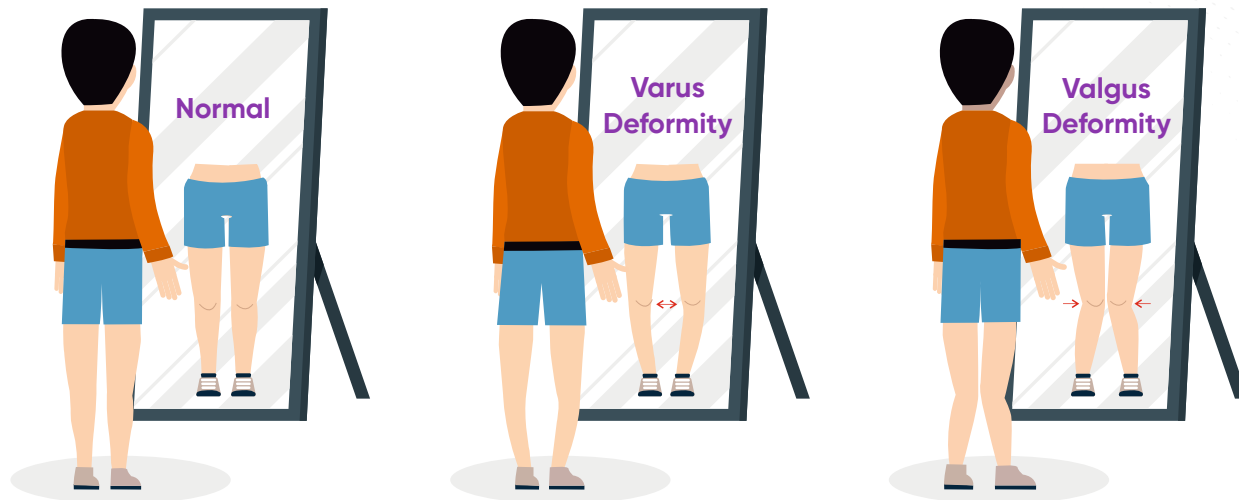


How to find a deformity in your legs on your own :

a. Stand in front of a full-length mirror keeping you're both feet near then observe the following points :

- If you're both the legs feet and knee are in a straight line then your legs are normal
- If you're both the knee are appearing that they are going in the opposite direction like a Bow that means you had developed Varus deformity
- If you're both the knee is coming inward like a Knocking each other that means you had developed Valgus deformity

In both the above case you should consult the expert.



b. By observing your foot wares: Observe foot ware sole carefully

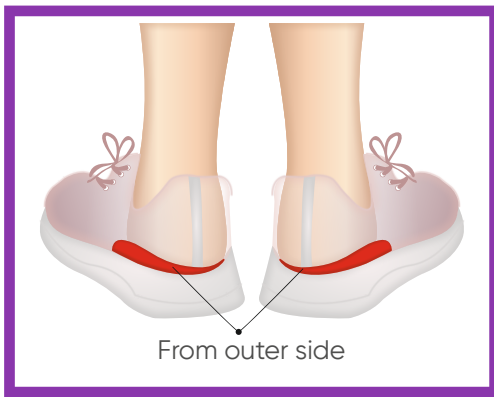
- If the sole wearing uniformly from both the side then your legs are normal
- If sole wearing out from the outer side that denotes your having Varus deformity
- If sole wearing out from the inner side that denotes your having Valgus deformity

	Knee alignment	X-ray and weight transmission	Shoes
<p>Normal</p> <p>Line passes through center of knee</p>			<p>Uniform Wear of sole</p>
<p>Varus</p> <p>Line passes through inner side of the knee</p>			<p>Wear from outer side</p>
<p>Valgus</p> <p>Line passes through outer site of the knee</p>			<p>Wear from inner side</p>

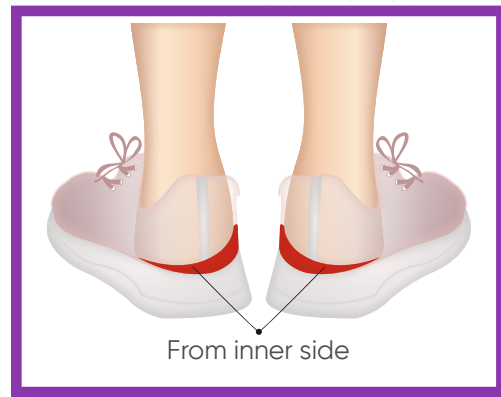
How to correct the deformity in the legs?

Non-Surgical Means :

By using shoe wedges, a person having deformity less than 10° can be corrected using wedges. For Varus deformity patient has to place a wedge in the outer side of the shoe sole and in the case of Valgus deformity wedge is to be placed on the inner side of the shoe sole. Refer to the below image to understand it in better means.



In Varus or Bow leg deformity, place inner wedge in footwear



In Valgus or Knock knees or Kissing Knee leg deformity, place Outer wedge in footwear

Surgical Solution for deformity Correction :

Proximal Fibular Osteotomy :

This is a minimally invasive means of deformity correction surgery that is recommended for patients having Varus deformity. This surgical procedure is done to reduce the pressure on the medial(inner) side of the knee by cutting out the small part of the fibula.

This is a minimally invasive and simple procedure

The patient can start walking from the next day

No need of an implant in this surgery

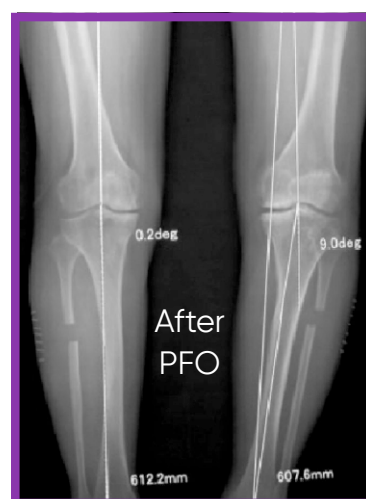
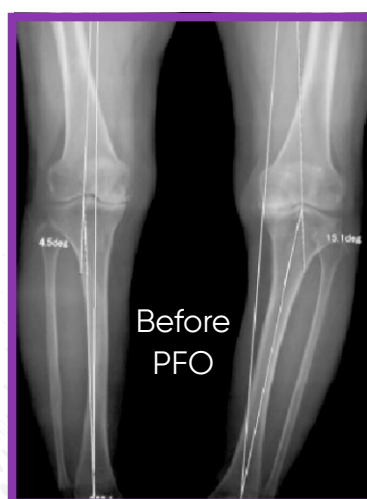
How Proximal Fibular Osteotomy is done :

Preferably done in the early stage of Osteoarthritis

Can correct deformity up to 25°

Recommended in patients above 60 years' age

After surgery in few patients may feel tingling in the foot for a few days which will go gradually



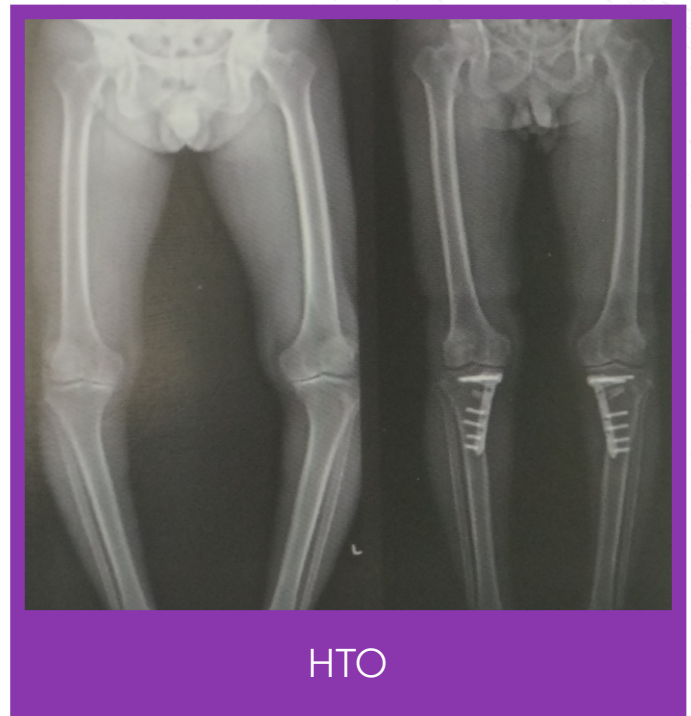
High Tibial Osteotomy (HTO) :

This surgical procedure is done in patients having Varus deformity and having medial(inner) compartment involvement, post this surgery the pressure exertion in the medial compartment is reduced and joint space will enhance using an implant placed after cutting the Tibia bone to correct the deformity.

Generally, this surgery is recommended for patients whose age is less than 55 years. Because their mobility is comparatively higher that's why joint replacement surgeries are not recommended to them.

When HTO is recommended :

- When the deformity and grade of diseases in early stage
- The deformity is above 20-25°
- The age of the patient is below 55 years



Distal Femoral Osteotomy (DFO) :

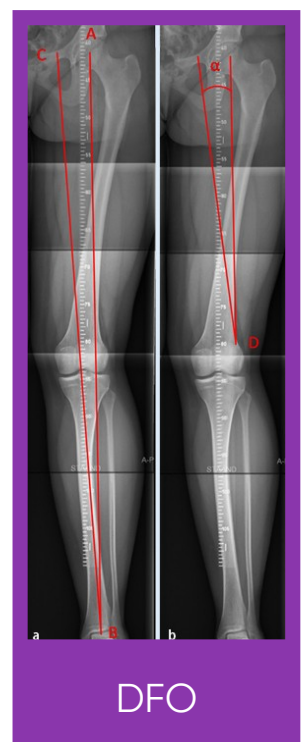
This surgery is performed in patients who are having valgus (Knock or kissing Knee) deformity where pressure exertion is on the lateral (outer) side of the joint using enhance using an implant after cutting femur bone to correct the deformity.

When DFO is recommended :

- When the deformity and grade of diseases in early stage
- The deformity is above 20-25°
- The age of the patient is below 55 years

The complication with HTO and DFO :

- Full weight bearing on joint will take 3-4 weeks' duration
- In rear case having chances of nerve damage or clot formation
- The patient may feel stiffness for a few weeks/month due to lesser mobility



Knee Replacement Surgery

What is Knee Replacement Surgery?

Knee replacement, also known as knee arthroplasty, is a surgical procedure to replace the weight-bearing surfaces of the knee joint to relieve pain with metal & plastic implants.

When Knee Replacement Surgery is recommended?

It is recommended in patients having late grade (Grade IV) of Osteoarthritis and patient age is above 65 years. It is considered the last option of treatment.

Preparation to be done before Knee Replacement :

Physical Assessment : Such as angle of deformity, strength & girth of muscles, laxity, etc

Blood Investigations : such as CBC, ESR, PT, APTT, RBS, SGPT, SGOT, etc

Radiological Investigation : X-ray (MRI if required)

ECG & Echocardiography : to check the fitness of the patient

Please share the following information prior to any knee surgery :

What medicines you are taking

Any kind of allergy you are having

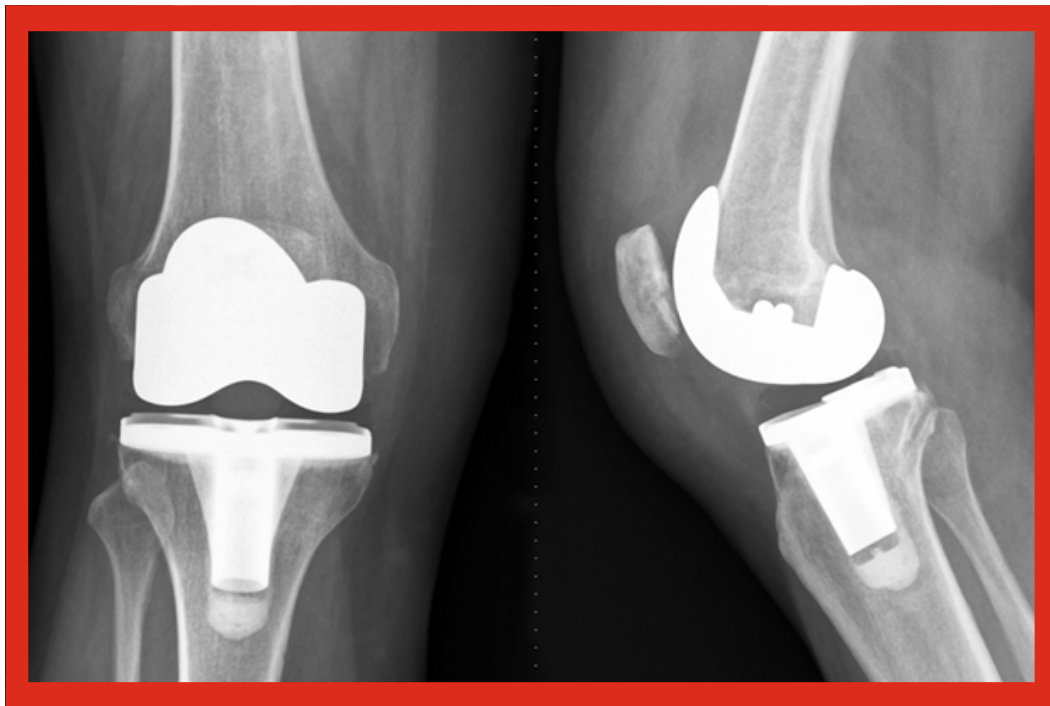
History of any disease such as diabetes, hypertension, history of cancer, etc

Post-surgery precautions :

Avoid heavy exercise & usage of the staircase

Avoid sitting on the floor

Avoid using Indian style toilets etc



Anesthesia :

Knee replacement surgery is done under General or Spinal Anaesthesia

Precaution to be taken post Knee Replacement surgery :

- Patient has to use a walker for a few weeks
- The stitches have to be removed after tentatively 15 days of surgery
- Have to perform recommended exercises
- To take medication and recommended diet by experts

Risks associated with Knee Replacement Surgery :

- Chance of Infection
- Deep vein thrombosis (DVT)
- Allergy or losing of implant
- Damage of nerves
- While or post-surgery fractures

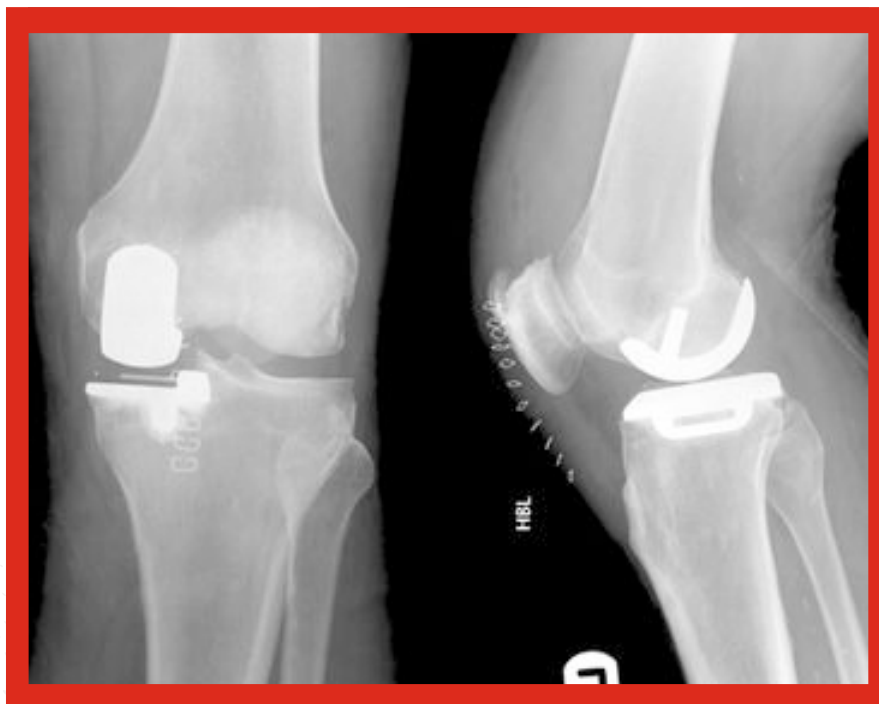
Partial or Unicondylar Knee Replacement Surgery :

This is done inpatient having problems only in any specific condyle of the knee such as medial (inner side), it is generally recommended in age less than 55 and patients having a lesser deformity.

In this surgery, the damaged part is being removed and replaced by a metal implant. This surgery is having comparability shorter recovery time as in Total Knee replacement surgery as well as a shorter hospital stay.

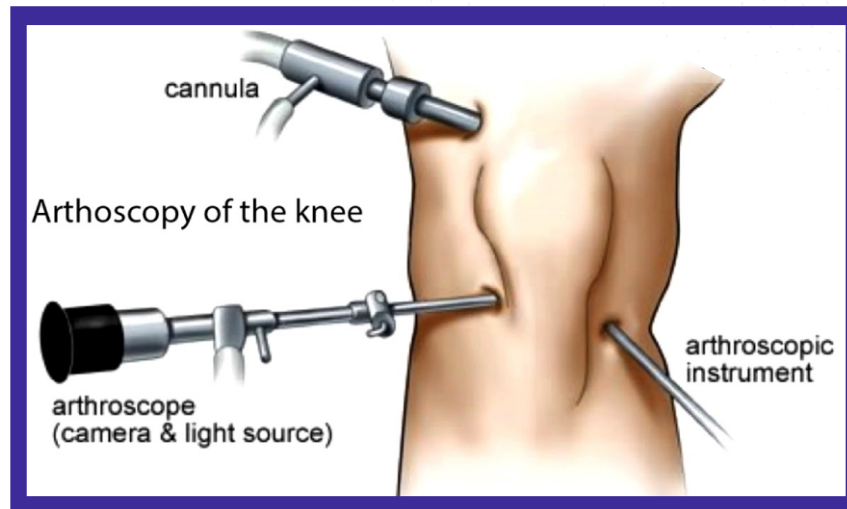
Benefits of Partial Knee Replacement surgery :

- Less time required for surgery
- Shorter hospital stay
- Less blood loss and recovery time
- No or least damage to ligaments
- Future surgical options remain open



Knee Arthroscopy :

Knee arthroscopy is a procedure that involves a surgeon investigating and correcting problems with a small tool called an arthroscope. It is a less invasive method of surgery used to both diagnose and treat issues in the joints.



When Knee Arthroscopy is recommended :

- When the patient is having laxity in walking
- Having Ligament or meniscus tear
- Infection in knee joint
- Formation of Bakers cyst
- Inflammation in the synovial membrane
- Damage in the patella (Knee Cap)
- Removal of Osteophytes
- Fluid retention in knees

Benefits of Arthroscopy :

Minimally invasive in nature

Recovery time is less

The patient can start doing routine activities in lesser time in comparison to conventional surgery

Recovery time of Arthroscopic surgery :

It depends on it is done for what purpose but generally, it will take around 3 to 6 weeks of time span for starting routine activities

Precautions post-Arthroscopic Surgery :

It is recommended to perform exercise after an interval of surgery that has to be done regularly of gain and keep to maintain muscle strength. Avoid running, brisk walking, or usage of staircase till it is not permitted by treating surgeon.

Knee Xpert is one of kind platform which runs the Knee Preservation Programme with a clear goal to Save Your Knees, through this program we are creating mass awareness for Osteoarthritis early diagnosis and its early treatment. We believe that early diagnosis of disease will help patients to get it treated at right time can avoid future complicated surgeries without compromising their lifestyle.

To take benefit of the Knee Preservation program by Knee Xpert kindly give missed call on 8223083555 or register online on www.kneexpert.in

Knee Xpert Platform provides the following facilities for patients :

- Dedicated and well-trained staff of address problems associated with knees
- Right recommendation of diagnostic investigation to patients such as X-ray positions etc
- Grade of Osteoarthritis assessment through AI-based software which will categorize stage of disease
- Expert advice by physiotherapist and exercise videos
- Details and about the surgical recommendation
- Benefits such as fix price program in our network hospital
- 0% EMI finance options for patients
- Support for medical insurance documentation and insurance processing
- Dedicated staff or medical coordinator to the individual patient

Knee Xpert has also come up with Knee Assurance Programme for 5 years, in this program on patients get enrolled under it the Knee Xpert panel of doctors, surgeons, physiotherapists & network hospital will give the following services free of cost for the next 5 years :

Free 60 online consultations by doctor or physiotherapist and 10 free OPD consultations with consultant

Any Knee surgery of treated intervention at Zero cost*

The patient who becomes part of the Knee Assurance Programme will also get :

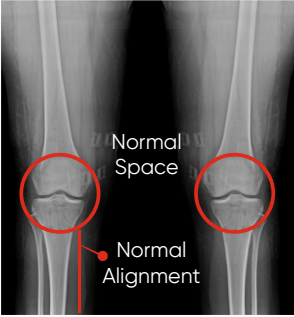
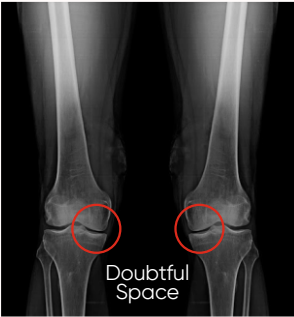
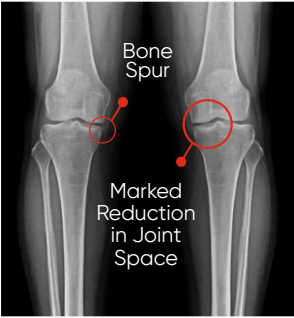
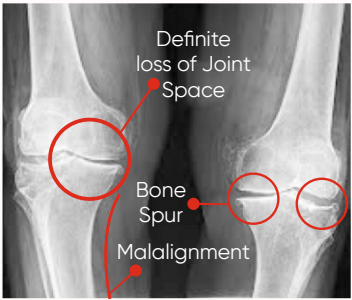
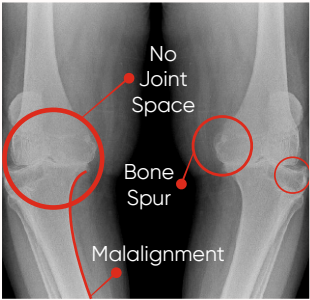
100% fix package & price programme

Free post online surgery follow-up and online rehabilitation program (up to 1 year)

For Fix, Price Surgery contact us on **0731-3500055** [click to call](#)

To know more about programs by Knee Xpert give a missed call on 8223083555 or register on www.kneexpert.in

How to understand your Knee X-ray

Type of X-ray	X-ray Image	Observations/ Remark	
What to Observe	1.Space in between joint, 2. Osteophytes (small bone spurs) 3. Deformity in joint/ bones		
Normal Knee Xray	 <p>Normal Space Normal Alignment</p>	<ol style="list-style-type: none"> 1. Space in between joint seems normal 2. No Osteophytes present 3. Both the bone are in place 	
Early Grade	Grade I	 <p>Doubtful Space</p>	<ol style="list-style-type: none"> 1. Space in between joint is reduced 2. No Osteophytes present 3. Both the bone are in place
	Grade II	 <p>Bone Spur Marked Reduction in Joint Space</p>	<ol style="list-style-type: none"> 1. Space in between joint is comparatively reduced 2. Small Osteophytes present 3. Both the bone has started deforming
	Grade III	 <p>Definite loss of Joint Space Bone Spur Malalignment</p>	<ol style="list-style-type: none"> 1. Space in between joints has become very less 2. Osteophytes present 3. Both the bone has higher deformity in comparison
	Grade IV	 <p>No Joint Space Bone Spur Malalignment</p>	<ol style="list-style-type: none"> 1. Space in between joints is nearly absent 2. Multiple Osteophytes present 3. Both the bone has higher deformity
Recommended Position for X ray	Standing Bilateral(both Knees) AP/ Lateral X-ray		

Knee Score :

This questioner will ask for your view about your knee. This information will help us keep track of how you feel about your knee and how well you are able to do your usual activities.

Note: Score range is 0-4 where 0 denotes on pain and 4 denotes Extreme pain

Pain while squatting

- 0. None
- 1. Mild
- 2. Moderate
- 3. Severe
- 4. Extreme

Pain while kneeling

- 0. None
- 1. Mild
- 2. Moderate
- 3. Severe
- 4. Extreme

Pain while Rising from Bed

- 0. None
- 1. Mild
- 2. Moderate
- 3. Severe
- 4. Extreme

Pain while wearing socks/ stockings

- 0. None
- 1. Mild
- 2. Moderate
- 3. Severe
- 4. Extreme

Pain while bending towards floor

- 0. None
- 1. Mild
- 2. Moderate
- 3. Severe
- 4. Extreme

Pain while getting up from chair

- 0. None
- 1. Mild
- 2. Moderate
- 3. Severe
- 4. Extreme

Pain while twisting or pivoting your knee

- 0. None
- 1. Mild
- 2. Moderate
- 3. Severe
- 4. Extreme

[Click here to Get Knee Score](#)



Scan this QR Code & Check your Self Knee Score



Results :

IF SCORE 20-28 (71-100%): Your joint health is good

As per inputs given by you, your Current Joint Condition is Your joint health is good, and your score indicates you are managing your health well. Good job! You can also try our exercises and download our application to improve your health and optimize your lifestyle.

IF SCORE 10-19 (36-70%) : Now you can either Regret or SAVE YOUR KNEES by Cellular Therapy, your Knee condition is ranging in between mild to moderate state

As per inputs given by you, this is an alert! your condition is mild to moderate your score indicates your joint health is ranging in between Mild to Moderate range.

IF SCORE 0-9 (1-35%): Your score indicates your joint health is not well

As per inputs given by you, this is an alert! Your score indicates your joint health is not well. We would urge you to seek immediate care! It's crucial that you act now and consult Knee Expert you might require Replacement surgery.

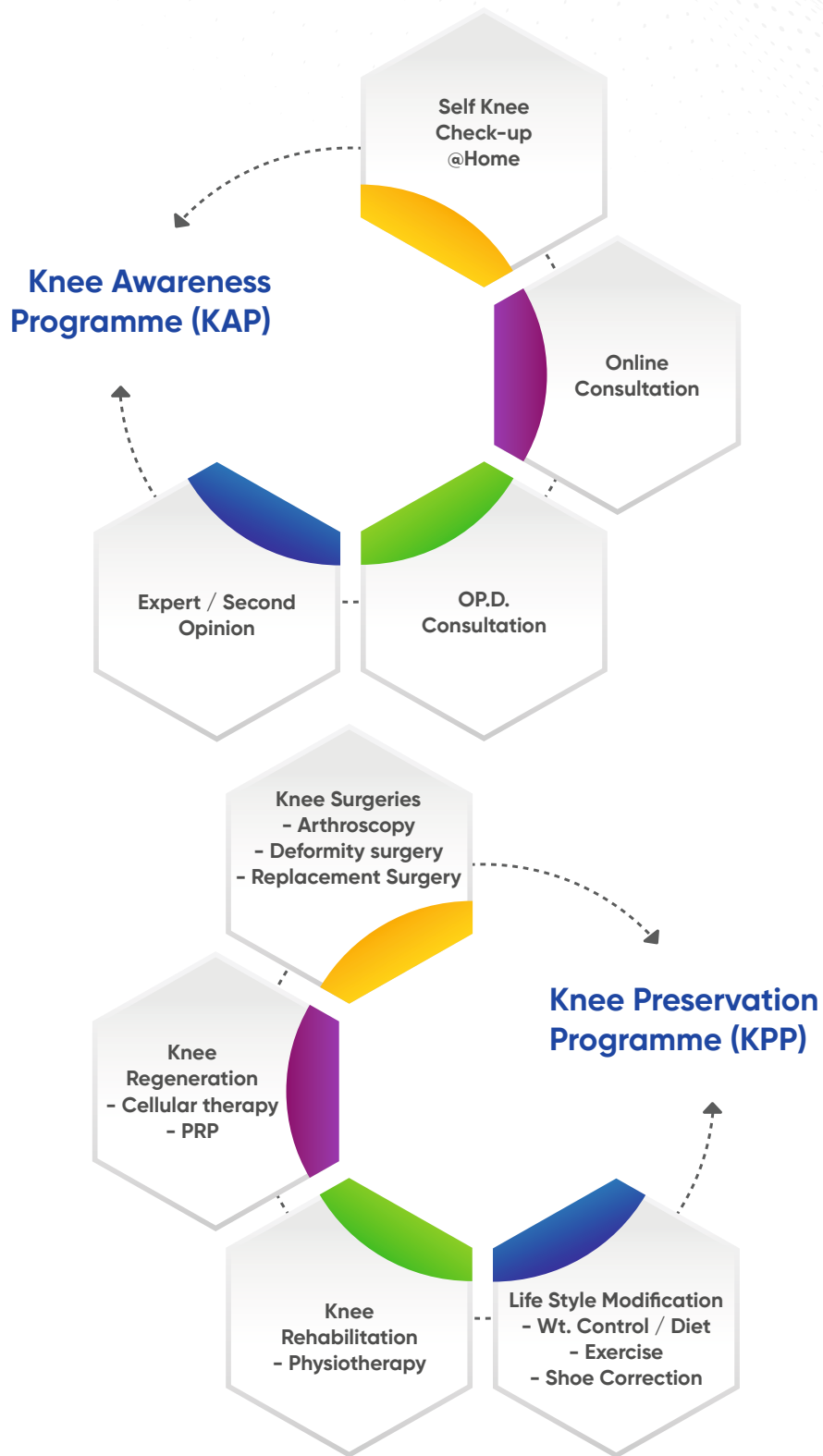
How to take X-ray Photograph?

If you want to keep your medial record safe and to take free expert opinion you should know the right way to take photograph of X ray. Please scan this QR code to learn how to take photograph of X-ray.



[Play now](#)





Peace of Mind

Total Knee Care Under One Umbrella by Knee Xpert



- Orthopaedician
 - Arthroscopy Surgeon
 - Replacement Surgeon
- Regenerative Specialist
- Physiotherapist &
- Network Hospital
- Consultation
- Cellular Therapy
- Arthroscopy
- Knee Replacement
- Physiotherapy
- Second Opinion



Free Consultation by Orthopedic Surgeon and Physiotherapist
Experienced medical experts and state-of-the-art technology first consultation at network hospitals is available free of cost. For booking contact on this number

0731 3500044

[click to call](#)



Fixed Price Program Under this, the facility of treatment is provided with complete transparency and at pre-determined procedure cost. For more information, contact on this number

0731 3500055

[click to call](#)



5 Years Assurance Program In 5 years Assurance plan is given with deformity correction of Early Grade of Osteoarthritis patients, in which total knee care for 5 years are given by Network Hospital and Doctor. For more information, contact on this number

0731 3500066

[click to call](#)



Affordable Prices with 0% EMI Treatment facility is provided by select network hospitals on 0% finance. For more information, contact on this number

0731 3500077

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Knee Xpert Opinion For booking of Second Opinion and Expert Opinion in Network Hospital by Experienced Medical Experts contact on this number

0731 3500088

[click to call](#)

**KNEESM
XPERT⁺
CLINIC**

Consultation for Knee check-up

Missed call WhatsApp on

82230-83555

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www.kneexpert.in

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