

Press Release

For Immediate Publication



“Fortis Hospitals launches Comprehensive Centre for Sports Orthopedics and Arthroscopy”

Bengaluru, 05th March, 2015: In this day and age, there is an upsurge in the number of fitness enthusiasts who participate in myriad number of marathons/cyclathons etc. While it is a good way to ensure fitness, it could have some unfortunate repercussion and lead to serious sports injuries. Apart from that a serious sports injury can also ruin the career of a budding athlete or have a major impact on the quality of life of a motivated sports enthusiast. With a rising interest in competitive and recreational sporting activities, the possibility of acquiring a sport-related injury has also increased, that could not only affect professionals but also the common people.

At Fortis Hospitals, doctors feel that no injury or health setback should ever be an obstacle in fulfilling your sporting dreams and living life to the full potential. With an aim to provide cutting edge technology and expertise in the realm of sports medicine, the hospital is launching the new Centre for Sports Orthopaedics and Arthroscopy.

This is a one-of-its-kind centre that focuses on helping sportspersons get on the road to recovery while assisting individuals with a passion for sports to follow their interest. The Centre for Sports Orthopaedics and Arthroscopy will cater to professional sportspersons across all age groups as well as the general public looking for treatment of chronic joint, ligament and cartilage problems.

Dr. Mark Ferguson, Orthopedic and Principal Surgeon at the Centre for Sports Medicine and Orthopedics in Rosebank, South Africa, who has treated famous sports personalities like Sachin Tendulkar, Zaheer Khan, Anil Kumble and Javagal Srinath, and **Evan Speechly, noted South African physiotherapist**, who is currently the official physiotherapist for the Bangalore Royal Challengers cricket franchise in the Indian Premier League (IPL), were present at the launch.

“Nowadays, many people take up some form of sports as a career or as a serious interest and are motivated about giving their 100 per cent to such activities. They may take up physical exercise to stay fit or follow their passions in sports like running, dancing, cycling, cricket, football and so on. An injury can hamper their chance of a brilliant career or stop amateurs from pursuing their passion. Fortis Hospital’s expertise in surgical, interventional, micro-invasive (day-care) and rehabilitation (physiotherapy) medicine will help such individuals combat injury-related problems and stay fit,” says **Dr. P C Jagadeesh, Consultant, Arthroscopy and Sports Medicine at Fortis Hospitals.**

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Renowned Swimmer Vishaka Bhatt, who was also present at the Press Conference had experienced severe back sprain, which had aggravated over the past couple of years. Unable to bear the pain that also hampered her practice sessions, she consulted an orthopedic who, after preliminary tests suggested that she undergo a surgery.

“That is when I came across Dr. Jagadeesh who assured that the sprain can be treated even without a surgery. I am undergoing frequent sessions of physiotherapy and Dr. Jagadeesh has also told that I will be put under a gym schedule shortly. The pain has tremendously reduced and it’s a huge relief that I am almost back to normal without having to undergo any surgery. I had always feared that after undergoing a surgery, I wouldn’t be able to swim well but all thanks to Dr. Jagadeesh, my fears disappeared,” added Vishaka Bhatt.

Fortis has pioneered the treatment of sports-related injuries including foot and ankle problems, hand and wrist injuries, knee, shoulder and elbow problems, Rotator Cuff Tendinitis or tears, tennis elbow, shoulder instability, Chondromalacia, and Cruciate Ligament injuries, he added.

The Sports Clinic is equipped with state-of-the art technology and infrastructure and specialises in providing superior quality treatment in a wide variety of ailments including:

- Knee - ligament injury, cartilage, knee dislocation, knee cushion problem
- Shoulder - Shoulder stiffness, dislocation, rotator cuff injury
- Ankle - cartilage, sprain, ankle arthritis
- Wrist - Ligament injury, carpal tunnel syndrome
- Elbow - Tennis elbow, stiff elbow
- Hip - impingement problem, labral tear.

The highly skilled doctors at Fortis understand that a player needs to be at his best at every big game and always strive to make sure that an injury does not come in the way of their sporting glory. Fortis Hospitals will be also launching a website entirely dedicated to the centre for Sports Orthopedics & Arthroscopy to provide more insight into the various sport injuries and the best viable treatment available for the same.

About Fortis Centre for Sports Orthopedics & Arthroscopy:

Fortis Centre for Sports Orthopedics & Arthroscopy is committed towards offering holistic treatment in the area of sports orthopedics and sports injuries. The services are delivered by the multi- disciplinary team consisting of members such as sports medicine specialists, surgeons, physiotherapists, dieticians, and para medical staff. The centre caters to professional sportsmen across all age groups as well as general public looking for treatment for chronic joint/ ligament/ cartilage problems under a 4-pronged approach-

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- Surgical
- Interventional
- Micro-invasive (day-care)
- Rehabilitation (physiotherapy)

About Fortis Healthcare Limited:

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Singapore, Dubai, Mauritius and Sri Lanka with 55 healthcare facilities (including projects under development), approximately 10,000 potential beds and 270 diagnostic centres. In a global study of the 30 most technologically advanced hospitals in the world, its flagship, the Fortis Memorial Research Institute' (FMRI), was ranked No.2, by 'topmastersinhealthcare.com, and placed ahead of many other outstanding medical institutions in the world.

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