

# Rediscover *Freedom* of Movement



**MIOT INSTITUTE OF  
ORTHOPAEDICS**

*We take our ability to move freely for granted. When minor irritants like stiffness or swelling in limbs occur, we self medicate or simply 'adjust'. We seek medical help for an orthopaedic problem only in an emergency or when the irritant gets worse, despite our best efforts. At this point, it would be wiser to approach a Centre dedicated to Orthopaedics with a good track record rather than get further delayed with neighbourhood help.*

*Delayed or improper orthopaedic treatment can reduce the quality of outcome that you or your loved one can have. Seek out a Centre that has the RIGHT approach to your orthopaedic condition, which is what essentially restores you to good health - quickly, completely and without trauma.*

**In other words, Be Sure when you go in. WHY EXPERIMENT?**



## MIOT INSTITUTE OF ORTHOPAEDICS

### Why should you consider MIOT Institute of Orthopaedics?

It is a world renowned centre of Excellence that treats every type of disease, injury or deformity in Bones, Joints and the Spine under five distinct divisions: **Joint Replacements, Trauma, Upper Limb Procedures, Spine Surgery and Sports Injury Treatments.**

- They are led by specialists with extensive hands-on knowledge of the behavioural diversity of bones and joints. Combine this with latest treatments and you have a world class team that uses innovative approaches to treat patients individually. This approach has worked successfully for the MIOT team in the most difficult cases.

- Advanced Imaging systems and 24x7 NABL accredited Laboratory on campus, allow specialists to make accurate assessments, pre and post surgery.
- Surgeries are performed using the latest computer guided technology and minimally invasive techniques (key hole surgery), wherever possible, which allow patients to **recover faster** with no blood loss or damage to muscle.
- Cutting-edge modular surgical suites and ICUs provide infection-free environments, **critical in orthopaedics.**
- Special anaesthetic procedures allow us to treat the elderly and patients with co-existing medical conditions.
- **MIOT REHAB CENTRE** is a holistic rehabilitation centre to concentrate on the complete post hospital recovery and rehabilitation of a patient. The centre is manned by a dedicated and experienced multi-disciplinary team comprising of Physician in-charge, Physiotherapists, Occupational therapist, Psychiatrist, Psychologist, Speech language pathologist, Deglutologist (Swallow specialist), Dietician and Nurse.

### What is the MIOT Joint for Life programme?

**Joints** make easy movement possible for us. Accidents, obesity, deformity, bone disease or wear & tear with age can damage the joint, cause excruciating pain and restrict movement.



**Joint Replacements**



While a Joint replacement surgery can reverse the situation it must be done at the **RIGHT** centre to **avoid** a Revision surgery later which is more painful, expensive and takes longer to heal.

**The MIOT Joint for Life programme**, today a global referral programme was flagged off by our Founder Prof. Dr. PVA Mohandas who pioneered Hip replacement surgery in India in the 70s. The Programme with a stellar success rate is the most prolific of its kind, globally.

- Backed by 40 years experience and over 40,000 shoulder, elbow, hip and knee replacement surgeries it aims to give every patient a permanent replacement the 'very first time'.
- Specialists use latest techniques and implants (artificial joint) with next generation materials like titanium & tantalum for a '**near-zero weight**' experience that meets demanding patient lifestyles.
- MIOT also introduced **Computer Navigated** Total Knee Replacement, which aids placement of the implant with 100% accuracy.

## Revision Surgery

**40%** of the Replacement surgeries done at MIOT are Revision surgeries. MIOT is one of the few centres in India which performs these highly complex procedures. Our trained and skilled specialists rectify failed replacements done elsewhere or replace worn out older implants.

## Upper Limb Procedures

MIOT specialists routinely undertake Replacement (**Arthroplasty**) & Repairs (**Arthroscopy**) of the Shoulder, Elbow, Wrist, Hand & Finger joints. These are complex procedures given the intricate nature of these structures and require highly skilled and trained specialists.

MIOT is one of the very few centres in India to perform **Reverse Shoulder Arthroplasty** for patients with previously unsuccessful shoulder replacements, severe, failed or neglected fractures, dislocations and bone tumours.

## MIOT Centre for Spine Surgery

### *Helping you walk tall*

The centre offers comprehensive care for patients with spinal disorders and injuries, across age groups, with advanced diagnostics and innovative surgical and rehabilitative strategies.







MIOT specializes in complex spine surgery, including reconstructive tumour surgery, trauma and degenerative conditions. MIOT's results for the correction of complex spinal deformities are unmatched, even by elite centres of the world.

## Putting you back in the game

Our Sports Medicine & Work-related division provides expert treatment for all kinds of injuries sustained during professional, amateur & recreational sports, or repetitive strain injuries from work-related activities. Patients receive complete care, which combines customised procedures and rehabilitative regimes, with emphasis on **prevention of further injury.**



# MIOT International

# *Collaborative Care.*



## MIOT'S culture of healing

*We treat the disease, not just the symptoms.* With our focus on ensuring good outcomes we start with getting to the root cause of the disease. No treatment begins at MIOT without an **accurate diagnosis**, further to which we use the latest treatments to correct it completely. This ensures an accurate and customised healing process so that the problem does not recur.

## Backed by a World Class Organisation

The MIOT Institute of Orthopedics is part of **MIOT International**, founded 23 years ago. It is a 1000 bed, tertiary care and Level 1 polytrauma centre, offering medical care across 63 specialities. We offer care to patients from over 130 countries through the practice of evidence-based medicine and stringent infection control that matches international standards.

## We keep Windows Open

We are one of the few centres in the country today to constantly **integrate** the **latest** treatment modalities and facilities into ongoing treatments for every speciality. This minimizes or replaces invasive procedures wherever possible, reduces medication and keeps patient pain free and comfortable. They heal faster, have shorter hospital stays and better long term results.



## One-stop care

You can access all medical services across specialities without leaving the MIOT campus - from Doctor consultations, to advanced scans & lab tests, sophisticated surgeries and rehabilitation. This reduces treatment & recovery time and total costs.

We also offer a range of comprehensive **Master Health plans** for Corporates and individuals, customised to life styles.

## We are there, when you need care

Expert, timely attention to patients makes all the difference. Our team of handpicked, world-class specialists practice full-time and exclusively at MIOT. Armed with latest updates they discuss cases with other specialists on campus. They chart integrated and innovative treatment plans which are executed and monitored by dedicated care teams. *This unique collaborative approach*

*to care has enabled us to achieve outstanding outcomes, even in cases that are turned away elsewhere.*

## Compassionate Care

Medical care is not all left brain led. Patients and caregivers are soothed and encouraged by the positive and compassionate environment that we strive to maintain across the spacious, green MIOT campus.

## No compromises on Patient safety

Infection is today one of the biggest threats to a patient's safe recovery in hospitals. With an infection rate of **less than 0.02%**, MIOT international is today the Safest Hospital in India. This has been made possible through a combination of



sophisticated infrastructure and stringent protocols that starts at the MIOT gates!

## Priority Care

We understand that there are many demands on your time. Therefore, all our processes have been streamlined, with quiet attention to detail, to give you a seamless, comfortable experience. *From the moment you enter our care, your safe and quick recovery is our only priority. Nothing else matters.*





# MIOT INSTITUTE OF ORTHOPAEDICS

## KNEE

- Computer Navigated Total Knee Replacement
- Minimally Invasive Total Knee Replacement
- Revision Total Knee Arthroplasty

## HIP

- Minimally Invasive Hip Replacement
- Bone Conserving Hip Replacement
- Acetabular Reconstruction and Hip Replacement
- Revision Hip Arthroplasty

## SHOULDER

- Anatomical Shoulder Arthroplasty (ASA)
- Reverse Shoulder Arthroplasty (RSA)
- Shoulder Arthroscopy
  - Arthroscopic Capsular Plication
  - Arthroscopic Sub-acromial Decompression
  - Arthroscopic Acromio-clavicular Joint Excision
  - Arthroscopic Calcium Excision for Calcific Tendonitis
  - Arthroscopic Capsular Release for Diabetic Frozen Shoulder
- Acromioclavicular Joint Stabilization
- Fixation of Proximal Humeral Fracture
- Hemiarthroplasty and Reverse Shoulder Arthroplasty

## ELBOW

- Elbow Arthroplasty
- Elbow Arthroscopy
  - Arthroscopic Release for Post Traumatic Stiff Elbow
  - Arthroscopic Osteocapsular Arthroplasty for Osteoarthritis Elbow

## Treatments & Procedures

- Arthroscopic Radial Head Excision
- Arthroscopic Treatment of Osteochondritis Dissecans
- Fixation of Elbow Fracture
- Total Elbow Replacement for Comminuted Fracture of Elbow

## WRIST & HAND

- Wrist Arthroplasty and DRUJ Replacement
- Hand and Finger Joint Replacement
- Wrist Arthroplasty
  - Arthroscopic Assisted Scapholunate Repair
  - Arthroscopic Excision of Ganglion
  - Arthroscopic Trapeziectomy
- Fixation of Distal Radius and Ulna Fracture
- Percutaneous Scaphoid Fixation and Non Union Surgery
- Scapholunate and Perilunate Ligament Repair
- Distal Radio-ulnar Joint Stabilization
- Fixation of Complex Metacarpal and Phalangeal Fractures
- Repair of Volar Plate Injury and Fracture Dislocation of Finger Joints
- Repair of Ulnar Collateral Ligament Injury
- Repair of Mallet Finger

## SPORTS INJURIES

### Knee

- Diagnostic Arthroscopy
- Arthroscopic Meniscal Repair
- Arthroscopic ACL & PCL Reconstruction
- Arthroscopic Multiligament Repair, including ACL, PCL, MCL and LCL Repair
- Arthroscopic ACL & PCL Avulsion Reattachment
- Arthroscopic Mosaicplasty
- Arthroscopic Loose Body Removal

## Shoulder

- Arthroscopic Rotator Cuff Repair
- Arthroscopic Stabilization and Capsular Remplissage
- Arthroscopic SLAP Repair
- Arthroscopic Biceps Tenotomy and Biceps Tenodesis

## Elbow

- Elbow Arthroscopy - Removal of Loose Bodies

## Wrist and Hand

- Diagnostic Arthroscopy
- Arthroscopic TFCC Debridement
- Arthroscopic Assisted TFCC Repair/ Reconstruction

## SPINE

- Microdiscectomy, Endoscopic Discectomy
- Minimally Invasive Internal Decompression for Spinal Stenosis
- Posterior Lateral Spinal Fusion
- Posterior Lumbar Interbody Fusion
- Anterior Interbody Fusion
- Spinal Stabilization - Posterior, Anterior
- Spinal Column Reconstruction - Posterior, Anterior
- Vertebral Body Resection (Corpectomy) and Reconstruction
- Scoliosis Corrective Surgery
- Spinal Osteotomies
- Disc Replacement
- Vertebroplasty and Kyphoplasty
- Paediatric Spinal Surgeries
- Surgery for Spinal Tumours
- Laminoplasty
- Minimally Invasive Spinal Stabilization



## MIOT Telemedicine Services

For appointments, visit [www.miotinternational.com](http://www.miotinternational.com)



VOICE CALL



VIDEO CALL



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