



ORTHO MESSENGER

NEWS LETTER FROM THE DEPARTMENT



DEPARTMENT OF ORTHOPAEDICS & TRAUMATOLOGY

**“It is our duty to motivate and inspire our fellow human beings.
How can we be successful if even one segment of humanity fails ?”**

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Editor's Message

It gives us a great pleasure to the second edition of "Ortho Messenger". We have now entered in the New year 2019. On this occasion I have following story as my message for you all.

DROP THE BONE

A dog has taught me an important lesson in this encounter. I was in a car commuting from home to my daily errands. The car was speeding at about 80kms per hour. Suddenly, I saw a dog running so fast trying to overtake the car so that it could cross the road. I was frightened that the car would overrun the dog. I was praying that the dog would increase its speed and cross the road safely. The car was fast approaching the dog. Then, I saw the dog suddenly increase its speed and was able to cross the road successful. Pheew, I sighed, thanking God it wasn't hit by the car. But, there is something I noticed that fell off before the dog suddenly increased its speed. I asked the driver, could you please reverse. I need to see what fell off. When I saw what fell off, one of the greatest lessons sunk into my thick skull. The dog let go of the BONE. It was that SIMPLE, it reached a point where the dog had to let go of the bone in order to gain speed and save its life. Men, the dog is SMART... I thought.

What's the LESSON?

Let go of the bone. There are bones we have held onto in 2018. If we succeed to let go of the 2018 'BONES', then we will do wonders in 2019 and years beyond. There are so many types of bones which for sure have held us back. Let's make the painful decision of letting go of the bone of disappointment of 2018. Failure to seek new thoughts or new ways of doing things is a BONE. Doing things in the same unsuccessful manner, year in year out is a BONE. Murmuring and complaining is a BONE. I will start it tomorrow or next week but will never take a step for one day is BONE. Procrastination a bigger BONE. Maybe you are disappointed by friends or family member please drop the pain of you it is a BONE. It is indeed time for Elevation for those with kingdom priorities. Be Positive. Enjoy Life.

HAPPY NEW YEAR TO YOU ALL

KNOW YOUR FACULTY



Dr. Suresh I, MS(Ortho), DNB(Ortho), FNBE

Orthopaedic, Hand and Microvascular surgeon

FELLOWSHIP: Hand and reconstructive microsurgery(FNBE)

CMC,LUDHIANA PUNJAB(2005-2007)

CLINICAL AND TEACHING EXPERIENCE 17 YEARS



CME/SEMINAR/SYMPOSIUM

GUEST LECTURE BY OVERSEAS FACULTY

Dr. K. SRINIVASAN , upper limb trauma and hand surgeon from Birmingham delivered his lecture on “Complex Elbow Injuries” in the department seminar hall on 14/9/2018.

The lecture was followed by case presentation – a case of neglected elbow injury by Dr. Samrat, final yr postgraduate



RELEASE OF FIRST ISSUE OF NEWSLETTER “ORTHO MESSENGER”

First issue of Ortho Messenger inaugurated in the department seminar hall on 8/12/2018 by our Dean, Medical Director, Medical Superintendent, Principal, the Professor and HOD of the Department of General Medicine and CEO and highly appreciated by them and other departments.

Our honourable director Dr. Anji Reddy lauded the effort of “Ortho Messenger” and advised that other departments also should prepare their newsletters similarly.



POSTER

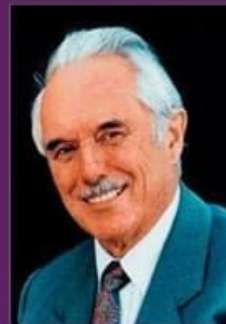
Dr. Sumana, final yr postgraduate prepared a poster on ENCHONDROMA of left distal femur.

The poster was inaugurated by our Dean, Medical Superintendent and Head of the Department of Orthopaedics on 8/12/2018.



CAP meeting

Dr. Y. Krishna Kousik Reddy, first yr postgraduate presented scientist of the day (Professor Maurice Edmond Muller) in CAP meeting conducted on 26/12/2018.



RNTCP

Our faculty and postgraduates attended the program “ RNTCP updates and new DRTB guidelines“ conducted by department of community medicine at ASRAM medical college, ELURU on 21/12/2018.



IOACON

Our faculty and postgraduated attended the national conference (IOACON) at Coimbatore (26/11/2018 to 1/12/2018).

There was live surgery workshop, trauma case discussions, scientific sessions and IOA orations.



Our postgraduates and faculty attended KIMS ORTHOCON - 2018 at Narketpally, Nalgonda district on 9/12/2018.

Theme was "Basic techniques of total hip arthroplasty".

Dr. Srinivas, Professor of Unit 3 and five post graduates attended.



Our faculty and post graduates attended GOSPEL - 2018 conducted at government general hospital, Guntur on 16/12/2018.

Our beloved professor and Head of the Department Dr. SUDHIR KUMAR SHANDILYA demonstrated LRS in workshop.



Surgeries of the month

Case 1 : Total knee replacement with

"Opulent Bionik" gold knee joint implant

Dr. R.M. Mallikarjuna Reddy and team



Total knee replacement of right knee joint done using OPULENT Bionik Gold surface implant which is recently introduced.

The conventional cobalt chrome alloy implant has been the only choice for decades. Bionic gold, an advanced technology process which uses Titanium-Niobium-Nitride that is more inert and harder than the conventional cobalt chrome, would not release metal ions into blood and not react to nickel or chrome compounds. The hi flexion design is tailor made to the Asian bone structure and way of life.

Advantages of Bionik gold technique

- Allergy preventive, Superior bio compatibility
- Hardness superior to cobalt chromium based alloys
- Long term chemical stability, Extreme adhesive strength
- Avoids inflammation and Endo prosthetic loosening

Case 2 : – Fracture Calcaneum treated by Ilizarov technique.

Dr. Sudhir kumar, Dr. Aditya and team

Calcaneum fracture (tongue type) managed with ilizarov ring fixator using half rings such that the anatomy of calcaneum is restored



Calcaneal fracture

In Routine Orthopaedic practice, undisplaced fractures of calcaneum are treated by cast immobilization. Displaced intraarticular fractures of calcaneum are treated with open reduction and internal fixation (ORIF) with pre-contoured locking plate and immobilized for about 6 weeks.

Disadvantages of ORIF

- Wound dehiscence, delayed wound healing, high chance of infection and stiffness of ankle joint because of immobilization for long period.
- Because of these complications with ORIF, we have opted for a novel technique of Ilizarov, in which K-wires are passed through calcaneum and talus attached by 2 interconnecting half-rings.

Advantages of ilizarov

- Minimally invasive procedure
- No blood loss as it is a closed technique
- Ankle movements are allowed in immediate post operative period
- Cartilage healing is facilitated due to distraction of sub-talar joint



Today in History

Sir Percivall Pott,

Jan 6, 1714 - Dec 22, 1788

English Surgeon, One of the Founders of Orthopedics & Occupational health.



His contributions

Pott lost his father at his young age so he was brought up by his mother. After his schooling, he was doing 7 years of apprenticeship under the surgeon Edward Nourse at St Bartholomew's Hospital, London, where he learned the basic principles of Anatomy and Medicine and also perfected his surgical technique.

Then he became an Assistant Surgeon in the same hospital in 1744 and then promoted as a full time surgeon in 1749. He served in that position until his retirement in 1787.

Once he said that he started in the institution "As a boy and then a man for half a century". Further, he became one of the first members of the Royal College of Surgeons when it was founded in 1753.

One day in the year 1756, Pott was suddenly thrown from his horse and sustained an open compound fracture of his lower leg while he was on his way to see a patient. When his surgical colleagues examined the injury, they recommended the amputation, which was the standard course of treatment at that time. Whereas, his mentor Edward Nourse advised him a reduction procedure, in which traction and pressure are applied on the fracture to correct the positioning of the bones. His technique worked well and Pott's leg healed without complication.

That was the time, Pott wrote his first of over 40 monographs, A Treatise on Ruptures. Later, he published his extensive work on orthopedics titled "Some few general remarks in fractures and dislocations" in 1769.

His Eponyms...

Pott's fracture -Fracture of the ankle

Pott's disease of the spine - Pott was the first who described the vertebral collapse resulting in kyphosis, a hunchback deformity (Pott's curvature) in 1779.

Pott's paraplegia - Paraplegia caused by spinal cord compression in (Pott disease) tuberculous spondylitis.

Pott's puffy tumor - A forehead swelling associated with underlying osteomyelitis of the skull. He then observed an unusual high incidence of scrotal skin cancer among the young boys. Those were sent up into chimneys to clean away the soot left over from fires. In fact, he began reading the connection between coal soot, lodging in the folds of the scrotal skin and a high risk for scrotal cancer.

After Pott's investigation, the disease was termed as Chimney sweeps carcinoma. Thereby, he became the first one who had established the occupational link to cancer and also he was the first who associated a malignancy with an environmental carcinogen.

Ultimately, his research helped chimney sweeps to prevent scrotal cancer by protective clothing. His work also laid the Foundation for occupational medicine and measures to prevent work-related disease.

Moreover, Pott has generally regarded as one of the two greatest surgeons of the 18th century along with his student John Hunter.

During his last days, Pott declared that "My lamp is almost extinguished, I hope it has burnt for the benefit of others."

A Day to Commemorate...

An Eminent Surgeon of the Pre-antiseptic Era

Sir Percivall Pott

Let's Celebrate



Department celebrated birthdays of following faculty and postgraduates

Dr. Sravan Chandar D, Assistant Pprofessor (8/12)

Dr. SRN Chakravarthy (26/12)

Dr. R. Ajay (26/12)



Ready for a quiz?



? Diagnosis



Answer to the Quiz
in last Issue:
Melorheostosis



Department of Orthopaedic Surgery

