

Apollo Hospitals launches revolutionary joint preservation programme in India

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A new approach to joint care with early intervention and personalised treatment



Apollo Hospitals has launched its innovative apollo joint preservation programme in India that is set to revolutionise joint care across its network. This pioneering initiative focuses on early intervention and personalised treatment to help individuals maintain their mobility and confidence, all the while fostering a proactive approach to joint health.

Present at the launch were Dr Sangita Reddy, Joint Managing Director - Apollo Hospitals; Dr Brett Fritsch, Orthopaedic Surgeon, Arthroscopic and Replacement Specialist – Knee, Royal Prince Alfred Hospital, Sydney and senior doctors from the Orthopaedic Department at Apollo Hospitals.

Designed to provide comprehensive, trust-based joint care, Apollo Joint Preservation Programme is tailored to the needs of patients suffering from joint pain, arthritis, inflammatory conditions, and ligament injuries. By emphasising active and healthy lifestyle habits, the programme seeks to alleviate discomfort and potentially avoid the need for invasive procedures for as long as possible.

Dr Sangita Reddy, Joint Managing Director - Apollo Hospitals said, "Through this unique programme, our team of specialists will focus on '3 Ts': Tailored advice, Treatment (both medical and surgical), and Therapies (including rehabilitation, nutrition, and alternative therapies)."

The programme allows patients to benefit from early diagnosis and customised therapies that can potentially delay or avoid

major joint health issues. Patients who have been advised any treatment for their affected joints elsewhere, as well as those seeking their first consultation for joint pain, will now have access to a wide array of comprehensive treatment options.

By harnessing advanced Orthobiologic therapies alongside pioneering regenerative treatments such as Platelet-Rich Plasma (PRP) therapy and cutting-edge stem cell applications, Apollo is empowering patients to maintain and enhance their joint functionality.

PRP injections will leverage the body's inherent healing capacity to diminish inflammation and expedite joint repair. Regenerative therapies, including stem cell treatments, aim to rejuvenate cartilage and enhance overall joint functionality, while surgical strategies such as osteotomies will rectify alignment discrepancies, providing sustained relief and improved mobility. Additional surgical modalities will include arthroscopic and open procedures for chondral defects, meniscal repairs, ligament reconstructions, and procedures like Unicondylar Knee Replacement, which strive to preserve more of the natural joint architecture and function.

Furthermore, patients will receive an extensive range of support services, encompassing physiotherapy, rehabilitation, nutritional counseling for weight management, and other adjunct therapies.