



# Ortho-One Orthopaedic Speciality Centre

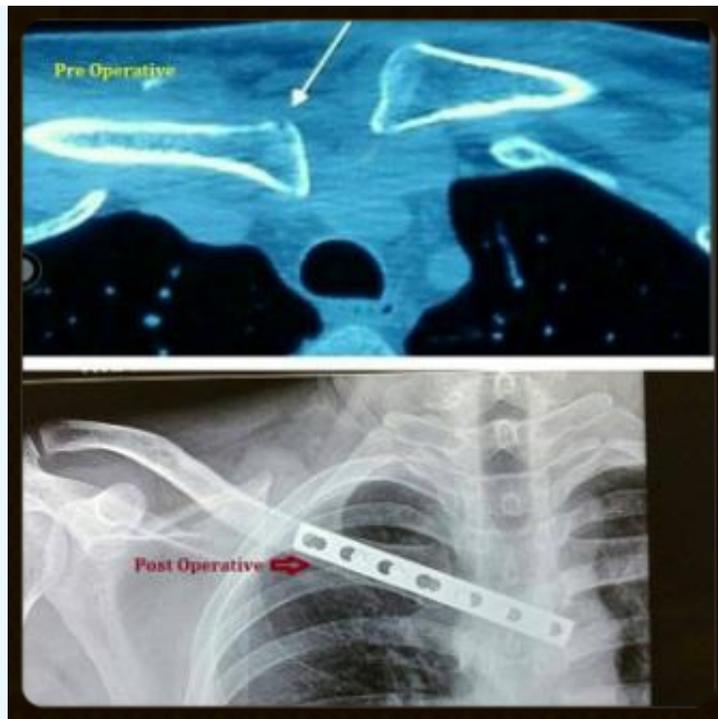
February 2017

## A rare case of Collar Bone Dislocation

The Collar bone connects the arm to the trunk and acts as a strut. It is very rare for the collar bone to dislocate at the joint. It forms with the Chest Bone. If it dislocates, it is usually to the front. In 1% of cases, it can dislocate to the back, causing potential damage to heart, major blood vessels and is life threatening.

A 24 year software engineer presented to us with the difficulty in swallowing and pain in the chest. Investigation revealed that his collar bone has dislocated into his chest and was pressing on the blood vessel to the arm. Surgery was undertaken to relocate the collar bone without damage to the major vessels. Surgery was performed by Dr. Karthik M.Selvaraj and his team with the help of cardiothoracic surgeon.

The joint was relocated and a plate was applied connecting his chest bone and collar bone. The patient was relieved of his discomfort and pain the very next day. The patient and his relatives thanked Ortho-One for the successful outcome after this complicated operation.



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## A Patient's Story

Sowmya, studying in CS Academy (8th Grade) is a budding Athlete who recently visited us with recurrent hamstring problem. However, Traditional Rehab Programs were of no avail. She continued to have pain and difficulty during her training.

Her primary fault was in the core strength exercises which did not cater to the requirements of her sports activity. Moreover, Sowmya was unable to find any good Training Center near her vicinity to continue her Exercise Training.

She eventually enrolled with Ortho-One for the sports specific training program and was trained under the guidance of Physiotherapists, K. Ganesan & Earnest Paul. She was given Pain Management Program for 2 weeks by Advance Electro Modalities and Taping. This was followed by a Muscle Length Restoration Program with Eccentric Lengthening Mild Stretch.

Her parents are very supportive of her sports and were impressed by our services for her Sports Career. We wish her the very best!



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## Joining News - Paediatric Orthopaedician



### Dr. A. Arul Daniel

Dr. A. Arul Daniel has recently joined our concern as a Paediatric Orthopaedician. He has done his D.Ortho from Father Muller Medical College, Mangalore and DNB Orthopaedics from Pune, Maharashtra where he developed interest in Paediatric Orthopaedics and Sports Injury.

He did his fellowship in Paediatric Orthopaedics in Indra Gandhi Institute of Child Health, Bangalore under Rajiv Gandhi University of Health Sciences. He also did a fellowship in Arthroscopy and Sports Medicine, Ortho-One Coimbatore. He was trained under the world renowned Hip Surgeon and Sports Injury Specialist Dr. Luis Perez Carro from the Clinica Mompia, Spain in Hip Arthroscopy and Arthroplasty.

Apart from General Orthopaedics Trauma, his special interests include Paediatric Orthopaedics, Hip Arthroscopy and Arthroplasty.

He will be available for consultation from Monday through Saturday. For Appointments, call +91 99421 89988

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## Outreach programme

A session was conducted to educate parents on providing the right sport for children during the Juvenile Fest held at Decathlon on Sunday February 26th, 2017, between 9 AM to 2 PM organized by Maatram Trust.



Associate Consultant of Ortho-One

Dr. Rohit Daniel threw light on various factors to be considered while providing the right sport for children and other precautionary methods to prevent them from suffering injuries.

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