



Teen undergoes rare knee surgery

Said to be first of its kind in the city, cartilage cell implant surgery performed on 13-yr-old Darshil Shah

Ahmedabad Mirror Bureau
amfoodback@indiatimes.com

Like any 13-year-old spirited teen, Darshil Shah too was an enthusiast and in the adolescent zeal climbed Palitana hills seven times in a month, last year. However, the acute pain in his right knee killed his moment of achievement.

Despite consulting several arthroscopists and orthopaedic surgeons, Darshil's parents could not find a long term cure for the boy's condition as little did they know that Darshil was suffering from a serious knee disease called Osteochondritis Dissecans.

It was then that Dr Deepak Goyal, a leading cartilage, arthroscopy and consultant knee surgeon, stepped in and diagnosed Darshil's painful condition. The surgeon recommended Autologous Chondrocyte Implantation (ACI) surgery for the 13-year-old.



Dr Deepak Goyal with Darshil who suffered from Osteochondritis Dissecans

"Cartilage cell implant surgery is first of its kind in Ahmedabad. For the surgery, we took a small piece of healthy cartilage from the patient's knee through an arthroscopy (keyhole surgery) and then was sent to the Cell Processing Centre of RMS - Regrow® in Mumbai for culture. These cultured cells were implanted back into the defective site of Darshil's knee," said Dr

Goyal. "Darshil was back to his routine in two months. He is also planning to climb the Palitana hills in the next couple of days," said the doctor.

WHAT IS OCD

Osteochondritis Dissecans (OCD) of the knee is a clinical problem, predominantly affecting the adolescent and young. In this condition, the cartilage gradually gets separated thereby leaving bare bone in the joint. OCD can lead to pain, swelling, mechanical symptoms, and inability to play sports.

SPORTS INJURIES

Each year, about 3.2 million children between the age of 5 and 14 are injured while participating in athletic activities, accounting for 40 per cent of all sports injuries. In fact, as many as 20 per cent of children, who play sports, get hurt, and about one-fourth of their injuries are considered to be serious.