

Rare surgery cures youth's ankle injury

HT Correspondent

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MUMBAI: Joy Chakravorty, 25, who suffered an ankle injury on his right leg after a minor bike accident in 2010, dismissed the pain as normal. However, it soon became unbearable and he realised that he would have to go in for surgery.

A technology that helps harvest cartilage cells, which are then implanted on the damaged ankle, has helped him recover. Chakravorty underwent the surgery a month ago at Fortis Hiranandani Hospital, Vashi.

"After the injury, I didn't take care of my ankle. I didn't even go to the doctor. I played tennis, travelled and trekked, little knowing it would affect my ankle even more," said Chakravorty, who works as a copywriter in an ad agency at Goa.

Chakravorty has faced severe pain in his ankle for the past year. "Doctors in Goa told me the cartilage bone can never grow back. They told me to stop playing sports and participat-

ing in activities that will hurt my ankle," said Chakravorty.

However, doctors at Fortis Hiranandani Hospital, Navi Mumbai told Chakravorty about a technology that could help harvest his cartilage cells and regrow them.

Consulting orthopaedic surgeon Dr Siddhart Yadav first removed a healthy cartilage tissue from the joint and sent the biopsy for harvesting.

"We sent it the biopsy to the stem cell processing centre at RMS Regrow Laboratory where the chondrocytes, (the mother cell of the cartilage) are isolated and expanded for six weeks. We then implant the harvested cells back in the affected crater using glue. This grows back," said Dr Yadav.

He also added that if left untreated, it could lead to arthritis in the long run.

"This technology is favoured by sportspersons who undergo these kinds of cartilage injuries," said Dr Archana Chaban, technical advisor, RMS Regrow Laboratory.

CARTILAGE CELL IMPLANTATION

Cartilage cell implantation is a new surgical procedure that is used to treat cartilage defects for those who have significant damage to the cartilage of the knee, ankle or shoulder.

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THE PROCEDURE

A biopsy of the healthy cartilage tissue is taken from the patient's damaged joint through an arthroscopy (keyhole surgery), which is a day procedure.

The harvested biopsy is then sent to the laboratory where the chondrocytes, the mother cells of the cartilage, are isolated from the tissue, expanded and multiplied in six weeks.



BEFORE THE CARTILAGE

implant surgery, surgeons used to make holes in the defect site and fill them up with scar tissue, or use cartilage from other parts of the body.

CARTILAGE DEFECT

is caused by acute or repetitive trauma such as accidents and injuries and is most likely to occur among sportspersons.

