

# After 20-yr suffering, man starts walking pain-free

Staff Reporter

DUBAI — A 52-year old Egyptian man walked pain-free for the first time in 20 years after a leg injury that left him severely impaired. Abdel Gawwad underwent a total knee replacement surgery for his severed left leg at Aster Hospital Mankhool and began walking with ease after two decades of relying on walking aids to get around.

Abdel Gawwad's case was complicated by cardiac palpitations, a history of prostate enlargement and urinary incontinence, and he was on blood thinning drugs for cardiac problems. A multi-specialty team of doctors in orthopaedics, cardiology, urology and anaesthesia were involved in the surgery, led by Dr Manjunatha G.S, specialist orthopaedic surgeon.

"Dr Manjunatha provided an accurate treatment for my condition, but above all, he gave me the confidence and motivation to walk again. I can now walk and perform tasks on my own without any hassle. It feels like I have gone 20 years back in time," said an elated Abdel Gawwad.



Dr Manjunatha with Abdel Gawwad after the surgery.

For the past two decades, Abdel Gawwad led a severely handicapped life as his injury had made walking extremely difficult and painful, more so over the last five years. He was referred to Dr Manjunatha by a friend who had undergone a total hip replacement surgery. After thorough investigation, Abdel Gawwad was diagnosed with post-traumatic osteoarthritis — a condition caused due to ageing and injury. Further investigations also revealed that

I think after 20 years of pain and discomfort, which would only get worse with age, he was determined to give life another chance."

Dr Manjunatha G.S, specialist orthopaedic surgeon

Aster Hospital, Abdel Gawwad's underlying cardiac and urology conditions were kept under check, prior to and during the surgery. After a successful three-hour total knee replacement surgery and with specialised protocols in pain management and physiotherapy, Abdel Gawwad began walking within five hours post the surgery.

his left leg was 2.5cm shorter than his right leg. Due to his existing heart and bladder conditions, it was also a high-risk case for surgery.

"We explained the risks to Abdel Gawwad as well as what he stood to gain, should the surgery be successful. I think after 20 years of pain and discomfort, which would only get worse with age, he was determined to give life another chance," said Dr Manjunatha.

With expert assistance from the team of doctors and nurses at

"We did our best during the surgery but it was Abdel Gawwad's tenacity and motivation that sped up his recovery. Patients usually need to be taught through physiotherapy to perform routine activities like standing, sitting, getting in and out of bed, using the bathroom etc. after a joint replacement surgery. But Abdel Gawwad was extremely motivated and quickly learnt and performed all the exercises without any assistance," said Dr Manjunatha.

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