

## **Knee – Arthroscopic ACL reconstruction**

No pain and lots to gain! Sounds familiar? I know you must be thinking I've gone bonkers! But read on and you will fully agree with me that its time to change the saying.

I met with an accident and had a bad ligament tear .It was very painful and walking too was awkward. It was then we consulted our family doctor and he recommended Dr. Babhulkar's name.

Here I must mention that the very first consultation and we were fully convinced that my knee was in safe hands and whatever the doctor suggested would be in good interest of the patient, yes till then I had already joined that league.

The doctor asked us to get the MRI done and then I realized that something was seriously wrong. When we got the MRI results the damage was considerable and surgery was recommended. No, this wasn't what I expected. The doctor reassured us and gave us references of some of the other patients who had undergone similar surgery. This helped me a lot to prepare myself. I'm an avid trekker and couldn't think of giving it up, with this operation I could still follow my passion. Finally the date was fixed for the 31<sup>st</sup> of dec'09.

I was admitted to the Deenanath Hospital on the 30<sup>th</sup>.The entire team of doctors came to visit from time to time. In between routine tests were being done. I slept well that night.

The next day was taken to the operation theatre at about 11.00am.The team of doctors were very cheerful, and were very comforting .The Anesthetist explained the procedure for it and was administered the same. The actual operation began. I was told that I'd be able to witness the operation on a

screen .I was very curious. Finally the screen came alive accompanied by Dr. Babhulkar's voice. He went on to comment on every frame that changed, and the frame which is vividly etched in my memory is the one where the doctor said that this white thread like thing was the new reconstructed ligament. The operation finally got over after about an hour and a half. I was complimented to be a brave lady! I too wished everyone a very happy new year.

I was taken back to the room in a sedated condition. The effect of the anesthesia lasted till about 11.30pm.By 12.00 I was ready to ring the New Year with 'Mugachya dalichi khichadi'! My left foot weighed about a ton, and I had to lie in the same position for the next two days. Now here's the catch- I never ones felt the PAIN! It was a truly painless procedure which I was told it would be.

On the third day the dressing of the wound was done and I was now to wear only a brace (it weighed a couple of ounces less than a ton!)This supported my entire lower leg. The third day also brought a ray of hope for my release from the hospital. I was to undergo a physiotherapy session and if I passed the acid test –my knee making a 90degrees angle when folded, I could actually walk back home. And I was determined to pass that test. The session lasted for just about 10 min, and I was back in the room. At about tea time a cheerful doctor brings me the result. My heart racing I could only hear '90degrees done!' My joy knew no bounds. I immediately called up Dr. Babhulkar to prepare grounds for my discharge. He too responded favourably.The same day after physiotherapy session I was made to move around with the help of a walker. What a relief that was! I could also go to the loo and also could sit upright. I was on top of the world! I slept well that night.

The next day was Sunday. Dr. Babhulkar's visit and verdict were anxiously awaited. Finally the moment of truth-the doctor said my recovery was too good and I could go back home the same day. I felt like jumping out of the bed, but let only my heart leap!

I came back home exactly on the fourth day of the operation. On the 12<sup>th</sup> day the stitches were removed. After 15 days of extreme care I got rid of the brace and it was replaced by the hinged knee cap. I was back in action at the school, though with restricted movement (read –no climbing stairs) after about 6weeks I did a week of physiotherapy session at the clinic and now do the same at home. I have almost got back my normal gait.

A month more and hopefully I would take a backpack and go trekking!

Here's a **word of caution**-Follow the instructions by the doctor as “**dagada warachi resh**” and only that's the key to success. **PLEASE DO NOT TAKE ANY LIBERTIES.**

Having done that, you will know the true meaning of '**APNE PAIRON PAR KHADE HONA**' literally!!!

**Mrs AP**