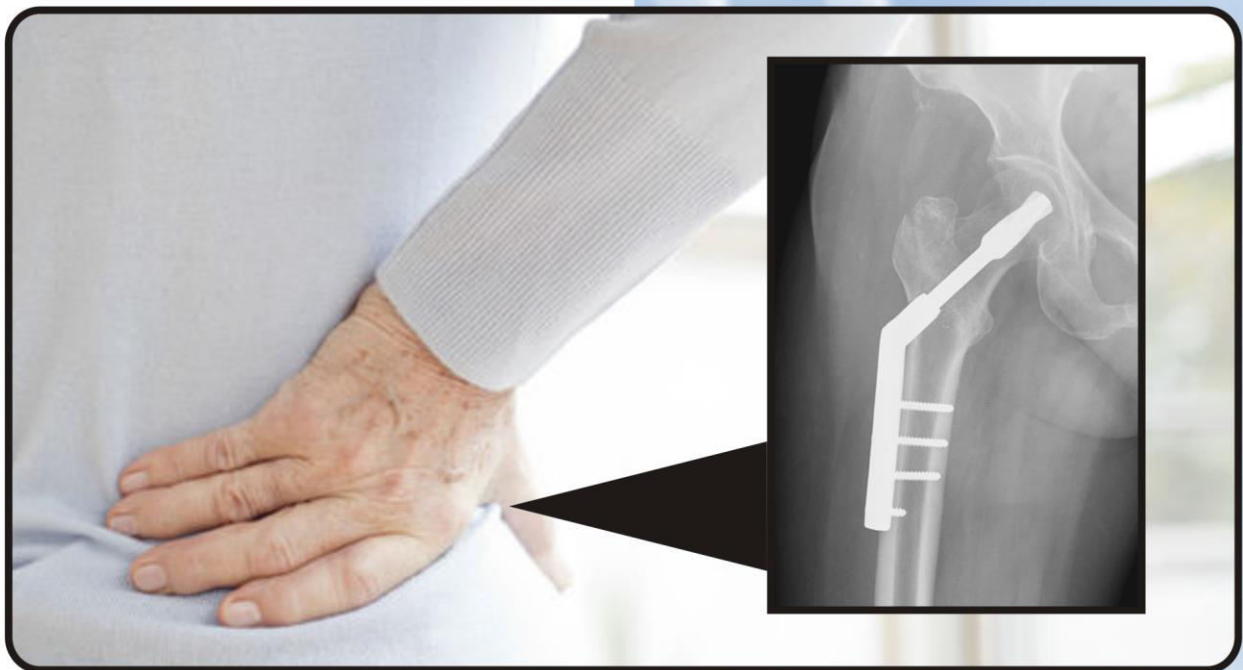


# HIP FRACTURES



**Advanced Treatment Options  
At Affordable Cost**



**POORVA ORTHOPAEDIC**



**DR.SANTOSH KUMAR**  
MBBS, D.Ortho, MCh [ Ortho ],

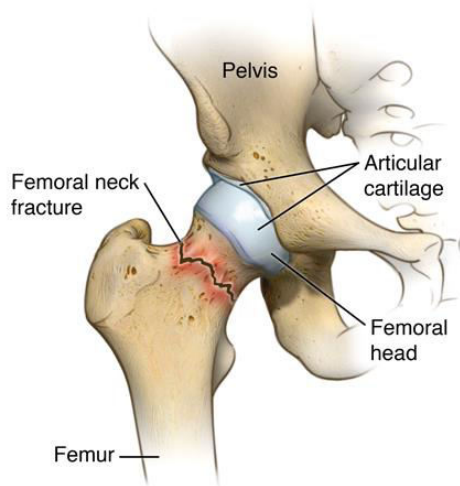
Specialist - Hip Fracture Treatment  
Surgeon - Hip Joint Replacement  
Medical Director - Poorva Orthopaedic

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## OVERVIEW

Hip fracture is usually a fracture at the top of the thigh bone close to the hip joint. It usually occurs as a result of injury to the side of the hip. The risk of hip fractures rises with the increase in age. This is because bones tend to be weakening as the age increases. It happens more to women who are likely to have osteoporosis. Most of the cases require surgery.



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## SYMPTOMS & CAUSES

### SYMPTOMS

The symptoms associated with hip fractures are as follows:

- Pain in the hip or in the groin.
- Inability in walking, moving and rotating the legs immediately after the fall.
- A shorter leg on the side of the injured hip
- The skin around the injury may swell or bruise.
- Inability to put weight on the leg.



## CAUSES

The major causes related to the broken hip are as follows:

- Diseases such as osteoporosis, a condition which causes fragile or weak bones.
- Falling from a great height on a hard surface.
- A severe car accident can cause blunt trauma to the hip.
- Obesity can also create pressure on the bones.
- Balance problems, trip hazards, and twisting injuries
- Other factors such as improper footwear and improper surface area can also lead to hip injuries.

## TYPES

The common types of hip fractures are listed below:

**Intracapsular fracture:** It is a situation where the break occurs below the ball and the socket joint or in the neck of the femur.

**Femoral neck fracture:** This type of fracture occurs in the femur about an inch from the area where the bone meets the socket. It may block blood circulation to the ball of the hip by tearing the blood vessels.

**Intertrochanteric hip fracture:** It occurs between the greater trochanter and the lesser trochanter. It does not stop blood flow to the femur.



## **RISK FACTORS**

**Age:** The risk of hip fracture increases as we grow older. People above sixty years are at higher risk of having hip fractures. The strength and the density of the bone at this stage become weaker and hence are prone to fractures.

**History of the broken hip:** The probability of broken hip rises with someone having family history of broken hip.

**Sex:** It occurs mostly in women. About seventy percent cases of hip fractures occur in women. The rate of losing bone density is faster in women than men.

**Malnutrition:** An improper diet including lack of vitamins and calcium may result in lowering bone mass at a young age which increases the chance of having hip fractures at an older age. Unhealthy food habits can cause severe damage to the skeleton due to lack of proteins and vitamins, essential for bodybuilding.

**Smoking, alcohol, and drug** can also interfere in the process of bone development and may cause bone loss.

## **DIAGNOSIS & TREATMENT**

### **DIAGNOSIS**

The doctor usually asks patients about certain conditions affecting hip fractures. The first thing includes knowing the complete history of the fracture and other medical conditions of the patient. Usually, the doctor asks how the fracture happened and the pain associated with it. Then according to the condition X-ray, MRI or CT scan is suggested. The doctor looks at the swelling and bruising of the broken hip thoroughly. However, to make more correct diagnosis, tests are suggested.

The doctor gets a clear picture of the broken hip with X-rays. If the picture of the X-ray is unable to detect fractures clearly, then MRI is done. MRI helps to take more clear and high definition pictures. Hence more details about the fracture area are known by doing an MRI. The doctor views these images on a computer screen or on a film. CT scan is also used in taking pictures of hip joints, muscles, and tissues of the affected area.

### **TREATMENT**

The treatment usually depends on the age and condition of the patient. Usually, surgery is required in most of the cases. The doctor may prescribe medication in order to relieve pain.

Hip surgery involves removing the damaged part of the hip with an artificial one. Normally, surgery is suggested within 48 hours of admission but in cases where the patient is suffering from other health problems, surgery could be delayed. About fifty percent of cases require

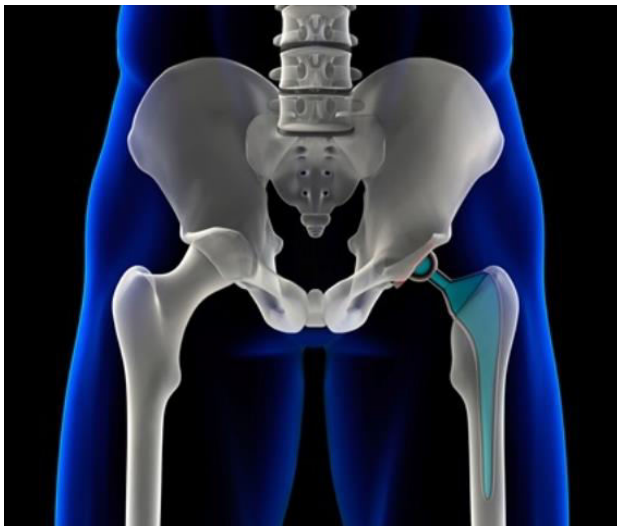
complete or partial hip replacement. The rest portion of cases requires surgery for fixing the fracture with plates and screws.

The type of surgery normally depends on the condition of the fracture. The three methods of hip replacement surgery are discussed in brief below:

**Internal repair with screws:** The doctors insert metal screws into the affected area to hold the bone tightly. The screws are sometimes attached to a metal plate in the injured area.



**Partial hip replacement:** Whenever the bones are damaged at the ends, normally the surgeon replaces the head or neck of the femur with a metal.



**Total hip replacement:** Here the damaged bones and cartilages are removed and replaced by prosthetic component.

The patients are discharged normally after few days but recovery needs time. The patient should be encouraged to walk with proper guidance.

## FAQS



### **What are Hip Fractures?**

Hip Fracture is defined as the break or fracture of the femur (thigh) bone, more specifically break in the upper quarter part of the hip joint.

### **Who does Hip Fractures affect?**

Older people are prone to hip fracture. This is because as the age of human being rises, bones become weak and fragile. People above the age of sixty are at high risk. It can be seen more in women than men.

### **What causes Hip Fractures?**

Hip fracture happens because of many causes like falling from a high surface, deficiency of vitamin D or calcium in the body, obesity, osteoporosis, cancer, etc.

### **What are the symptoms of Hip Fractures?**

People with hip fracture face symptoms like pain in hip or groin area, inflammation of the hip, bruising, swelling around the hip area, etc.

### **What are the treatments for Hip Fractures?**

Treatment of the hip fracture can be done surgically, non-surgically, and through medications. Depending on the age and condition of the patient, the doctor prescribes diagnosis and treatment.

### **Does Hip Fractures put you at risk for other serious conditions?**



The Hip fracture can be life-threatening, but it depends on the type of fracture the patient has. It can damage the surrounding bones, ligaments, blood vessels, nerves.

**Where do I get support if I am living with Hip Fractures?**

If someone experiences any of the symptoms of the hip fracture, immediate diagnosis should be done. We have emergency service in case of an accident or severe pain resulting in fractures.

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**TESTIMONIAL**



I had a severe hip fracture as I slipped from the stairs of my office. It was an emergency to operate it. Then I consulted here with Dr Santoshkumar. Knowledgeable, understanding doctor and well trained nurses moved me. I am now totally cured after the surgery. They not only cured me physically but made me strong mentally also.

-----

The warmth that I received after being admitted in this clinic is worth telling. I received excellent treatment for hip fracture at a reasonable fee. After recovery I am under regular check-up in this clinic. I am very much grateful to Dr Santosh Kumar and staffs of this clinic. The members of this clinic almost look like a family. Their cohesive manner and bond among them are really noticeable. So worthy is their treatment. After a brief search for reasonable price clinic, when we visited here, we were satisfied fully.

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## **SPECIALIST DOCTORS**



Dr. Santosh Kumar MBBS, D.Ortho, is a certified orthopedic surgeon, with expertise in hip replacement surgeries. He is also focused on adult joint replacement and preservation that includes hip, knee and shoulder arthroscopy; pelvic osteotomy; minimally invasive joint replacement; joint replacement revisions; and treatment of avascular necrosis.

### **QUALIFICATION ::**

MBBS (JIPMER), D.ORTH (JIPMER); MCh ORTH (SCYCHELLS) Head : Department of Computer Assisted Joint Replacement Surgery : BELLE VUE CLINIC JOINT REPLACEMENT SURGEON, ARTHRITIS FOUNDATION,INDIA Subspecialty- Knee Joint- Total Knee Replacement, Knee Arthroscopy. Fellowship in Joint Replacement, Max Hospital, New Delhi TRAINED IN COMPUTER ASSISTED JOINT REPLACEMENT FROM AUSTRIA Trained in Revision Knee and Hip Replacements Trained in Complex Joint Replacement from the DELTA FOUNDATION of AUSTRALIA

Dr Santosh Kumar and his team are leading knee specialists in Kolkata. He is one of the best doctors in Knee replacement today. Knee replacements are routine in Kolkata (Calcutta) today and Dr Santosh Kumar has been instrumental in making international quality knee surgery affordable to the mass. HE HAS EXPERIENCE OF MORE THAN TWO THOUSAND KNEE REPLACEMENTS

### **GRADUATION :**

MBBS – from Jawaharlal Institute of Post Graduate Medical Education and Research (JIPMER, Pondichery) Directorate General of health Services, Govt. of India from 1995 to 2001. HOUSE JOB in Department of Orthopedics, JIPMER from April 2001 to June 2002.

### **POST GRADUATION :**



In charge bone bank JIPMER from April 2004 to March 2005. TRAUMA COURSE online of ADVANCED TRAUMA LIFE SUPPORT at CMC Vellore January 2005. Clinical Research Fellow in Orthopaedic Oncology at JIPMER Hospital from April 2005 to June 2005.

**BONE BANK JIPMER :**

D Orth from Jawaharlal Institute of Post Graduate Medical Education and Research (JIPMER, Pondichery) Directorate General of Health Services, Govt of India from 1st April to 31st March 2005.

**REGISTRAR ORTHOPEDICS**

Whole time registrar in Orthopaedics at Bhattacharyya Orthopaedics and Related Research Center (P) Ltd., Narayanpur, Kolkata – 136 from 1st July 2005 to 31st June 2007.

**MCh ORTH**

Passed MCh ORTH from the University of Seychelles American Institute of Medicine, March 13th 2008. MCh Thesis : a study into the controversial aspects of interlocking nail of femur.

**TRAINING :**

DELTA COURSE for advanced aspects of complex primary and REVISION knee replacement. At MAX Hospital , New Delhi in Sept, 2008. FELLOWSHIP in KNEE REPLACEMENT in Max Hospital, New Delhi from Sept, 2008 with Dr. S.K.S. Marya for total of 54 knee replacement surgeries. AO SPINE Training in Bombay July 2009. AO TRAUMA Training 8th to 10th Oct, 2009, Kanpur DELTA COURSE for Advanced Aspects of Complex Primary and Revision Knee Replacement, at SUN SHINE Hospital, Hyderabad in Nov, 2009. Ranawat joint replacement course in Jan 2010 Kolkata Trained in complex joint replacements, at Bangkok. Jan 2011 by DEPUY institute at Bangkok Trained in revision joint replacements by DE PUY institute at Chennai, June 2011. Medtronics Academy course in cervical spine in October 2011 Trained in computer assisted knee replacement at Fortis Chandigarh in Jan 2012 AO advanced trauma course in March 2012 at Kolkata

Trained in complex joint replacements in USA , PHOENIX, by KLEOS foundation ( Smith and Nephew educational body) April 2012 Trained in minimally invasive spine surgery by Medtronics Academy foundation May 2012 Trained in computer assisted navigation technology for knee replacement in Vienna Austria, in June 2012.

**PAPERS PUBLISHED / PRESENTED :**

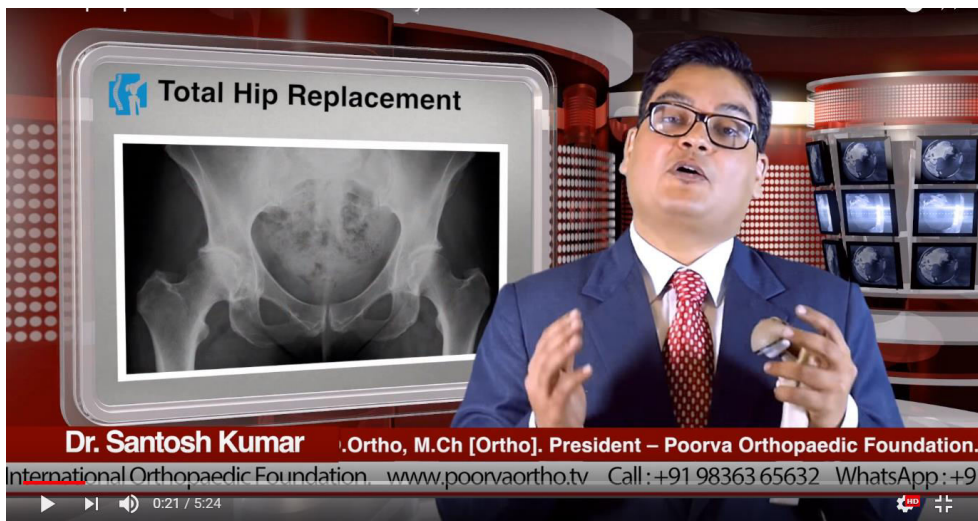
Bilateral fracture dislocation of Hip, Pipkin 1 – its management and the result – published in the West Bengal journal of orthopaedics – vol 20, number 2, September 2006, myself as Primary author. The role of total hip replacement in ankylosing spondylitis patients – under consideration for publication in the Indian journal of orthopaedics. OPPONENSPLASTY – a method to reconstruct the post polio paralytic thumb – presented at the midcon 2005, West

Bengal Orthopaedic Association. Follow up of 24 total hip replacements in ankylosing spondylitis patients presented at the annual conference of the West Bengal Orthopedics Association 2006.

**AWARDS RECEIVED:**

Dr.Santosh Kumar received Certificate of International Excellence in Minimally Invasive Computer Assisted Joint Replacement Surgery by the ASCULAP ACADEMY, Germany

**VIDEO :**



**PRESS CNTRL + CLICK THIS LINK TO VIEW THIS VIDEO :** [BIT.LY/HIPVIDEO1](https://bit.ly/hipvideo1)

**ABOUT :**



Poorva International Orthopaedic Foundation was founded by Dr. Santosh Kumar, an eminent Orthopaedic Surgeon, as a non profit organization whose primary function is to effectively promote, support, develop and encourage research and education concerning minimally invasive orthopaedic surgery and advancements in musculoskeletal diseases. The Foundation is additionally committed to initiatives that educate individuals of all ages who are passionate about a healthy and active lifestyle and engage in self directed practices to maintain that lifestyle. The aim of the Foundation is to discover new modalities for the treatment of orthopaedic injuries and musculoskeletal disease, to promote injury prevention, and to explore minimally invasive treatments that guarantee shorter recovery time and faster return to daily activities. The Foundation presently renders service in Eastern Indian States like West Bengal, Orissa, Bihar, Jharkhand, the north eastern states of India, Bangladesh and Indians / Expats living in USA, UK, Australia, Middle East, etc

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**COST & FINANCE**



**COST :**

The costs involved in OPD [ Out Patient Department ] are as below :

<b>Particulars</b>	<b>For Indian Patients Price In Indian Rupees.</b>	<b>For International Patients. In US Dollars .</b>
One Time OPD Consultation on Medical Camp Days	FREE	FREE
One Time Online Consultation on Medical Camp Days	FREE	FREE
Email Consultation with Dr.Santosh Kumar	Rs 300	\$ 5
WhatsApp Consultation with Dr.Santosh Kumar	Rs 400	\$ 6
Video Consultation with Dr.Santosh Kumar	Rs 500	\$ 8
OPD Consultation with Dr.Santosh Kumar in person	Rs 600	\$ 10
Priority Consultation with Dr.Santosh Kumar in person	Rs 750	\$ 12
Consultation for Corporate / Institutions / Societies	Rs 1,000	\$ 16
Consultation for Government Bodies / Charities	FREE	FREE

### **CAHLESS TREATMENT, INSURANCE & MEDICLAIM :**

Patients can avail Cashless Treatment, Insurance or mediclaim facilities whatever is applicable. Major Insurance plans are accepted here.

### **FINANCE :**

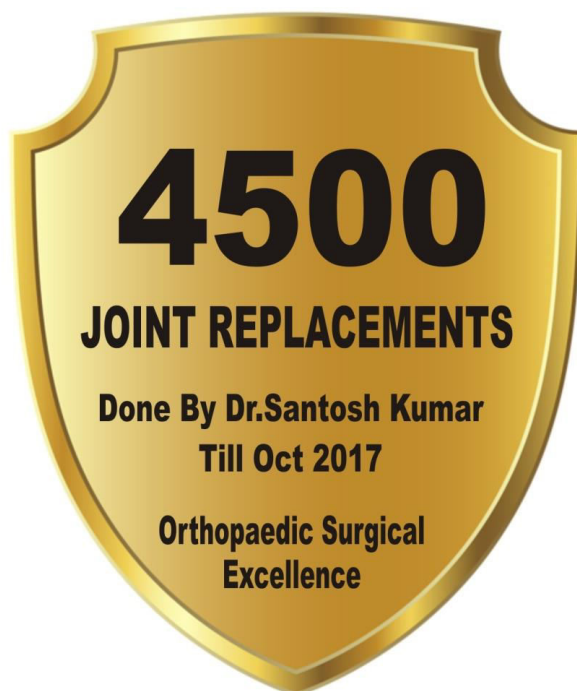
For the benefit of our those patients & clients who do not have health Insurance, we have tied up with some banks & financial institutions that offer Medical Loan / Personal Loans for treatments with us. This covers the OPD consultation, diagnosis, procedure, medicine, etc. A personal loan is one of the best ways to pay for the medical treatment. There are no collateral or down payment required and the money you receive can be used to pay for the procedure itself, along with any unexpected fees.

They advise, in order for your loan application to have the best chance for success, you need to have the following documents ready when you apply: Income proof, ID proof, Address proof.



At present this facility is available for Indian Patients only.

For more details, pl call us at **+91-9836365632**



## CONTACT

Ortho Dept., Belle Vue Clinic,  
7 Loudon Street, Kolkata 700 017,  
West Bengal, India

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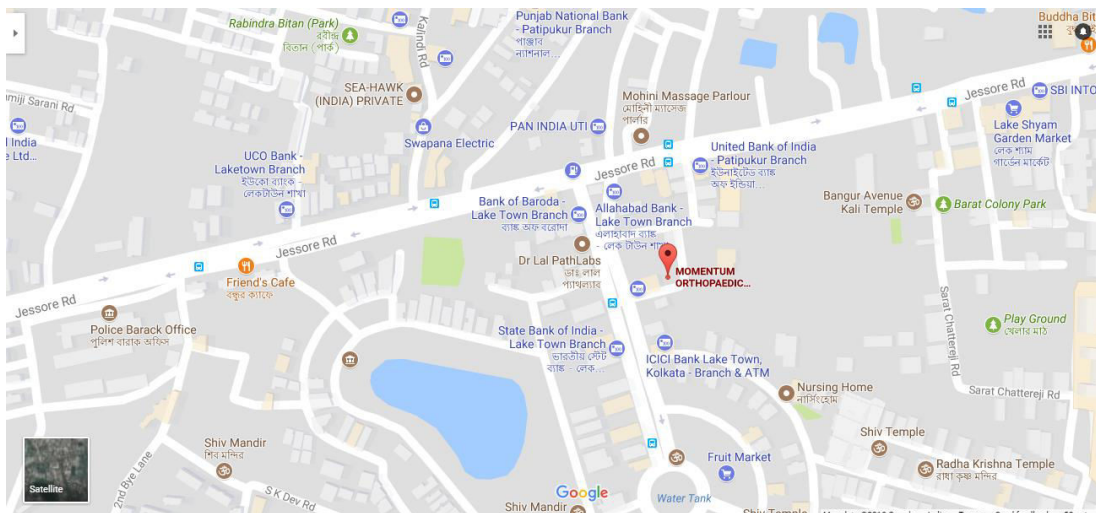
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[www.poorvaortho.tv](http://www.poorvaortho.tv)



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On Hip Fracture ?  
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