

Printed from

**THE TIMES OF INDIA**

## Chennai doctors repair gym injury using stem cells

Janani Sampath,TNN | Aug 5, 2015, 09:05 PM IST



*A hospital in Chennai has done a rare combination therapy using stem cells on a 32-year-old woman who suffered a serious injury on her feet while working out at a gym.*

CHENNAI: A hospital in Chennai has done a rare combination therapy using stem cells on a 32-year-old woman who suffered a serious injury on her feet while working out at a gym.

The surgical team did a ligament correction, along with a cartilage repair on the patient.

The patient, Shilpa from Visakhapatnam, had suffered a knee injury when she was using a treadmill at a gym three years ago. Since there was no noticeable amount of pain, she did not bother to consult a doctor. However, six months ago, she met with a minor accident and ended up injuring the same knee after which she began to experience constant pain.

"When she came to us three months ago, she complained of trouble while standing for a long time, walking up and down the stairs etc. Tests revealed that she had ligament injury and cartilage damage," said orthopedician Dr A K Venkatachalam of Meenakshi Multi-speciality Hospital.

A team led by Dr Venkatachalam performed a ligament reconstruction and repaired her cartilage with the use of stem cells. "The whole procedure was minimally invasive and we injected stem cells from her bone marrow into her cartilage defect area. Then we sculpted it over a three and a half hour procedure," said the doctor.

The patient, who is stable now, would be able to walk normally in a month's time, he added. The procedure cost her Rs 1.75 lakh.

Stay updated on the go with Times of India [News App](#). Click [here](#) to download it for your device.

[Post a comment](#)

### FROM AROUND THE WEB

### MORE FROM THE TIMES OF INDIA



**Amitabh Bachchan: Lesser known facts**

Aug 04, 2015



**Bajrangi Bhaijaan: 10 interesting pictures from the shoot**

Jul 28, 2015



**Lovers' bizarre murder pact at Taj stuns Agra**

Jul 16, 2015

Recommended by

1

- 

- 10

- 

- 

Powered by *INDIATIMES*

[Advertise with us](#)  
[Feedback](#)  
[ePaper](#)

**Trending Topics**  
[Samsung Mobile](#) | [Micromax Mobile](#) | [You Tube](#) | [Delhi Travel Guide](#) | [Katrina Kaif Photos](#) | [Sony Mobile](#) | [Hindi Songs](#) | [Horoscope 2015 Predictions](#) | [Asus Mobile](#) | [Facebook](#) | [Sunny Leone Photos](#) | [Hindi News](#)

2/2