

The Knee Unit





Neil Bradbury, Allister Trezies, David Shardlow, Sandeep Deo, Ben Lankester and Jonathan Eldridge, Orthopaedic Surgeons

Why have Knee Surgery?

CircleBath's Knee Unit brings together the leading specialist Knee Surgeons in the South West including Neil Bradbury, Sandeep Deo, Jonathan Eldridge, Ben Lankester, Mike Radford, David Shardlow and Allister Trezies; Paediatric Orthopaedic Consultant Simon Thomas; Sports Injury Physician Julian Widdowson and Consultant Rheumatologist Millicent Stone, together with Specialist Nurses and Physiotherapists. Their expertise has combined to create a centre of excellence for Knee Surgery.

Our aim at the Knee Unit is to return you to full mobility so you can enjoy life to the full. Whether you are an elite athlete or simply wish to return to gardening, walking comfortably and playing with your grandchildren, we have a solution for you. Our integrated specialist treatment and care providing you with knowledge and flexibility, will mean you can be in charge of what can be a life changing experience.

Knee Treatments

Non-Surgical treatments: many knee problems can be successfully treated with Physiotherapy and other non-invasive treatments. Our CircleBath Physiotherapists and our Physio associates throughout the South West are able to offer excellent multidisciplinary care close to your home and at a time that suits you. Our team works closely with Dr Julian Widdowson who treats professional athletes as well as patients who simply wish to return to normal activities as soon as possible. Dr Millicent Stone provides expert help if you have soft tissue, mechanical and inflammatory joint problems and is a world renowned leader in her field.

Soft Tissue Knee Surgery: if you have mechanical problems in your knee which cannot be solved by soft tissue management alone, they may be cured by simple keyhole surgery. A short stay of a few hours, a 20 minute procedure, and you are quickly back to normal.

Ligament Surgery: sports injuries and falls can leave you with an unstable knee needing ligament reconstruction. Our Surgeons have huge experience treating everyone from recreational sports people to elite athletes and Olympians - returning them to sport or high level competition. An overnight stay at CircleBath after your procedure is usually required.

Total Knee Replacement: one of the most successful operations in medicine, a Knee Replacement resurfaces your arthritic knee, relieves pain, and allows you to return to a normal life. An average stay of four nights after the procedure is all that's needed.



Part or Uni Compartment Knee Replacement: often you may have Arthritis in only one part of your knee joint. If so, a full Knee Replacement is unnecessary and a part replacement can solve the problem more simply. This operation is less invasive and usually requires a stay of three nights. Recovery is simpler and quicker than other procedures and leads to full functionality such as kneeling more easily.

Osteotomy: many young patients with Arthritis have been told they can't have a Knee Replacement because of their age. Our solution for this is to realign your knee by offloading the damaged area. Following a two to three night stay you can return to a normal life.

Shape Matching Technology

We are one of only three hospitals in Europe that use the Stryker Shape Matching technology to bespoke or custom fit your Knee Replacement to your own knee. Most Knee Replacements are implanted into patients using a system of metal jigs, which mechanically align the knee to a standard setting. However you are an individual; whether you are five foot or are six foot six inches tall, Stryker's Shape Matching technology allows us to fit your Knee Replacement to your own anatomy. In other words to restore the natural alignment of your knee to the way it was before your Arthritis developed.

This technology means we often have to perform less soft tissue surgery meaning you have less discomfort and swelling after surgery, a faster recovery and a knee that works more like your natural knee did. Shape Matching technology is showing great promise in reducing the discomfort of surgery and achieving a faster, more functional recovery.

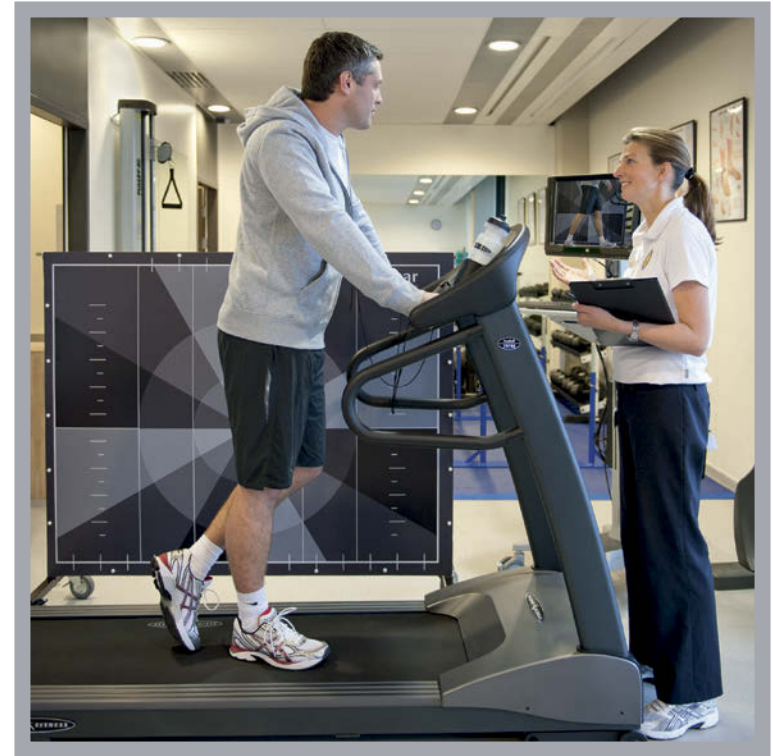


Post-Operative Care

Knee problems can have a significant impact on your quality of life. Early diagnosis by a Specialist, together with an immediate post-operative recovery programme, can help you return to a more active lifestyle.

Physiotherapy sessions are an integral part of rehabilitation; and we have created an additional optional exercise programme to help you get back to a full quality of life. This six week programme, overseen by a Physiotherapist, is conducted in classes of no more than six, and begins with hydrotherapy as soon as your wound is healed. Our full recovery plan will enable you to build strength and return to normal everyday activities.

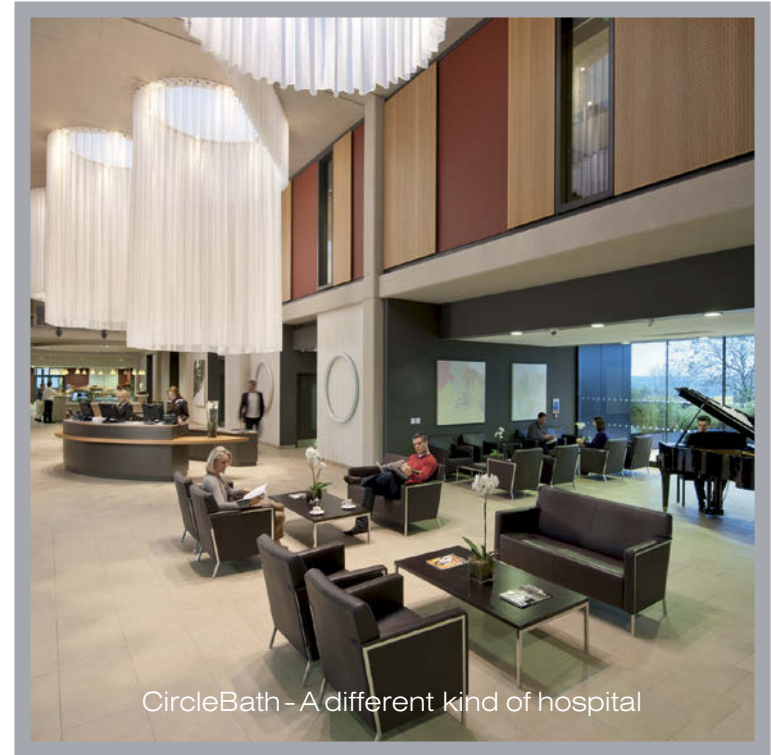
We will provide you with a comprehensive in-depth guide which gives a step by step description of your operation, answers a range of related questions and includes illustrations of exercises forming part of your rehabilitation programme.



Why come to CircleBath?

We offer you the assurance of being looked after by the same specialist team of leading Knee Surgeons and Clinicians throughout your treatment, in a brand-new hospital with state-of-the-art equipment and digital operating theatres. As you'd expect we have zero cases of hospital acquired infections at CircleBath.

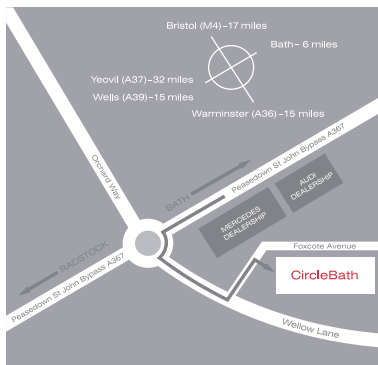
Unlike other hospitals, we offer a five-star hospitality experience. Our healing environment and 30 private bedrooms with en-suite, walk-in shower rooms and fantastic views over the Wellow fields, means you'll have plenty of time and comfortable space to recuperate in. You can enjoy our delicious, locally-sourced food freshly prepared each day by our Head Chef (who joined us from a Michelin-starred restaurant). There's a guest bed in each room and no restrictive visiting hours, so your guests are welcome to visit you whenever you feel like company.



CircleBath - A different kind of hospital

Useful information: if you have private health insurance, please contact your GP and ask for a referral to CircleBath – you will need this to claim on your insurance. For more information, please contact Amanda Curtis on 01761 422222 or enquiries@circlebath.co.uk, or for our Physiotherapy Unit call 01761 422388.

CircleBath is located 6 miles south of Bath city centre. Travelling from Bath, head south west on the A367 bypassing Peasedown St John, passing Audi and Mercedes-Benz dealerships on your left. At the roundabout take the first exit into Wellow Lane. Take the first left into Foxcote Avenue and CircleBath is located on your right.



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