



Comprehensive Care for Hip and Knee Conditions

Introduction

The hip and knee joints are among the most important in the body, allowing us to walk, run, and perform daily activities. However, these joints are also prone to various injuries and conditions, ranging from minor discomfort to severe mobility impairments. As specialists in hip and knee care, we provide expert diagnosis, treatment, and personalised care for a wide range of conditions affecting these critical joints.

Hip Conditions We Treat

Arthritis and Degenerative Conditions

- **Osteoarthritis:** Wear-and-tear arthritis causing pain, stiffness, and reduced mobility.
- **Rheumatoid Arthritis:** An autoimmune condition leading to inflammation and joint damage.
- **Avascular Necrosis (AVN):** Loss of blood supply to the hip, resulting in bone damage.
- **Hip Dysplasia:** Misalignment of the hip joint that may lead to arthritis.
- **Post-Traumatic Arthritis:** Arthritis developing after a hip injury.

Fractures and Trauma

- **Hip Fractures:** Including intracapsular, extracapsular, and subtrochanteric fractures.
- **Pelvic Fractures:** Often complex and requiring specialist care.
- **Stress Fractures:** Microfractures in the femoral neck or pelvis, often due to overuse.

Soft Tissue and Tendon Conditions

- **Greater Trochanteric Pain Syndrome (GTPS):** Pain in the outer hip area caused by tendon or bursa inflammation.
- **Gluteal Tendon Tears:** Resulting in difficulty walking and hip weakness.
- **Snapping Hip Syndrome:** A sensation of snapping due to tendon movement over bony structures.
- **Hip Labral Tears:** Damage to the cartilage ring stabilising the hip joint.

Other Hip Pathologies

- **Femoroacetabular Impingement (FAI):** Abnormal bone growth causing joint damage.
 - **Hip Bursitis:** Inflammation of fluid-filled sacs around the hip.
 - **Bone Tumours and Metastases:** Management of benign and malignant conditions.
 - **Septic Arthritis:** Infection of the hip joint requiring urgent treatment.
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Knee Conditions We Treat

Arthritis and Degenerative Conditions

- **Osteoarthritis:** The most common cause of knee pain and stiffness.
- **Rheumatoid Arthritis:** Autoimmune inflammation of the knee joint.
- **Post-Traumatic Arthritis:** Arthritis developing after a knee injury.
- **Avascular Necrosis of the Femoral Condyle:** Loss of blood supply to the femoral end of the knee.

Ligament and Soft Tissue Conditions (ACL surgery currently not offered by Mr Nasr)

- **Meniscal Tears:** Injuries to the cartilage in the knee joint, often causing pain and locking.
- **Ligament Injuries:** Damage to ACL, PCL, MCL, or LCL, affecting knee stability.
- **Tendon Tears:** Including patellar and quadriceps tendon ruptures.
- **Bursitis:** Inflammation of bursae, such as prepatellar bursitis.
- **Iliotibial Band Syndrome (ITBS):** Pain caused by tightness in the iliotibial band.

Cartilage and Patellar Conditions

- **Chondral Injuries:** Damage to the cartilage covering the knee joint.
- **Patellar Instability:** Dislocation or subluxation of the kneecap.
- **Patellofemoral Pain Syndrome:** Pain in the front of the knee due to misalignment or overuse.

Other Knee Pathologies

- **Baker's Cyst:** Swelling behind the knee, often linked to arthritis.
 - **Osteochondritis Dissecans:** Damage to the cartilage and underlying bone.
 - **Septic Arthritis:** Infection of the knee joint.
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General Conditions Treated

Infections - treated acutely via the National Health Service

- Septic arthritis or osteomyelitis of the hip or knee.
- Periprosthetic joint infections following joint replacement surgery.

Fractures and Trauma -treated acutely via the National Health Service

- Periprosthetic fractures around implants.
- Stress fractures in active individuals or athletes.

Bone Tumours and Metastases

- Management of benign and malignant tumours in the hip or knee area.

Chronic Pain and Mobility Issues

- Chronic regional pain syndrome (CRPS).
 - Post-traumatic or post-surgical stiffness and contractures.
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Our Approach to Treatment

Diagnosis

A thorough evaluation, including clinical examination and advanced imaging (X-rays, MRI, CT, or ultrasound), ensures an accurate diagnosis.

Conservative Treatment Options

- Physiotherapy to strengthen and stabilise joints.
- Medications for pain and inflammation management.
- Injections, such as corticosteroids or platelet-rich plasma (PRP), to reduce inflammation and promote healing.

Surgical Interventions

- **Hip and Knee Replacement:** Total or partial joint replacement for severe arthritis or damage.
- **Arthroscopic Surgery:** Minimally invasive techniques for cartilage repair, meniscal tears, or labral tears.
- **Fracture Fixation:** Stabilising complex fractures.
- **Revision Surgery:** For failed or worn-out implants.