



London Bridge Hospital

## Contact us

For more information about Orthopaedic Services, please visit our website at [www.londonbridgehospital.com](http://www.londonbridgehospital.com) or contact:

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London Bridge Hospital



## ORTHOPAEDIC SERVICES

Rapid Assessment,  
Intervention and Treatment



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## Introduction

London Bridge Hospital's world-leading team of Consultant Orthopaedic Surgeons provide rapid assessment, intervention and treatment for numerous common and complex musculoskeletal conditions. Our leading reputation has been established by attracting world-renowned Consultants in orthopaedic medicine from top teaching hospitals, investment in state-of-the-art equipment and an exceptional in-house support team.

Consultants at London Bridge Hospital use the latest orthopaedic procedures to treat musculoskeletal trauma, sports injuries, degenerative diseases, infections, tumours and congenital disorders, and we have the necessary skills to deal with all stages of arthritis care. We are the hospital of choice for GPs, Consultants and patients due to our patient-centric approach to care and our convenient referral process.

Using the latest minimally invasive surgical techniques, and the latest imaging techniques, we are able to drastically reduce diagnosis and recovery time for our patients. Diagnostic tests, treatments and clinical consultations can often be carried out on the same day. Our Consultants work closely with the rest of the multidisciplinary team, conducting routine meetings to share knowledge and develop the best possible treatment plan for complex cases.

London Bridge Hospital Orthopaedic Services include the following specialties:

- Back and spine
- Foot and ankle
- Hand and wrist
- Hip
- Knee
- Shoulder and elbow

## Convenient referral process

Our dedicated GP Liaison Department works with GPs, Consultants, and their secretaries to provide a bespoke service for every patient. Once we have been contacted, we will take responsibility for booking appointments, briefing patients and being a point-of-contact for any follow-up. The Department is able to organise timely and convenient appointments at London Bridge Hospital and its Outpatient Centres. Available from 8.00am – 6.00pm, Monday to Friday, our GP Liaison Team provides GPs and patients with a quick and smooth referral process. Contact the GP Liaison Team on **020 7234 2009**.

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## Back pain treatment and surgery

London Bridge Hospital's Orthopaedic Consultants employ the latest technology and have been providing back pain relief through various techniques and surgeries for many years. The leading team of Consultants and state-of-the-art techniques ensure patients receive the very best care available.

### Back pain treatment

Our Orthopaedic Consultants examine all the causes of back pain and quickly recommend the most effective treatment to aid rapid recovery. Each individual case requires a different level of treatment, therefore, our Consultants produce an individual treatment plan for every patient.

To aid diagnosis, Consultants are supported by our highly-rated Imaging Department who provide X-ray and MRI scanning at short notice with a quick turnaround for a fast diagnosis.

### Back surgery

Sometimes surgery is the only treatment option for a patient. At London Bridge Hospital, we have some of the most advanced operating theatres in the private sector. We have dedicated in-house theatre teams who support our highly experienced orthopaedic surgeons, and the medical resources and skills to cover any eventuality that may arise.

We perform many different types of back surgery including:

- Disc replacement
- Discectomy
- Foraminotomy
- Laminectomy
- Spinal fusion
- Vertebroplasty



## Spine treatment and surgery

London Bridge Hospital performs a range of spine surgery for a wide variety of back and spinal problems. We have a specialist group of Consultants that focus only on spinal surgery and can provide the very latest treatment options available to patients. We also have two dedicated Clinical Nurse Specialists (CNS) trained in areas of spinal care, who act as a central point of contact for GPs and patients through every step of treatment.

Common conditions treated include:

- Infections
- Inflammatory disorders
- Neck and lower back pain
- Osteoporotic fractures
- Scoliosis and kyphosis
- Trapped nerve causing leg pain (sciatica) and arm pain (brachalgia)
- Trauma
- Tumours

We perform surgery to alleviate and treat a range of conditions including:

- Fractured vertebra
- Injection therapies (facet injection, nerve root block, epidural)
- Lumbar and cervical disc degeneration surgery
- Sciatica surgery
- Spinal Stenosis (spinal decompression surgery)

Specialised spinal surgical procedures include:

- Advanced spinal surgery
- Cervical and lumbar disc replacement surgery
- Deformity correction surgery (scoliosis and kyphosis) and complex revision surgery
- Discography
- Kyphoplasty and vertebroplasty
- Minimally invasive/access spinal surgery

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## Foot and ankle treatment and surgery

At London Bridge Hospital, we have leading Consultants that specialise in treating a large variety of foot and ankle problems, such as sports injuries, fractures, foot problems in people with diabetes, birth deformities, heel pain, high-arched and flat feet, and bunions. Our Orthopaedic Consultants are supported by our in-house Physiotherapy Team which assists with patients' rehabilitation.

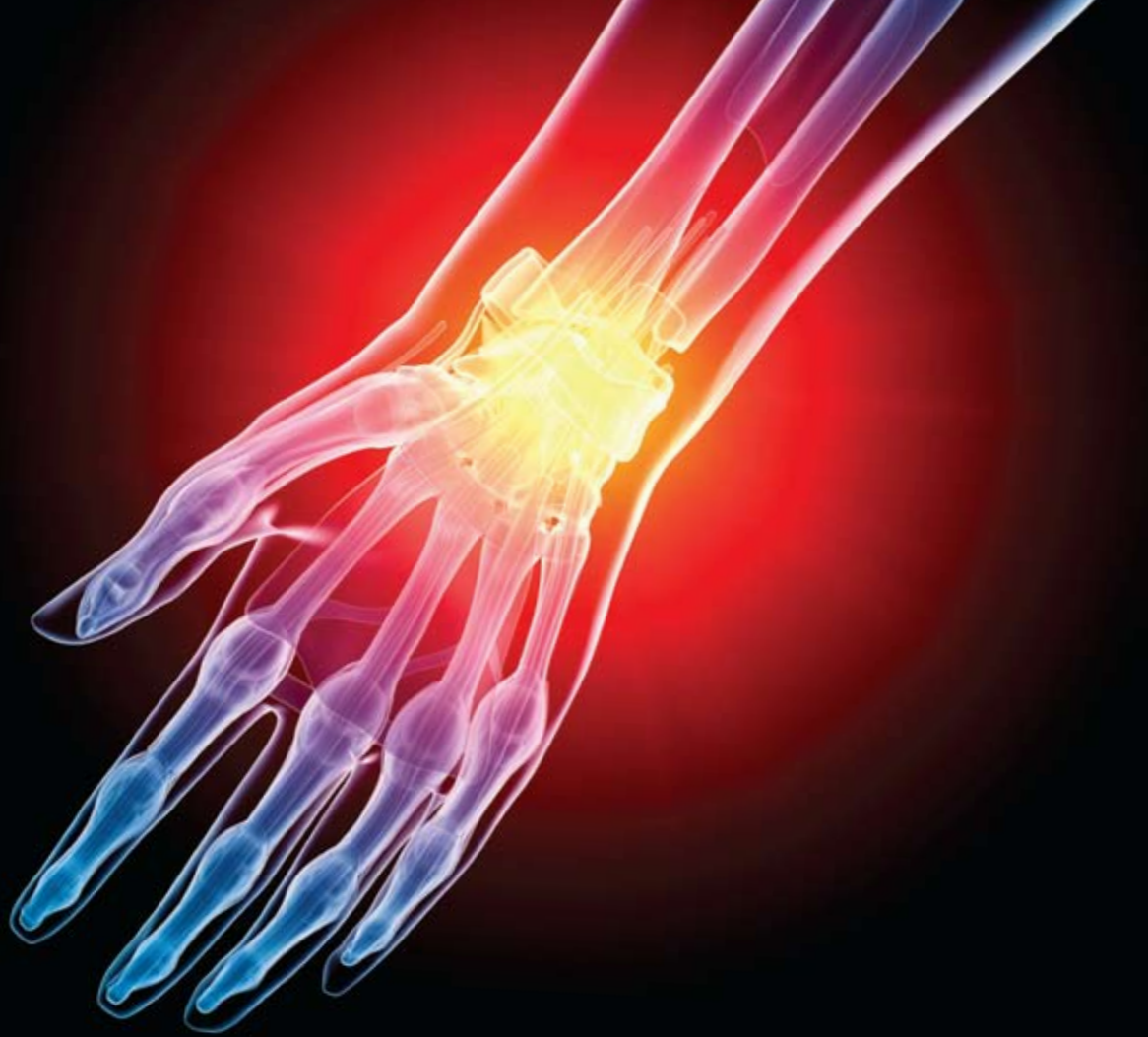
Common conditions we treat include:

- Achilles tendon rupture
- Ankle fractures
- Ankle osteoarthritis
- Ankle sprain
- Bunions
- Hammer toes
- Heel pain – plantar fasciitis
- Heel spur
- Ingrown toenails
- Morton's neuroma
- Stiff big toe – hallux rigidus

We perform many different types of foot and ankle surgery including:

- Achilles tendon repair
- Ankle arthroscopy
- Ankle replacement
- Bunion surgery
- Cheilectomy for big toe arthritis
- Fusion for big toe arthritis
- Lateral ligament reconstruction for chronic ankle instability

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## Hand and wrist treatment and surgery

London Bridge Hospital specialises in the surgical and non-surgical treatment of all conditions relating to the hand and wrist. We have a distinguished multidisciplinary team from four areas of specialty. Orthopaedic and plastic surgeons, with specific hand and wrist training, provide medical and surgical care, together with specialised occupational therapists and senior physiotherapists providing rehabilitation services.

The conditions managed by our highly experienced staff include:

- Burns, hypertrophic and keloid scars
- Carpal tunnel syndrome and other peripheral nerve problems
- Congenital anomalies
- Dupuytren's disease
- Fractures and joint injuries
- Ganglions and tumours
- Rheumatoid arthritis and osteoarthritis
- Tenosynovitis and tendonitis
- Trauma to tendons, nerves and other soft tissues

We perform surgery to alleviate a range of conditions including:

- Carpal tunnel release
- Dupuytren's contracture release
- Excision of ganglions
- Open reduction of fractures
- Trigger finger release
- Wrist arthroscopies

Treatment for hand and wrist conditions incorporates specialised techniques from both occupational therapy and physiotherapy disciplines and include:

- Electrotherapy
- Exercise therapy and mobilisation techniques
- Joint protection and energy conservation for arthritis
- Neoprene custom-made splints
- Oedema and wound management
- Rehabilitation workshops
- Scar management including pressure garments
- Thermoplastic static and dynamic splints
- Work and leisure rehabilitation using Primus RS

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## Hip treatment and surgery

A hip procedure can be a complicated surgery to undertake. At London Bridge Hospital, we have many years' experience in this specific orthopaedic specialty. It is vital to identify the origins of each hip problem in order to accurately treat it. We investigate the specific causes of hip conditions by using the latest X-ray, MRI and CT investigations. We provide the very best care available, from initial consultation with leading experts in hip surgery, through to post operation and recovery.

Common conditions we treat include:

- Fractured hip
- Hip dysplasia
- Hip impingement
- Osteoarthritis of the hip
- Osteonecrosis
- Snapping hip syndrome
- Trochanteric bursitis

We perform many different types of hip surgery including:

- Custom-made hip replacement
- Hip arthroscopy
- Hip resurfacing
- Hip revision



## Knee treatment and surgery

London Bridge Hospital provides a highly specialised service for the rapid diagnosis and treatment of knee pain, knee injuries and other knee problems. We are one of the leading centres for this type of orthopaedic procedure, with our Consultants providing the very latest treatment techniques.

Our Orthopaedic Consultants have access to MRI scans and X-rays which can usually be arranged on the same day as the consultation and treatment. Surgery, if necessary, can also be arranged with minimum delay.

Common conditions treated include:

- Articular cartilage damage
- Knee bursitis
- Knee dislocation
- Knee ligament injuries
- Meniscal tears
- Patellar dislocation (kneecap dislocation)
- Tendonitis

We undertake a large number of different types of knee procedures including:

- Arthroscopic anterior cruciate ligament reconstruction
- Arthroscopic removal of plicae and loose bodies
- Arthroscopic trimming or repair of a torn meniscus
- Autologous cartilage cell implantation
- Biological knee replacement
- Custom-made knee replacement
- Meniscal transplantation
- Removal of bony spurs
- Revision knee replacement surgery
- Primary total knee replacement
- Primary unicondylar knee replacement

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## Shoulder and elbow treatment and surgery

A specialised service is provided at London Bridge Hospital and our Outpatient Centres for the rapid diagnosis and successful treatment of painful shoulder disorders, shoulder injuries and fractures. We provide access to a specialist shoulder surgeon with investigations such as X-ray, MRI and ultrasound scans that can be arranged with minimum delay.

Common conditions treated include:

- Arthritis of the elbow
- Bicep tendon rupture
- Bursitis
- Elbow bursitis
- Frozen shoulder
- Golfers elbow
- Rotator cuff tears
- Shoulder and elbow bursitis
- Shoulder and elbow fractures
- Shoulder dislocation
- Shoulder impingement
- Tennis elbow

We perform a range of treatments and surgery including:

- Arthroscopic decompression
- Arthroscopic rotator cuff repair
- Arthroscopic shoulder stabilization
- Physiotherapy intervention
- Shoulder injections
- Shoulder replacement

Our Consultants use the very latest biologic products in treatment of shoulder and elbow conditions. We also have close connections to a City-wide network of physiotherapy practices, who will be able to provide convenient rehabilitation services for your patients.

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## Physiotherapy

The Physiotherapy Department at London Bridge Hospital offers a variety of physiotherapy services for both inpatients and outpatients. The Department works closely with all of our Orthopaedic Consultants and ensures each patient is assessed and treated on an individual basis with a focus to rehabilitate, educate and regain independence.

The Inpatient Team specialises in the assessment, treatment and rehabilitation of patients who have undergone orthopaedic surgery, to ensure they have the best chance of restoring full function.

The Physiotherapy Department has an experienced team of senior musculoskeletal physiotherapists who treat a wide range of problems from sports injuries, through to post-operative rehabilitation following back surgery.

## International patient care

We offer a dedicated International Department for overseas patients and their families.

### International Department

The International Department provides support from initial physician referral through to assistance in arranging transport both to and from the hospital and/or airport.

All patients and their relatives are:

- Met upon arrival and assisted with admission
- Helped by staff who can act as a liaison and interpreter between patients and hospital staff
- Given access to staff 24 hours a day to handle questions and problems, should they arise.

### Customised Hotel Services

The Hotel Services at London Bridge Hospital are highly rated amongst private hospital services. We deliver individual, customised care and attention for each patient in a relaxing and restful environment.

### Contact us

For more information about London Bridge Hospital's International Services, contact our International Patient Manager, Mohammed Hashem on:

Tel: +44 (0)20 7234 2459

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