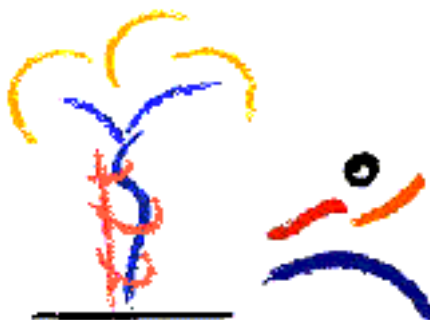


# Saumya Orthocare

## Centre for Advanced Surgeries of the Knee Joint

"Saumya Orthocare: Centre for Advanced Surgeries of the Knee Joint" was started in 2004 with the unique vision.....

"Total & Comprehensive Care Related to All the Aspects of the Knee Joint".



After nearly 11 years, **Saumya Orthocare** has lived up with that vision. Here are some of the glimpses.

For the first time in India, **Saumya Orthocare** introduced the concept of knee repair surgeries for the treatment of early and moderate osteoarthritis of the knee in 2004. This was the time when knee replacement was the only option offered to people suffering from knee joint pains. Unaware people and unaware medical fraternity raised many questions, but **Saumya Orthocare** team is thankful to their patients who put trust. Now thru its perseverance, it has published 11 years of results in various international journals and conferences; that vindicate its stand that knee can be repaired if acted timely.

**Saumya Orthocare** was also the first institute to introduce cartilage repair surgeries in 2004 and it became the first centre to do so in the whole South Asia. Various cartilage repair procedures like Mosaicplasty, OATS, Autologous Chondrocyte Implantation, Microfracture etc were introduced by **Saumya Orthocare** to the Indian medical fraternity. Now many centres are offering cartilage treatment since few years. But we have proudly completed 11 years data of patients treated with various cartilage repair surgeries, the longest follow up in India!! A new technique called 'The Overlay ACI Technique' was also invented at **Saumya Orthocare** that is used to treat very large combined cartilage and bony defects of the knee joint.

**Saumya Orthocare** is also credited with one more innovation called 'The Superficial Quad Technique'. The technique was invented by Dr Goyal for the treatment of patella (knee cap) dislocation. **Saumya Orthocare** successfully published 5 years result of this innovation in American Journal in 2013 and is now preparing publication of 8 years results. This invention of Dr Deepak Goyal has been recognised globally and many centres across Europe, East Asia and America are using this Indian Invention to treat their patients.

At **Saumya Orthocare**, the first motto is **joint preservation**. Patient suffering from knee joint ailment does not know his/ her problem and solution. Often they remain confused between Orthopaedic Surgeon, Arthroscopic Surgeon and Joint Replacement Surgeon. **Saumya Orthocare**, team does its best to save the knee joint using various options available ranging from Non-operative Solutions to the Minimally Invasive Arthroscopy techniques. You are welcome to visit **Saumya Orthocare** for Knee related problems. Please go through our state of art newly designed website, [www.knee.in](http://www.knee.in) to know more about us.

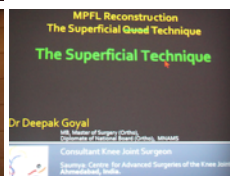
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## DR DEEPAK GOYAL

Consultant Arthroscopy, Cartilage and  
Sports Knee Surgeon



MBBS, MS (Orth), MNAMS,  
Diplomat of National Board  
Fellowships in Knee Surgery  
(UK, Sweden, Hungary)

Dr Goyal is a graduate of *Gujarat University* (1991) from Ahmedabad, India. He did his *Masters in Orthopaedics* (1995) from *Sheth K M School of Postgraduate Medicine & Research*, India. He is also *Diplomat of National Board* in Orthopaedics, New Delhi since 1996. He is a fellowship trained '*Cartilage, Knee Arthroscopy and Sports Knee Surgeon*' and his training was at various centres in UK, France, Spain, Sweden and Hungary etc. His fellowship included training under some of the leading Knee Surgeons of the world like Prof Lars Peterson, Prof Mats Brittberg, Prof David DeJour, Prof George Dowd and Prof Laszlo Hangody. He was selected for *European Arthroscopy Scholarship (ESSKA)* in 2005, and then for *European Arthroplasty Fellowship (ESSKA)* in 2009. He also won prestigious *American Orthopaedic Society of Sports Medicine Fellowship* in 2014 and represented Asia to over seven centres of excellence in USA.

Dr Deepak Goyal, who is founder of *Indian Cartilage Society*, had also served as Board Member of *International Cartilage Research Society, Switzerland (ICRS)* from 2009-2010 and again serving from 2015-2016. He was also Chairman of an *ICRS* committee, called *Committee for Developing Regions* and contributed actively for the development of cartilage science in various countries of Asia, Middle East and South America. Presently, he is also chairman, fellowship committee of *International Cartilage Research Society, Switzerland (ICRS)*. Dr Goyal is also secretary general of *Asian Cartilage Repair Society*. In the past, he had served as cartilage committee member of *European Society of Sports Traumatology, Knee surgery and Arthroscopy (ESSKA)* from 2010-2012-2014. He also served as governing council member of *Indian Arthroscopy Society* from 2012-2014 and is presently President of *Indian Cartilage Society*.

He is also winner of *Dr K P Shrivastava National Gold Medal* by *Indian Orthopaedic Association* for his study on cartilage regeneration in 2005. He also won 'Best Paper Award' and 'Best Poster Award' of *Indian Arthroscopy Society* in 2008. He was chairman of scientific committee of 8<sup>th</sup> annual congress of *Indian Arthroscopy Society*. He was also chairman of 1<sup>st</sup> congress of *Indian Cartilage Society* and then chairman of 1<sup>st</sup> congress of *Asian Cartilage Repair Society*.

Dr Goyal's main focus is on **PRESERVATION of KNEE JOINT** with active interest in cartilage injuries, patella injuries and dislocations, ligament injuries and sports knee injuries. Presently he is working on various projects related to these areas. He has published many research articles in various reputed journals like *Arthroscopy*, *European Society Journal (KSSTA)*, *American Journal of Sports Medicine*, *Indian Journal of Orthopaedics* etc. He has also written various book chapters that has been published in books released by *European Society of Sports Traumatology, Knee surgery and Arthroscopy*. He is also reviewer for *American Journal of Sports Medicine*, *Orthopaedic Journal of Sports Medicine*, *Arthroscopy* and *Indian Journal of Orthopaedics*. He also represents *Indian Arthroscopy Society* as Editorial Board Representative to *Orthopaedic Journal of Sports Medicine*.

He has been invited as faculty worldwide to countries like USA, UK, Japan, Spain, Switzerland, Belgium, Norway, Netherlands, Hungary, Korea, Singapore, Iran and Pakistan etc and has contributed to many prestigious international associations like ESSKA, ISAKOS, ICRS, APKASS, ACRS, JOA, JOSKAS, JSRM, SOA, IAS, ICS etc. He has presented more than 170 research papers and presentations.