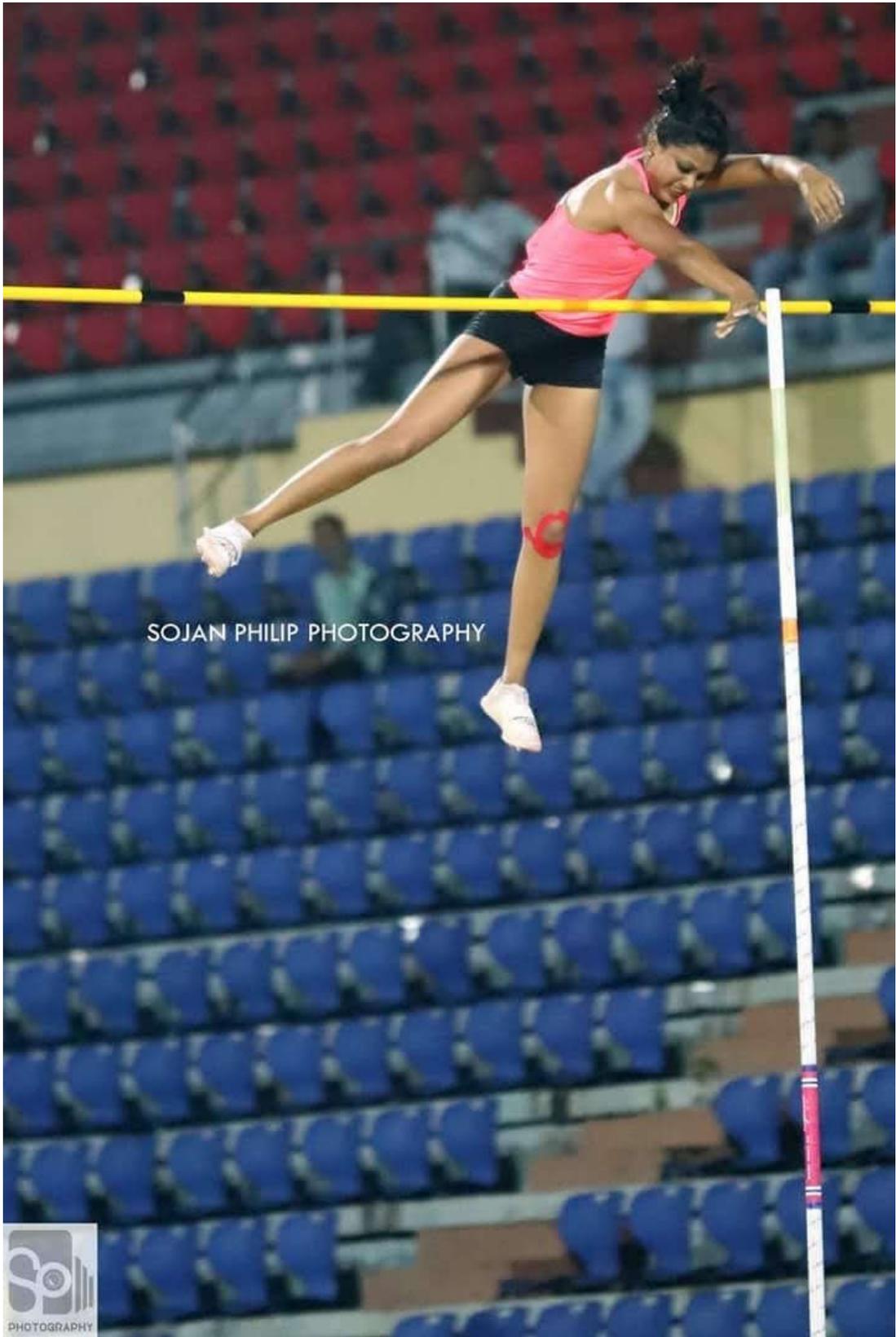


Dr. Khyati Vakharia





SOJAN PHILIP PHOTOGRAPHY



Dr Khyati Vakharia, MBBS and Dr Carl Britto MBBS PhD are two medical doctors who have had a unique journey as friends, team mates and athletes in India and abroad. They both hold MBBS degrees, have won national medals as athletes and have had the opportunity to train overseas and experience foreign systems of coaching, rehabilitation and injury prevention. Khyati is a national gold medalist in the women's pole vault and Carl is a national bronze medallist in the men's triple jump.

Using their dual capabilities as doctors and athletes they will briefly delve into a small discussion on their personal experiences with sports injuries.

Khyati: At a point in time when I was progressing very well in my athletic career as a pole vaulter training in the USA, a very bad knee pain threatened my progress. I had what we call a Jumper's knee. I tried various ways to overcome it but I knew recovering from it and being pain free was next to impossible. A few scans and consultations later, the treating doctor told me that it most likely was Chondromalacia Patella and that I could be pain free with a surgery. As wonderful as it sounded to my ears, it seemed like it was too good to be true. I was hurting for way too long and agreed to undergo the surgery instantly, thinking nothing worse than this pain could happen to me as an Athlete. The morning after my surgery when I stood up on my feet, for the first time in what seemed like ages, I felt the pain wasn't a part of my knee. This was huge for me because it once again opened up a world of possibilities. I went through a complete Rehab with my Physiotherapist, who in consultation with the treating doctor made it possible for me to come back stronger and pain free. Such is the impact of Arthroscopic Surgeries in today's world.