



*Mr. Sandeep Pai*

### *PART I*

*Despite being a software engineer, I always spared time for my biggest passion, football. I was the district level player and most cherished teammate. I still recall the day I got severely injured as a consequence of not warming up adequately. I was speeding right through offense forward and on my jump landed up on my feet just to realize that someone struck my leg. There and then I collapsed on ground, writhing with unbearable pain, unable to even stand on my own.*

*Following the accident one of my colleagues recommended me to visit St Johns hospital. There I met Dr Rajkumar Amarvathi who aspirated the fluid collections in my swollen knee.*

*After the procedure, to my dismay, the doctor stated that the only solution to get this operated with ACL reconstruction. Hearing this was one of the toughest things to digest, as I never imagined my biggest passion to be the cause of my surgery. Although I was skeptical whether I would actually undergo surgery as I consider it as of the money-minting tools with contemporary healthcare sector. Despite the doctor showing me previous case studies of ligament reconstruction extensively, I resisted the idea of undergoing the surgeon's knife and was quite convinced about it. I just wasn't mentally ready for any surgery at the age of 23!!*

*Franatically I explored alternate options healing myself. Meanwhile I went back to my hometown, Manipal, limping helplessly on crutches. There I visited multiple orthopedic surgeons to get validation for the treatment/surgery and ended up spending a fortune on MRI's, XRays and medicines. Finally I realized that surgery was the only wayout. I chose St Johns Hospital for surgery*

*and rehabilitation as it is nearest to place in Bangalore.*

*I clearly remember the day of my surgery; all the pre-operative procedures were intimidating and overwhelming for me.*

*On regaining my consciousness I found myself in the ward amidst multiple tubes. My primary concern was if I even had my leg there because I had entirely lost the sensation in my operated limb. The first night, as partially being under the influence of anesthesia, I slept well and felt no pain. The next morning I woke up with throbbing pain around my knee, and to make the situation miserable I hadn't passed urine for more than 24 hours now. Eventually, I passed urine but the complications*

*Complications surfaced up the following nights due to inflammation and redness in the operated area. The following three nights went by applying ice and taking pain killers to reduce the impact, thanks to nurses and my mother who went through this trauma of sleepless nights with me.*

*By now I got a lucid idea that my surgery was 40 percent treatment and rest 60 percent is physiotherapy. Interestingly next day of surgery I happened to meet the rehab specialist- Mr Padmanabhan a highly competent physiotherapist who planned and executed my rehabilitation .*

*I spent the next 10 days in the hospital for I can undergo physiotherapy under close observations and eventually I relearned the art of walking. My best friends therabands and weights eventually knocked crutches out.*

*It took me couple of weeks to walk independently and comfortably. Every day of simple exercises and rehab programs brought me closer to my sport once again.*

## ***PART II***

*After .... years of my recovery I was quite confident of my sporting skills. But all hell broke loose when I got injured while playing cricket. Again, I had little to no warm-up session before the play and forgot to use my knee-guard. I was rushed to the doctor who confirmed that it was a meniscal tear and required a surgery.*

*The thought of another surgery put me in a gambit of disappointment. I was perturbed with the fact that probably I would have to encounter round of severe mental and physical pain.*

*Nonetheless, I went ahead with the surgery. The surgery was brief two hours procedure wherein the meniscus was just clipped instead of meniscectomy. Post-trauma was well-managed by physiotherapists and I was able to get back to my sport in couple of months.*

### **PART III**

*To my dismay I re-injured myself in June 2019 while playing cricket. The doctors this time around suggested the complete removal of meniscus. It was intimidating because it carried the possibility of halt of my sporting career and eventually osteoporosis in later life.*

*I anyway opted for the surgery as there was no viable option. After the surgery I recovered well and proceeded with my normal life.*

*I have taken an oath of never play again without any guard. I pay considerable attention to my in nutrition and physiotheraphy. My recovery was slow yet sustained and I feel much strong mentally as well. Yoga like padmasana, vajrasana among others has increased my inner strength and flexibility.*

*Few things which ensured my recovery Routine*

- 1. Undoubtedly Physiotherapy helps to a significant degree.*
- 2. Glucosamine supplement or tablet which ensures recovery along with Omega 3 to subside inflammation with protein to enhance muscle building recovery*
- 3. Thera-band at home to bring flexibility and sand weights atleast 1kg/leg to build muscle*
- 4, Control of weight, as Doctor had told me 1kg increase in weight =4kg on knee increase.*
- 5. Above all tremendous faith in God and Doctors !!*