



SREEVALSAM HOSPITAL



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**SIOR** SREEVALSAM  
INSTITUTE OF  
ORTHOPAEDICS &  
RESEARCH  
A unit of SREEVALSAM Hospital





**SREEVALSAM**  
INSTITUTE OF MEDICAL SCIENCE

**S**reevalsam Institute of Medical Sciences (SIMS) a 550 bedded multispeciality acute cum critical care tertiary hospital is one of the most well equipped leading premier hospitals in the region. The institute has been visualized by eminent persons from different walks of life with the objective of providing world class healthcare services and specialized medical facilities at affordable costs. SIMS brings together a dedicated team of Doctors, Technicians, Nurses and other health care professionals to provide the highest world class standards of medical treatment with a vision to become a eminent leader in integrated health care..

The desire to provide focused centres of excellence saw the birth of SIOR - SIMS INSTITUTE OF ORTHOPEDICS AND RESEARCH providing 24 X 7 care for all orthopaedic procedures



#### Facilities offered

- ▶ 24 hour trauma care
- ▶ Surgery for all types of complex fractures and dislocations
- ▶ Shoulder and sports surgeries
- ▶ Limb lengthening & deformity correction surgery
- ▶ Computer assisted deformity correction surgery (Ortho-SUV)
- ▶ Surgery for Nonunions & Malunions
- ▶ Joint replacements
  - ▶ Hip
  - ▶ Knee
- ▶ Paediatric orthopaedics
  - ▶ Congenital deformities
  - ▶ Fractures
- ▶ Arthroscopy
  - ▶ Knee & Shoulder
- ▶ High Tibial osteotomy (for Osteoarthritis knee)
- ▶ Treatment for Osteoporosis and Osteoarthritis
- ▶ Back ache clinic
- ▶ Outpatient clinics on all days except Sundays

#### OUR TEAM

##### Dr. Mahesh Krishnan

Director - SIOR, Shoulder & Sports Surgeon



Dr. Mahesh Krishnan has in a very short time gained good will and high level of reputation among orthopedic surgeons and general practitioners as a dedicated arthroscopist. After the formal training in PG in orthopedics at medical college Calicut; he joined for a one year long fellowship training in knee arthroscopy under DR Schiller Jos. He also got trained in the select sub specialty of shoulder arthroscopy under Dr Ashish Babhulkar, Pune, at Sanchethi institute and Mangeshkar Hospital Pune. He also received special training in shoulder and sports surgeries at Klinikum University, Marburg, Germany. He is known among surgeons for his highest degree of surgical expertise and the depth of knowledge in shoulder pathologies. He is also keen in disseminating the knowledge to junior surgeons and has been linked to various scientific associations in and out of Kerala. He is the founder member of Kerala Chapter Shoulder and Elbow Society, India, and currently the treasurer of the same. Over 700 cases of arthroscopic surgeries of knee and shoulder has been added to his account till date, and he is still moving much ahead of his fellow surgeons sharpening his skill and learning more. He has formulated a new rehabilitation protocol {SCRIP-Shoulder Complex Rehabilitation Program}, combining principles of rehab from various institutes in and out of India. With the advent of this rehab program "the nonsurgical

management of painfully stiff shoulder" has stretched its limits to bigger dimensions and has become the mainstay of treatment for many shoulder diseases.

##### Dr. Krishnakumar

Consultant Trauma & Reconstruction Surgeon



Dr. Krishnakumar did his Bachelors in medicine at the Government Medical College, Thrissur followed by his Masters in Orthopaedics (2006) at Jawaharlal Nehru Medical College, an affiliate of the Aligarh Muslim University. The same year he began his medical career at Assistant Professor in the orthopedics Department of Dr. Somervell Memorial CSI Medical College, Trivandrum. A fellowship in Reconstructive Orthopedics & Ilizarov Surgery under the guidance of Dr. Mangal Parihar, the nationally famed pioneer in Limb lengthening and Reconstruction Surgery, and the first ever orthopedist to introduce Computer Assisted Deformity Correction System in India, beckoned him in 2009 to the Centre for limb lengthening and Reconstructive Surgery at Mumbai.

On completion of the fellowship Dr. Krishnakumar rejoined Dr. SMCSI Medical College with independent charge of the institution's Limb Reconstruction surgery centre. Since then, Dr. Krishnakumar and his associates have been performing complex limb reconstructive procedures and deformity correction surgeries with an appreciable degree of success. He was the first to introduce into the state's orthopedic surgical segment the cutting edge Computer Assisted Six - axis correction - ORTHO SUV system.

##### Dr. Aswinkumar

Consultant Paediatric Orthopaedics Surgeon



Dr. Aswinkumar has been a part of our institution since January 2018. Other than orthopaedics and Traumatology, he has special interests in the field of Paediatric Orthopaedics.

He has worked as a lecturer at Govt. Medical College, Thrissur for about two and half year at St. Joseph's Hospital, Choondal (2011-2013) and also at Kairali Centre for Joint at Guruvayur (2009-2014). Following this, Dr Aswinkumar joined Rex Ortho hospital, Coimbatore as Senior resident in 2014 and passed the DNB examination in 2016.

During this period, he received the gold medal for the prestigious K R Venketeswaran fellowship from the Tamil Nadu Orthopedic Association (TNOA) in 2015 and later, the gold medal for the TNOA Annual post graduate quiz competition in 2016. He then Dr Jayanth Sundar Sampath at Bangalore as part of the above fellowship, and was field of Paediatric Orthopaedics in 2017, he was awarded a certificate of Appreciation Korean Foundation for the diagnosis of a rare case of spondylometaphyseal dysplasia (Studwick type) in a 12 year old girl.

Since 2016, he is actively involved in treatment of Paediatric disorders like Perthe's disease Developmental hip dysplasia, cerebral palsy, Obstetric Brachial Plexus palsy, angular and rotational deformity corrections etc, and also conducts an Annual multidisciplinary CME on cerebral palsy.

Currently Dr Aswinkumar K also assists various NGO's in and around Thrissur for the management of children affected with cerebral palsy.

##### Dr. Atheeth Ninan Mathews P

Consultant Trauma and Replacement Surgeon



Dr. Atheeth Ninan Mathews P is an Orthopedic Surgeon with eight years of experience. His areas of interest and expertise include Trauma, Deformity Corrections and Arthroplasty. He is a frequent participant in various national International Orthopaedic conferences and has keen interest in updating his knowledge and skills. He has experience in undergraduate and post graduate teaching. He has a very patient friendly approach and is open to discussions with patients and their bystanders through out the process of diagnostic evaluation, treatment and follow-up and values stringent adherence to the ethical practice of medicine.

Dr. Atheeth Ninan Mathews P completed his Bachelor of Medicine and Bachelor of surgery degree from Government Medical college, Kottayam in Kerala. He underwent postgraduate training in Orthopaedic surgery G V T Medical College, Trivandrum in Kerala and earned his postgraduate diploma Orthopaedics (D. Ortho) from University of Kerala and earned the Master's degree (DNB Orthopaedics) from the National Board, New Delhi. After his post graduation he worked as an Assistant professor in Orthopaedic surgery in (Dr. SMCS) medical college Karakonam, Kerala under the renowned Senior Orthopaedic Surgeon Prof John George. He was later selected for the Arthroplasty fellowship programme at Apollo Hospitals, Bangalore under the eminent Arthroplasty surgeon Dr. Sanjay Pai.

On successful completion of the fellowship Dr. Atheeth Ninan Mathews P joined Sreevalsam Institute of medical Sciences, Edappal as consultant Trauma and Joint Replacement Surgeon, and along with Dr. Krishnakumar established the Limb and Joint Reconstruction Center at the Institute.

#### SIMS Physiotherapy and Rehabilitation Centre

##### Multi Specialities

- ▶ Musculokeletal physiotherapy
- ▶ Pain management
- ▶ Neurological Rehabilitation
- ▶ Women's health (prenatal & postnatal)

##### Our Team

##### Ratheesh.T. (BPT, CDNT)

Chief physiotherapist  
Trained in manual therapy  
Dry Needling Practitioner

##### Asha Ratheesh (BPT)

Trained in Myofascial release  
Women's health

##### Vyshnavi.M (BPT)

Consultant Physiotherapist