

months after undergoing joint replacement, it is ideal for patients to walk just 24 hours after the procedure, said Anyush Hospitals Joint Replacement Surgeon P. Sivaiah.

Speaking at observance of the World Bone and Joint Day conducted by *The Hindu* in association with Anyush Hospitals, Dr. Sivaiah told members of the ALC Walkers Association that people being kept in bed for three months after a procedure was 'old orthopaedics'.

"We see people with their leg in cast hanging from a rope in the movies but all that has changed. The longer a patient remains in bed more problems crop up," Dr. Sivaiah said.

Patients were encouraged to move with the help of phys-



*Joint replacement surgeons P. Sivalah and T. Balaji at an awareness meeting organised by The Hindu and Ayush Hospitals on the occasion of World Bone and Joint Day at Andhra Loyola College grounds in Vijayawada on Wednesday.*

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that a patient should go for joint replacement, he said.

Besides the myth about staying bed-ridden for pro-

with nuclear families joint replacement was becoming the only viable solution available, Dr. Sivaiah said.