

Press release

FOR IMMEDIATE RELEASE: Thurs 9 February

New surgeon brings ankle replacements to Pilgrim Hospital

Ankle replacement operations are now available to patients in the Boston area thanks to a new surgeon at Pilgrim Hospital.

Mr Harish Kurup is now performing the complicated procedure which will benefit some elderly patients, helping them to stay mobile.

Previously patients requiring an ankle replacement would have to travel to Nottingham or Lincoln.

And although ankle replacement operations have been around for 20 years the results have improved dramatically in recent years.

Patient selection is key to the successful outcome of ankle replacements and many people may still be better suited to ankle fusion, which is the gold standard for ankle arthritis in most cases. Fusion is where the ankle joint is made completely stiff, although patients can still move the joint below the ankle and the joints in the foot.

Elderly patients with multiple joint problems and reduced mobility are more suitable for ankle replacements while healthy and younger patients do better with fusion.

Mr Kurup, a Consultant Orthopaedic Surgeon, said: "There have been some great strides forward both in terms of the understanding of the ankle and also in design changes to the type of operations available.

He added: "Ankle replacements are a real team effort and we have a dedicated operating team trained to carry out surgery as well as physiotherapists to help restore mobility and get the ankle moving again after surgery.

"We also have a diabetic foot clinic run by a diabetic specialist consultant and the podiatry department and we are also working towards a multidisciplinary team model which will include a foot/ankle surgeon and vascular surgeon which will enable us to treat related problems."

Patient Margaret Cunningham, aged 81, had an ankle replacement operation in December.

She said: "I have had arthritis in the ankle for 10 years and have fractured it in the past. But the pain became really bad in the last 12 months and I became housebound.

"The operation was explained very well beforehand so I knew what was going to happen and Mr Kurup is a marvellous man who performed a perfect operation. The aftercare was fantastic and I was back home in four days.

"Since then, the ankle has improved no end and I can now walk with the aid of a stick and I think in time I may be able to put that down as well."

E N D S

Note to editors:

Please find attached a photograph of Mr Harish Kurup. Mr Kurup is available for interview on the afternoon of Thurs 9 February.



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