DR. KATHERINE TROISI

MBChB H.Dip Orth (SA) FC Orth (SA)

Dr. Katherine Troisi is a specialist orthopaedic surgeon. Her focus is in paediatric orthopaedics as well as foot and ankle surgery. She is currently a member of a dynamic team of surgeons at Midlands Orthopaedics at Hilton Life hospital in Pietermaritzburg, including Dr Smit and McAllister. Together, their unit covers all aspects of orthopaedics from Paediatrics, foot and ankle, shoulders, sports medicine and arthroplasty.

THE DEDICATED SPECIALIST

Being passionate for her profession, Dr. Troisi has always been sincere and dedicated to her work and her patients. In her decorated career, she has gained proficiency and experience from working at one of the busiest state trauma hospitals for the past ten years. It was in one of these hospitals that she successfully ran the paediatric orthopaedic unit as well as one of the trauma units for the last 4 years. From training and teaching to general and specialized orthopaedic surgery, she mastered her skills with precision and success. Which led to her passion in the field of treating paediatric, as well as foot and ankle conditions.

Dr. Troisi’s practice focuses on the management of paediatric trauma and musculoskeletal injury as well as the management of acquired paediatric conditions such as club foot, cerebral palsy and infections of the bones and joints, deformity correction of conditions such as in-toeing (pigeon toe), out-toeing (duck foot), genu varus (bowed legs) and valgus (knock knees) and leg length discrepancies.

As a part of her professional passion and interest, she has worked with the leading foot and ankle surgeons in South Africa and sharpened her skills in foot and ankle conditions. She specializes in treating degenerative conditions such as bunions, bunionettes, Achilles tendon problems and arthritis. She also manages acute sports and ligamentous injuries as well as acquired conditions such as flat foot, cavus and diabetic foot.

She’s an active member of South African Foot Surgeons’ Association (SAFSA) and South African Paediatric Orthopaedic Society (SAPOS).

Be it a complication from sport or work, getting older or a childhood condition, you are always at home with her skills, dedication and compassion.

THE PERSON

Dr Troisi is married with two wonderful children, enjoys the outdoors and spending time with family and friends. Being an active person, she understands debilitating nature of foot or ankle pain and the urgency in which these conditions need to be remedied, in order to return the patient back to their lives, their work and their families.

As Leonardo da Vinci said “The human foot is a masterpiece of engineering and a work of art.” Her role, is simply to ensure the parts remain in good working condition and to use great care and handling to preserve the artistry.

“I believe, having children has definitely helped me become a better doctor. I view the children in my practice as an extension of my family and will care for them the same kindness that I would care for my own”

“I also understand stress as a mother, of having an ill child or a child requiring surgery and will be with you every step of the way to ensure you have all the information you need in the peace of mind as we make decisions together.”