SLIDES

**Arthroscopic Surgery**

Arthroscopy is a surgical procedure in which an arthroscope is inserted into a joint.

**Knee Arthroscopy**  
Knee Arthroscopy is a common surgical procedure performed using an arthroscope to treat a knee problem.

**Hip & Knee Disorders**  
Hip joint and knee joint replacements are helping people of all ages live pain-free, active lives.

ABOUT

**Know about Orthopedic Clinic**

We specialize in the treatment of Hip, Knee, Shoulder, and Regenerative Medicine. Latest medical technology with the state of art medical facility to provide his patients the best possible outcome.

**Legacy of Excellence**

With a history spanning more than 20 years, Dr Rebwar Allaf has been a pioneer in orthopedic care. Our enduring legacy is built on a foundation of excellence, trust, and a relentless pursuit of the highest standards in healthcare.

**Expert Doctors**

Our clinic boasts a team of highly skilled and experienced orthopedic doctors. With expertise across diverse specialties, our doctors bring a wealth of knowledge to ensure that each patient receives tailored and top-notch care.

**Comprehensive Services**

At Dr Rebwar Allaf's Clinic, we provide a comprehensive range of orthopedic services, from joint replacements to sports medicine and trauma management. Our multidisciplinary approach caters to the diverse needs of our patients\, delivering holistic and personalized treatment plans.

DOCTOR PROFILE

Dr. Rebwar A. Allaf, MD

MBBS(HONS), BSC(HONS), FRCS(TR & ORTH)

[rebwar.allaf@gmail.com](mailto:rebwar.allaf@gmail.com)

Dr. Rebwar A. Allaf is a partner at Orthopedic Clinic, one of the world's leading orthopedic surgeons.

Dr. Rebwar Allaf, our esteemed orthopedic and hand surgeon, combines over a decade of specialized expertise with a dedication to surgical excellence. Proficient in both general orthopedics and intricate hand surgeries, Dr. Allaf's extensive training uniquely equips him to address a wide spectrum of orthopedic conditions, from joint replacements to intricate hand reconstructions.

In the realm of orthopedics and hand surgery, Dr. Rebwar Allaf is a recognized cornerstone of healthcare in the region. His surgical precision and commitment to patient-centric care have earned him the trust of the community. Beyond the operating room, Dr. Allaf actively participates in community health initiatives, solidifying his role as a crucial healthcare figure. With a reputation for optimal outcomes and compassionate care, Dr. Rebwar Allaf is an indispensable asset to our clinic and a key influencer in the local musculoskeletal health landscape.

1. **Education:**

"MBBS(Hons) BSc(Hons) FRCS(Tr & Orth), He became an attending Orthopedic surgeon at the Hospital for Special Surgery."

1. **Experience:**

Dr Rebwar A. Allaf has more than 20-year experience of Orthopedic and Hand Surgery as Professor.

1. **Achievement:**

Treated close to 500 Professional & Olympic athletes successfully.

1. **Special Expertise:**

"Hip & knee replacement, Primary and Revision total joint surgery."

1. **Member of Foundation:**

Member & Trustee for team of Australia Olympic Foundation.

WELCOME MESSAGE

Welcome to Dr. Rebwar A. Allaf Orthopedic Clinic, where compassionate care and cutting-edge expertise converge to provide unparalleled orthopedic solutions. Our clinic is dedicated to promoting musculoskeletal health, ensuring that every patient receives personalized and comprehensive care for a range of orthopedic conditions.

SERVICES

**A wide range of Orthopedic Treatment**

We specialize in the treatment of Hip, Knee, Shoulder, and Regenerative Medicine. Latest medical technology with the state of art medical facility to provide his patients the best possible outcome.

1. **Hand & Wrist Surgery**

The hand and wrist consist of numerous bones, tendons, and ligaments allowing for intricate movements. Conditions such as carpal tunnel syndrome, tendonitis, and fractures are common. Carpal tunnel syndrome causes numbness and tingling due to pressure on the median nerve. Tendonitis results from overuse, leading to pain and swelling. Fractures can occur from trauma, causing pain and difficulty moving. Treatment involves splinting, therapy, medication, or surgery, depending on the severity.

**CONDITIONS:**

* Carpal tunnel syndrome
* Trigger finger/thumb.
* De Quatrain’s tenosynovitis
* Ganglion cysts
* Wrist sprains
* Hand fractures (e.g., metacarpal fractures)
* Dupuytren's contracture
* Rheumatoid arthritis of the hand/wrist

**PROCEDURES:**

1. Carpal Tunnel Release: A surgical procedure to relieve pressure on the median nerve in the wrist by cutting the transverse carpal ligament. This procedure alleviates symptoms of carpal tunnel syndrome, such as numbness and tingling in the hand and fingers.
2. Trigger Finger Release: Surgical correction of trigger finger, a condition where a finger gets stuck in a bent position due to inflammation or thickening of the flexor tendon sheath. The surgeon releases the tight portion of the sheath to allow smooth finger movement.
3. Dupuytren's Contracture Release: Surgery to correct Dupuytren's contracture, a condition where thickened tissue in the palm forms into tight cords, causing fingers to bend inward. The surgeon removes or divides these cords to restore finger mobility.
4. Wrist Arthroscopy: A minimally invasive procedure using a small camera and surgical instruments to diagnose and treat various wrist conditions, such as ligament injuries, cartilage damage, or wrist fractures.
5. **Foot & Ankle Surgery**

The foot and ankle support body weight and facilitate movement, making them susceptible to injuries and conditions. Common problems include plantar fasciitis, ankle sprains, and Achilles tendonitis. Plantar fasciitis causes heel pain due to inflammation of the plantar fascia. Ankle sprains result from twisting, causing pain and swelling. Achilles tendonitis involves pain and stiffness in the Achilles tendon, often due to overuse. Treatments range from rest and ice to physical therapy or surgery, depending on the severity.

**CONDITIONS:**

* Plantar fasciitis
* Ankle sprains
* Achilles tendonitis
* Bunions (hallux valgus)
* Morton's neuroma
* Plantar warts
* Tarsal tunnel syndrome
* High arches (pes cavus)

**PROCEDURES:**

1. **Ankle Fusion (Arthrodesis):** Surgical fusion of the ankle joint to treat severe arthritis or instability. The surgeon removes damaged cartilage and then fuses the bones together using screws, plates, or bone grafts.
2. **Achilles Tendon Repair:** Surgical repair of a ruptured Achilles tendon, typically performed by suturing the torn ends back together or using grafts to reinforce the repair.
3. **Bunionectomy:** Surgical removal of a bunion, a bony bump that forms at the base of the big toe. The surgeon realigns the bones and soft tissues to relieve pain and improve foot function.
4. **Ankle Ligament Reconstruction:** Surgery to repair or reconstruct damaged ligaments in the ankle, commonly performed for chronic ankle instability or recurrent ankle sprains. The surgeon may use tissue grafts or synthetic materials to strengthen the ligaments.
5. **Hip Surgery**

The hip is a ball-and-socket joint that connects your thigh bone (femur) to your pelvis. Common hip issues include arthritis, bursitis, and fractures. Arthritis can cause pain and stiffness, while bursitis results in inflammation and tenderness. Fractures are breaks in the hip bone, often due to falls or osteoporosis. Treatments range from medications and physical therapy to surgery, depending on the severity of the condition.

**CONDITIONS:**

* Osteoarthritis of the hip
* Hip fractures.
* Bursitis of the hip
* Hip impingement syndrome.
* Hip labral tears.
* Avascular necrosis of the hip
* Hip dysplasia.
* Trochanteric bursitis

**PROCEDURES:**

1. **Total Hip Replacement (THR):** THR involves removing damaged bone and cartilage from the hip joint and replacing it with artificial components made of metal, ceramic, or plastic. This procedure aims to relieve pain and improve function in patients with severe hip arthritis or fractures.
2. **Hip Arthroscopy:** A minimally invasive procedure where a small camera and surgical instruments are inserted through small incisions around the hip joint. It's used to diagnose and treat various hip conditions such as labral tears, hip impingement, and loose cartilage.
3. **Hip Resurfacing:** Like THR, but instead of removing the entire head of the femur, only the damaged surface is removed and capped with a metal prosthesis. This preserves more bone and is often recommended for younger, active patients with hip arthritis.
4. **Hip Fracture Repair:** Surgery to stabilize a fractured hip, typically using metal screws, plates, or rods to hold the broken bones in place. This procedure aims to restore stability and function to the hip joint, allowing for proper healing and rehabilitation.
5. **Knee Surgery**

The knee is a complex joint crucial for walking, running, and jumping. Common knee problems include arthritis, ligament tears (like the ACL or MCL), and meniscus tears. Arthritis leads to pain, swelling, and stiffness, while ligament tears cause instability and difficulty moving. Meniscus tears result in pain and locking sensations. Treatment options include rest, physical therapy, injections, or surgery, depending on the injury's extent.

**CONDITIONS:**

* Anterior cruciate ligament (ACL) tear
* Meniscal tears
* Patellofemoral pain syndrome (runner's knee)
* Osteoarthritis of the knee
* Knee bursitis (prepatellar or pes anserine)
* Patellar tendonitis (jumper's knee)
* Iliotibial (IT) band syndrome
* Knee dislocation

**PROCEDURES:**

1. **Total Knee Replacement (TKR):** TKR involves removing damaged cartilage and bone from the knee joint and replacing it with artificial components made of metal and plastic. This procedure is performed to alleviate pain and improve mobility in patients with severe knee arthritis or injuries.
2. **Knee Arthroscopy:** A minimally invasive procedure where a small camera and surgical instruments are inserted through small incisions around the knee joint. It's used to diagnose and treat various knee conditions such as torn cartilage (meniscus), ligament injuries, and loose bodies.
3. **ACL Reconstruction:** Surgery to replace a torn anterior cruciate ligament (ACL) in the knee with a tendon graft from another part of the body or a donor. This procedure aims to restore stability and function to the knee joint, particularly in athletes or active individuals.
4. **Meniscus Repair:** Surgical repair of a torn meniscus (cartilage) in the knee, typically performed using small incisions and specialized instruments. The torn edges of the meniscus are sutured together or anchored back to the bone to promote healing and preserve knee function.
5. **Shoulder & Elbow Surgery**

The shoulder and elbow joints enable a wide range of motion but are prone to various issues. Common conditions include rotator cuff tears, tennis elbow, and shoulder impingement. Rotator cuff tears cause pain and weakness, affecting arm movement. Tennis elbow results from overuse, leading to pain and tenderness around the elbow. Shoulder impingement causes pain when raising the arm due to tendon inflammation. Treatment may include rest, physical therapy, injections, or surgery, depending on the condition's severity.

**CONDITIONS:**

* Rotator cuff tears
* Shoulder impingement syndrome
* Frozen shoulder (adhesive capsulitis)
* Shoulder dislocation
* Tennis elbow (lateral epicondylitis)
* Golfer's elbow (medial epicondylitis)
* Biceps tendonitis
* Shoulder instability

**PROCEDURES:**

1. **Rotator Cuff Repair:** Surgical repair of a torn rotator cuff tendon in the shoulder. The surgeon reattaches the torn tendon to the bone using sutures or anchors to restore strength and function.
2. **Shoulder Arthroscopy:** A minimally invasive procedure using a small camera and surgical instruments to diagnose and treat various shoulder conditions, such as rotator cuff tears, labral tears, or shoulder impingement.
3. **Tommy John Surgery (Ulnar Collateral Ligament Reconstruction):** Reconstruction of the ulnar collateral ligament (UCL) in the elbow, commonly performed in athletes to repair ligament injuries, particularly in baseball pitchers.
4. **Elbow Arthroscopy:** A minimally invasive procedure using a small camera and surgical instruments to diagnose and treat various elbow conditions, such as loose bodies, arthritis, or tennis elbow.
5. **Spine Surgery**

The spine is the backbone of the body, consisting of vertebrae, discs, and nerves. Common spinal conditions include herniated discs, spinal stenosis, and sciatica. Herniated discs occur when the soft inner material protrudes through the tough outer layer, causing pain and nerve compression. Spinal stenosis is the narrowing of the spinal canal, leading to pressure on the spinal cord or nerves, resulting in pain and weakness. Sciatica is caused by compression of the sciatic nerve, leading to pain, numbness, and tingling down the leg. Treatment options include medication, physical therapy, injections, or surgery, depending on the severity and location of the issue.

**CONDITIONS:**

* Herniated disc (slipped or bulging disc)
* Spinal stenosis
* Degenerative disc disease
* Spondylolisthesis
* Sciatica
* Spinal fractures (compression fractures)
* Scoliosis
* Facet joint syndrome.

**PROCEDURES:**

1. **Laminectomy:** Surgical removal of the lamina (back part of the vertebra) to relieve pressure on the spinal cord or nerves caused by conditions like spinal stenosis or herniated discs.
2. **Spinal Fusion:** Surgery to join two or more vertebrae together using bone grafts, screws, and rods. It's done to stabilize the spine and relieve pain caused by conditions like degenerative disc disease or spinal fractures.
3. **Discectomy:** Surgical removal of a herniated or damaged portion of a spinal disc to relieve pressure on the adjacent nerves, commonly performed for conditions like sciatica or radiculopathy.
4. **Vertebroplasty/Kyphoplasty:** Procedures to stabilize vertebral compression fractures by injecting bone cement into the fractured vertebrae. This helps to relieve pain and restore vertebral height and stability.

**Services Condition in detail:**

**Hip:**

* Osteoarthritis of the hip: Degenerative wear and tear of the hip joint cartilage, causing pain, stiffness, and reduced mobility.
* Hip fractures: Breaks in the bones of the hip, often resulting from falls or osteoporosis, leading to severe pain and immobility.
* Bursitis of the hip: Inflammation of the bursae, small fluid-filled sacs, around the hip joint, causing pain and tenderness.
* Hip impingement syndrome: Abnormal contact between the bones of the hip joint, leading to pain, stiffness, and restricted movement.
* Hip labral tears: Damage to the cartilage (labrum) lining the hip socket, causing pain, clicking, or locking sensations in the hip joint.
* Avascular necrosis of the hip: Death of bone tissue due to poor blood supply, leading to pain and eventual collapse of the hip joint.
* Hip dysplasia: Abnormal development of the hip joint, resulting in instability, pain, and increased risk of osteoarthritis.
* Trochanteric bursitis: Inflammation of the bursae located near the greater trochanter of the hip, causing pain and tenderness on the outer hip.

**Knee:**

* Anterior cruciate ligament (ACL) tear: Injury to the ACL, causing knee instability, swelling, and difficulty in bearing weight.
* Meniscal tears: Tears in the cartilage (meniscus) of the knee, leading to pain, swelling, and sometimes locking of the joint.
* Patellofemoral pain syndrome (runner's knee): Pain around the kneecap, aggravated by activities like running or climbing stairs.
* Osteoarthritis of the knee: Degenerative joint disease-causing pain, stiffness, and swelling in the knee joint.
* Knee bursitis (prepatellar or pes anserine): Inflammation of the bursae around the knee, resulting in pain and swelling.
* Patellar tendonitis (jumper's knee): Inflammation of the tendon connecting the kneecap to the shinbone, causing pain below the kneecap.
* Iliotibial (IT) band syndrome: Inflammation of the iliotibial band, causing pain on the outer side of the knee, especially during running or cycling.
* Knee dislocation: Displacement of the bones in the knee joint, causing severe pain, instability, and possible nerve or blood vessel damage.

**Hand and Wrist:**

* Carpal tunnel syndrome: Compression of the median nerve in the wrist, leading to numbness, tingling, and weakness in the hand.
* Trigger finger/thumb: Condition causing fingers to catch or lock in a bent position, often accompanied by pain and clicking.
* De Quervain's tenosynovitis: Inflammation of the tendons at the base of the thumb, causing pain and swelling in the wrist.
* Ganglion cysts: Noncancerous lumps filled with fluid, commonly occurring on the back of the hand or wrist.
* Wrist sprains: Injuries to the ligaments of the wrist, resulting in pain, swelling, and reduced range of motion.
* Hand fractures (e.g., metacarpal fractures): Breaks in the bones of the hand, causing pain, swelling, and deformity.
* Dupuytren's contracture: Thickening and tightening of the tissue beneath the skin of the palm, leading to finger contractures.
* Rheumatoid arthritis of the hand/wrist: Chronic autoimmune disease-causing joint inflammation, pain, and deformities in the hands and wrists.

**Shoulder and Elbow:**

* Rotator cuff tears: Tears in the muscles and tendons of the rotator cuff, causing pain and weakness in the shoulder.
* Shoulder impingement syndrome: Pinching of the tendons and bursa in the shoulder, resulting in pain and restricted movement.
* Frozen shoulder (adhesive capsulitis): Stiffness and pain in the shoulder joint, limiting mobility and causing discomfort.
* Shoulder dislocation: Displacement of the upper arm bone (humerus) from the shoulder socket, causing severe pain and instability.
* Tennis elbow (lateral epicondylitis): Pain and inflammation of the tendons on the outside of the elbow, often due to repetitive motion.
* Golfer's elbow (medial epicondylitis): Pain and inflammation of the tendons on the inside of the elbow, commonly caused by overuse.
* Biceps tendonitis: Inflammation of the biceps tendon, resulting in pain in the front of the shoulder or elbow.
* Shoulder instability: Condition where the shoulder joint is prone to dislocation or subluxation, leading to recurrent episodes of instability and pain.

**Foot and Ankle:**

* Plantar fasciitis: Inflammation of the plantar fascia, causing heel pain, especially with the first steps in the morning.
* Ankle sprains: Injuries to the ligaments surrounding the ankle joint, resulting in pain, swelling, and instability.
* Achilles tendonitis: Inflammation of the Achilles tendon, causing pain and stiffness in the back of the ankle.
* Bunions (hallux valgus): Bony bumps that form at the base of the big toe, causing pain and deformity.
* Morton's neuroma: Thickening of the tissue around a nerve between the toes, leading to pain, burning, or numbness.
* Plantar warts: Viral infections causing small, painful growths on the sole of the foot.
* Tarsal tunnel syndrome: Compression of the tibial nerve as it passes through the tarsal tunnel, resulting in pain, tingling, or numbness in the foot.
* High arches (pes cavus): Condition where the arch of the foot is abnormally raised, leading to foot pain, instability, and difficulty fitting into shoes.

**Spine:**

* Herniated disc (slipped or bulging disc): Rupture or protrusion of the intervertebral disc, causing nerve compression and pain.
* Spinal stenosis: Narrowing of the spinal canal, leading to pressure on the spinal cord or nerves, resulting in pain and weakness.
* Degenerative disc disease: Wear and tear of the spinal discs, leading to pain, stiffness, and reduced mobility.
* Spondylolisthesis: Forward displacement of a vertebra, causing instability and potential nerve compression.
* Sciatica: Pain, numbness, or tingling radiating along the sciatic nerve, often caused by compression or irritation.
* Spinal fractures (compression fractures): Breaks in the vertebrae, commonly due to osteoporosis or trauma, causing pain and potential spinal cord compression.
* Scoliosis: Abnormal curvature of the spine, causing sideways curvature and potential pain or deformity.
* Facet joint syndrome: Degeneration or inflammation of the facet joints in the spine, resulting in back pain and stiffness.

Hip:

The hip is a ball-and-socket joint that connects your thigh bone (femur) to your pelvis. Common hip issues include arthritis, bursitis, and fractures. Arthritis can cause pain and stiffness, while bursitis results in inflammation and tenderness. Fractures are breaks in the hip bone, often due to falls or osteoporosis. Treatments range from medications and physical therapy to surgery, depending on the severity of the condition.

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JOURNEY

**Orthopedic Patients Journey**

Latest medical technology with the state of art medical facility to provide his patients the best possible outcome.

**Consultation**

* Medical History
* Physical Examination
* X-rays
* Other Tests

**Find Right Surgery**

* Holistic Approach
* Age, Pain Level
* Functional Impairment
* Risk Factors

**Procedures**

* Preparing for Surgery
* Post Procedure
* Procedure at time

**Follow-up Care**

* Caring for Your Incision
* Physical Activity
* Follow-Up Visit