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## **News Release**

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## **For immediate Release**

# **Local Knee and Shoulder Specialist goes Global with Surgical Procedures that Benefit Patients**

**Chester, VA--** Dr. Vic Goradia with Go Orthopedics in Chester was recently invited to Hawaii to provide instruction on the latest arthroscopic techniques for knee and shoulder surgery to approximately 50 orthopedic surgeons from around the world-- including doctors from Korea, Japan and Hawaii.

The primary surgical procedures taught were the All-Arthroscopic ACL reconstruction, Arthroscopic double row rotator cuff repair, Arthroscopic repair of the shoulder labrum and SLAP tear, as well as procedures for cartilage repair and restoration. Dr. Goradia provided lectures as well as live surgical demonstrations with cadavers so that surgeons were able to learn and practice these procedures utilizing the same equipment available to them in the operating room.

When asked about the advantages of these procedures, Dr. Goradia said, "The biggest advance in knee and shoulder surgery in the past 5 years is that I can now perform nearly 100% of the surgeries noted above arthroscopically, which is minimally invasive surgery with fewer risks to the patient. This means I create very small skin punctures and perform the entire repair using a small fiber optic camera. This minimally invasive surgery translates to less scarring, trauma, blood loss, faster recovery to the patient and better long-term results."

He further commented that, "In the past 2 years, I have routinely performed more anatomically correct repairs (repairs that restore normal anatomy). For example, a normal anterior cruciate ligament (ACL) in the knee is composed of two bundles. Until the past few years, surgeons have only been reconstructing one of these bundles when performing the surgery. Although the results have been good, we are hoping to provide even better outcomes with the double bundle surgery. Similarly in the shoulder, I can now perform arthroscopic double row repair for rotator cuff repairs which is more anatomically accurate." When asked how these advances affect patients, Dr. Goradia responded, "Although this is still debated among orthopedic surgeons, I strongly believe that these more anatomic repairs provide better long term results in appropriate situations."

For patients, it means you should seek orthopedic surgeons who have experience performing advanced knee and shoulder surgeries arthroscopically. For surgeons who are interested, there are numerous courses available so they can learn these more advanced procedures.

So far this year, Dr. Goradia has served as an instructor for 10 different courses but indicates there will be more available for interested surgeons. Later in November he will be teaching 3 courses at the *Fall Course of the Arthroscopy Association of North America* in Phoenix, AZ.

Dr. Goradia, founder of Go Orthopedics, is a nationally known orthopedic surgeon specializing in knees, shoulders and sports medicine. Go Orthopedics is a full-service orthopedic surgical practice that will see patients with acute injuries same or next day. Services include on-site x-rays, physical therapy, injury and surgical evaluation. For more information, patients and physicians can call Go Orthopedics at 804-452-1638 or visit their website at [GoOrtho.net](http://GoOrtho.net) for videos of advanced shoulder and knee procedures.