



ORTHOPAEDICS SERVICES

DEPARTMENT OF ORTHOPAEDIC SURGERY

Our Orthopaedic Department is made up of doctors with fellowships in dedicated sub-specialties such as knee, hand, sports and paediatric orthopaedic surgery. The focused training in their specific field facilitates better patient care and makes QUICKCARE a “one stop shop” for orthopaedics. Cross departmental referrals ensure every patient is treated by the physician with the most experience for each diagnosis.

Whether it is a congenital condition (present at birth) or the result of an injury, our experts can assess, diagnose, and treat your condition.

OUR ORTHOPAEDIC TREATMENTS INCLUDE:

Hand & wrist treatments and surgery – For both adults and paediatric patients

Joint Replacement – Hip joint & Knee joint replacement and revision surgery

Foot & Ankle injuries

Sports Medicine – Include treatment of acute knee injuries, anterior cruciate ligament (ACL) reconstruction, arthroscopic surgery

Paediatric orthopaedics – Including neonatal, hip screening, treatment of club foot and other common limb problems, correction of limb deformities and limb lengthening.

Regenerative Medicine

Spine surgery for neck & back – Including surgery for disc disease, artificial disc replacement for cervical disc disease, lumbar microdiscectomy, spinal deformity surgery (scoliosis and kyphosis) for adults and children.

PAIN SERVICE

The orthopaedic department works closely with the Pain Clinic at QUICKCARE for those orthopaedic patients suffering from chronic pain.

THE MOST ADVANCED TECHNOLOGY

The orthopaedic service at QUICKCARE is supported by various diagnostic facilities with state-of-the-art equipments.

PHYSIOTHERAPY

For paediatric patients we offer on-site treatment by our trained paediatric physiotherapist. For our adult patients we also have seasoned trained physiotherapist that offer high standard care to our patients.

Book an Appointment

BOOK IN-PERSON

CONSULTATION BOOK ONLINE

CONSULTATION

FOOT & ANKLE INJURIES

HAND SURGERY

HIP PAIN & INJURIES

JOINT REPLACEMENT

PAEDIATRIC ORTHOPAEDICS

RAPID RECOVERY JOINT REPLACEMENT CENTRE

REGENERATIVE MEDICINE

SPINE INJURIES

SPORTS MEDICINE

FOOT & ANKLE INJURIES

Our doctors at our Orthopaedics Department are leaders in the treatment of foot and ankle conditions. Conditions that we treat include:

ANKLE SPRAINS AND INSTABILITY: usually caused when the foot is suddenly twisted with the sole pointing inwards; this is known as an 'inversion injury'. The ankle can remain unstable after it has

healed, giving way and causing further injuries. In some cases, this can be treated without surgery, with physiotherapy to help strengthen the joint. However, if the ankle doesn't return to normal you may be offered surgical or arthroscopic intervention to repair damage to the joint

ACHILLES TENDON PAIN AND TENDINITIS: the Achilles tendon is the large tendon at the back of the ankle that connects the calf muscle to the heel bone. Pain can be caused by changes in training intensity and/or by arthritis or other inflammatory disorders. Doctors will normally use an MRI scan to diagnose the problem and, in many cases, it can be treated without surgery through rest and physiotherapy. However, in some cases you may be offered tendon replacement surgery

ACHILLES TENDON RUPTURE: when the Achilles tendon becomes torn – either partially or completely. This can happen during intense training and/or if the tendon is weak. Urgent treatment for a complete rupture involves surgery, which can lead to a better chance of a satisfactory recovery

ARTHRITIS: the smooth cartilage that lines the bones inside the ankle joint can become worn with age or as a result of a previous injury. This causes friction between the bones when you move. Pain gradually becomes worse over time and, if this interferes with your daily activities, you may need to have ankle arthroscopy to tidy up the joint and help restore your normal movement. Alternatively, you may be offered ankle joint replacement or joint fusion. Arthritis can also affect other joints in the foot including the big toe, midfoot, and hindfoot. Some people are affected by rheumatoid arthritis, a long-term autoimmune disease that can cause arthritis to develop in the foot and ankle

BUNIONS: these can develop on the joint that connects the big to the foot and can be part of a condition called hallux valgus when the big toe joint bends towards the little toes. It's normally caused by injury, but may be made worse by ill-fitting shoes or high heels and can be treated non-operatively with toe spacers or padded insoles; or surgically to correct the deformity

FLAT FEET: can be caused by a problem with the tendons that supports the arch of the foot or by arthritis in the joints around the heel. It can also be caused by tibialis posterior tendon dysfunction or rheumatoid arthritis in the mid or hind foot. Your surgeon will be able to advise you about the best treatment, which may include surgery

FRACTURES OF THE ANKLE including stress fractures and 5th metatarsal fracture

FREIBERG'S DISEASE, affecting the 2nd metatarsal bone in the foot which becomes misshapen

HEEL PAIN (plantar fasciitis): caused by inflammation in the fascia, the thick lining of the sole of the foot

GANGLIONS, harmless fluid-filled lumps

INGROWN TOENAIL

MORTON'S NEUROMA, caused by a small swelling, normally between the third and fourth toes

PERONEAL TENDON PROBLEMS

SESAMOIDITIS: inflammation of the sesamoid bones (under the big toe joint)

TAILOR'S BUNION, a lump at the base of the little toe on the outside of the foot

TARSAL TUNNEL SYNDROME (compression of the posterior tibial nerve, on the inside of the ankle)

TOE DEFORMITIES – hammer, mallet and claw toe

TIBIALIS POSTERIOR DYSFUNCTION: a condition that causes flat foot

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ACHILLES INJURIES

ACHILLES INJURIES

QUICKCARE Orthopaedics Department has experts in achilles injuries to ensure you have the optimal treatment and best chance of recovery.

Some of the common types of Achilles injuries include:

ACHILLES TENDON PAIN AND TENDINITIS: This might occur due to damage or overuse of the area causing pain around the heel and down the back of the leg. Tendonitis can cause some parts the Achilles tendon to get thicker and harden and this tends to get worse if left untreated.

ACHILLES TENDON RUPTURE: The tendon fibres can tear causing a partial or complete break in the tendon. As this happens, you can hear a 'pop' sound coming from the back of the calf or heel. This may indicate a tendon rupture and immediate medical attention is needed.

The Achilles tendon is a band of fibrous tissues that connects the calf muscles to the heel. Also known as the calcaneal tendon, it is a flexible tendon which helps in everyday activities such as walking, jumping and running as it can withstand a lot of stress and pressure during these activities.

Achilles tendon injuries can be caused by several factors such as:

Improper footwear

Overuse or increased intensity of an activity or sport

Misalignment or exercising on uneven surface

Tight calf muscles when starting an activity

Side effects of certain medications

Accidents

Symptoms of Achilles Injuries

Symptoms of Achilles injuries include:

Pain near the heel or down the back of the leg

Pain that worsens with activity

Pain in the tendon after exercising

Pain accompanied by swelling and gets worse with activity

A stiff and sore Achilles tendon when you get up

Thickening of the tendon

Bone spurs on the heel bone

Difficulty in flexing the affected foot

A 'pop' sound accompanied by a sharp pain suggesting a ruptured tendon

Treatment of Achilles Injuries

Our Orthopaedics Department has experts in Achilles injuries to ensure you have the optimal treatment and best chance of recovery. Treatment of Achilles injuries depend on the type and severity of the injury.

At QUICKCARE our team of specialists, offer tailored management and treatment of your condition and are always available to answer any questions that you might have regarding your particular condition.

ACHILLES TENDON PAIN & TENDINITIS

A tendon is a band of tissue that attaches the muscle to the bone, and it is fibrous, tough, flexible and can withstand tension. While a ligament extends at a joint from bone to bone, a tendon tends to extend from bone to muscle. Tendons and muscles work alongside each other to exert a pulling force.

Although tendons and ligaments are fibrous and tough, they are known as soft tissue because compared to the bone, they are soft.

The Achilles tendon is located between the calf muscle at the lower leg and the heel bone. Achilles tendinitis or tendonitis occurs when this tendon is overused or put under excess strain resulting in inflammation or microtears. The injury is mostly sports-related, but it can also be caused by shoes that do not support the foot properly or do not fit well.

Causes Tendon Pain and Tendinitis

Achilles tendinitis is caused by intense strain on the Achilles tendon. This is the tendon that you use when walking, running, jumping or when pushing up against your toes.

The Achilles tendon structure weakens with age and it can cause individuals who particularly participate in sports once or twice a week or those who suddenly increase the intensity of their sports activities to be more susceptible to injury. There are also other factors which can increase your risk of developing Achilles tendinitis such as:

AGE: It is more common as you grow older

SEX: It mostly occurs in men

PHYSICAL ISSUES: Having a naturally flat arch in your foot, tight calf or being obese puts more strain on the Achilles tendon.

UNDERLYING MEDICAL CONDITIONS: Individuals with high blood pressure arthritis or psoriasis are at a higher risk of developing Achilles tendinitis

Using worn out or incorrect shoes when exercising

Running on uneven surfaces

Symptoms Tendon Pain and Tendinitis

Symptoms of Achilles tendinitis include:

Gradual build-up of pain which worsens over time

A sore Achilles tendon

Pain at the back of the leg after exercising

The lower leg feeling slow, stiff or weak

Swelling of the Achilles tendon which forms a bump

Creaking of the Achilles tendon when moved or touched

Diagnosis Tendon Pain and Tendinitis

After asking about the symptoms, your physician will perform a physical examination. This will involve lightly touching the back of the tendon and ankle so as to locate the exact source of the inflammation or pain. He/she will then test the ankle and foot to see if its flexibility and range of motion is impaired.

Imaging tests such as an x-ray, ultrasound or MRI helps to eliminate other possible causes of swelling and pain as well as assess damage to the tendon.

Treatment Tendon Pain and Tendinitis

Although Achilles tendinitis tends to respond well to self-care, when the symptoms appear to be more severe, your physician may recommend other treatment options such as:

MEDICATIONS to relieve the pain and inflammation

PHYSICAL THERAPY to promote healing and strengthen the Achilles tendon

SURGERY if the other treatments do not work or if the tendon has torn

Next Step

At QUICKCARE Hospital Lagos, we focus on offering an exemplary service, from initial consultation through to final diagnosis and treatment and beyond. Our team of expert doctors and nurses are here to offer tailored management and treatment of your condition, and to answer any questions that you might have throughout your time with us. Whatever you need us for, we're only a phone-call away.

ACHILLES TENDON RUPTURE

Achilles tendon is a band of connective tissue that runs from the calf muscles to the bones of the heel, located at the back of the leg. It is also the longest tendon in the human body. The Achilles tendon is critical when it comes to walking and running, and enables one's ability to point the toes, and stand on the tip of the toes.

Achilles Tendon Rupture, also known as ATR, is a common tendon injury that is most synonymous with athletes, but it can happen to anyone. Injury to this tendon can range from mild, and moderate to severe, the most severe being a tear or Rupture.

Causes of Achilles Tendon Rupture

The Achilles Tendon Rupture is usually common among active people ages between 21-45 years old. The Rupture occurs as a result of over-stretching the tendon beyond its capacity. Some of the common causes of this Rupture include:

Accelerated running

Jumping

Falling

Dancing

Accelerated slow down while running

Pivoting

Sudden push and lift of the foot with great force e.g. While sprinting

Other less common causes of an Achilles Tendon Rupture include:

Tight tendons

High heels

Lack of flexibility

Fluoroquinolone medications (antibiotics)

Oral or injectable corticosteroids' use

Old age

Genetics

Underlying medical conditions like diabetes, gout, rheumatoid arthritis, and thyroid disease

Symptoms of Achilles Tendon Rupture

The most common symptom of an Achilles Tendon Rupture is pain at the back of the foot, especially when one tries to stand on the toes. Other symptoms include:

A popping sensation when the tendon Ruptures

Sudden pain at the calf

Swelling close to the heel

Inability to point the toes or stand on them

Diagnosis of an Achilles Tendon Rupture

When seeing a doctor for an Achilles Tendon Rupture, he/she will start by a physical exam of both legs. If the tendon is Ruptured, there might be swelling and bruising. However, if the tendon is completely Ruptured, the specialist may be able to feel a gap between the heel and the calf, where the Achilles Tendon is located.

To know the severity of the injury to the Achilles Tendon, images of the tissue may be required, which is done through an X-Ray, MRI scan or ultrasound.

Treatment of Achilles Tendon Rupture

The treatment of Achilles Tendon Rupture depends on the patient's health status, any underlying medical concerns, levels of activity as well as the root cause of the injury. There are two options when it comes to the treatment of a Ruptured Achilles tendon; non-surgical and surgical approaches. If the injury is mild to moderate, the tendon might be allowed to heal on its own, whether in a cast or out. Some of the conservative or non-surgical treatment options for a mild to moderately Ruptured Achilles tendon include:

Over the counter medications to alleviate the pain

Keeping the leg elevated

Using a walking boot, cast or crutches to support the leg

Applying on the injured area

Compressing the injured area to keep down swelling

Physical therapy

Surgical treatment options for a Ruptured Achilles tendon include:

The surgical approach for a Ruptured Achilles tendon is usually straight forward and involves stitching together the torn tendon through an incision on the lower leg. Depending on the surgical technique used, whether minimally invasive or open, the healing of the injury may take weeks or months.

Rehabilitation After Treatment

After either treatment options, rehabilitation, which includes physical exercises to regain strength on the Achilles Tendon may be required. For athletes who's aim is to return to their full level of performance, functional rehabilitation may be required, which involves the movement and coordination of different parts of the body.

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