



The Cape Town Knee Unit combines cutting-edge technology and a multidisciplinary approach designed to effectively treat patients suffering from all knee pathologies. The state-of-the-art facilities at Cape Town Medi-Clinic are home to a group of dedicated professionals who combine their skills to offer patients comprehensive treatment.

SURGERY

Dr. Ockie Van Zyl is a specialist orthopaedic surgeon who offers a full range of orthopaedic procedures. He was one of the first surgeons in Cape Town to perform collagen meniscus implants and meniscus allograft surgery. He follows a patient-centred approach with a strong emphasis on pre- and post-operative rehabilitation.

Using the latest techniques, his surgical procedures and implants include:

- Meniscus implants
- Cartilage procedures
- Knee arthroscopies
- Partial and total ligament reconstructions
- Knee replacements
- Total hip replacements
- Hip resurfacing.

New technology! Autologous Conditioned Plasma (ACP) injection – using the patient's own plasma enhances healing and helps with osteoarthritis. For more information, visit www.kneeandhipssurgery.com

Contact: [+27 21 423 5150](tel:+27214235150) or visit www.kneeandhipssurgery.com

PHYSIOTHERAPY AND HYDROTHERAPY

Esther Miller, a physiotherapist with extensive experience, focuses on hydrotherapy and rehabilitation. The practice has a state-of-the-art, heated, indoor swimming pool where patients receive pre- and post-operative treatment from a healing-orientated practitioner. Her treatment protocols include:

- Pre-operative assessment and pre-operative exercise prescription
- Post-operative treatment during the hospital stay
- Hydrotherapy
- Land-based re-integration physiotherapy.

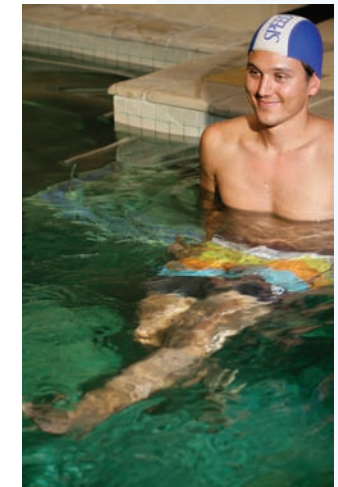
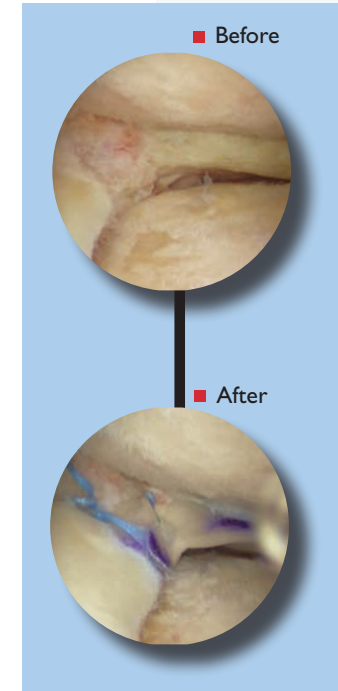
Contact: [+27 21 424 5268](tel:+27214245268) or visit www.emillerphysio.co.za

BIOKINETICS

Gerrie Berner is a biokineticist who works with patients in their final stage of rehabilitation. The focus is on function maximisation and enhancing sporting performance. His final-phase rehabilitation protocol includes:

- Exercise prescription according to the individual's level of fitness and specific functionality requirements
- Supervision and monitoring of exercise programmes
- Sport-specific testing and programme design
- Sports massage.

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Committed to Quality Care



CONTACT DETAILS

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Cape Town Knee Unit

A new world of knee management



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