



## TEXAS INSTITUTE OF ORTHOPEDIC SURGERY & SPORTS MEDICINE

### TiOS Board-Certified Orthopedic Surgeons

Dr. Amir Khan • Dr. Zubin Khubchandani  
Dr. Scott Wenger • Dr. Scott Hrnack

### GRAPEVINE OFFICE:

815 Ira E Woods Ave. Suite 100, Grapevine, TX 76051

### APPOINTMENTS & REFERRALS:

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# Expertise in fractures, sports medicine, knee pain & joint replacement speeds return to activity

Since 2004, Texas Institute of Orthopedic Surgery & Sports Medicine (TiOS) has helped thousands of injured athletes and weekend warriors return to their favorite activity.

TiOS includes the expertise of four board-certified orthopedic surgeons, Dr. Amir Khan, Dr. Zubin Khubchandani, Dr. Scott Wenger and Dr. Scott Hrnack. All are fellowship trained in their specialty of orthopedic surgery, the highest level of medical training in the U.S. Additionally, the surgeons have extensive personal experience in sports and athletics, having covered sports teams and athletic injury at the high school, college and professional level.

TiOS surgeons recognize that their patients are athletes and active adults who want to get back to activity quickly, and where possible, with non-surgical treatment options.

The orthopedic surgeons at TiOS perform a variety of knee, shoulder and hip surgeries through a minimally invasive arthroscopic approach. For example, TiOS surgeons treat hip joint disease using new hip arthroscopy techniques designed that enable the trained surgeon to access the hip area without the need for a large incision.

Many times hip arthroscopy can repair the hip joint without the need for — or at least delaying — total hip replacement surgery. While hip arthroscopy requires special training, it is much less invasive than a large hip joint incision. It also permits more detailed visualization of the hip structures by virtue of the cannula and camera capabilities within the new instrumentation.

### Sports Medicine Expertise

- Shoulder pain
- Rotator cuff problems
- Shoulder ligament strain
- Hip arthroscopy
- Hip replacement
- Knee pain from ligament tears: torn ACL, MCL, PCL, MCL,
- Knee meniscus problems
- Knee cap injury
- Knee replacement



Scott Hrnack, MD • Amir Khan, MD • Zubin Khubchandani, MD • Scott Wenger, MD

“Just as arthroscopy has revolutionized traditional knee surgery, hip arthroscopy is now becoming the new gold standard with surgery to address hip joint problems,” says Dr. Scott Hrnack. “Hip arthroscopy is of tremendous value especially for the person who is under 55 years old and wants to delay a hip replacement as long as possible. That is because the lifespan of an artificial hip may be limited to 15 to 20 years before it may require complex revision surgery.”

For those patients with severe osteoarthritis, however, joint replacement with the implantation of an artificial joint may be required. TiOS surgeons provide joint replacement for the hip, knee and shoulder.

Specific to shoulder replacement, TiOS surgeons can provide traditional shoulder replacement as well as reverse shoulder replacement. In reverse shoulder replacement surgery, the position of the ball and socket are “reversed” where the ball is applied to the shoulder and the plastic socket is attached to the upper arm. This enables the

person to lift the arm using a different muscle than the injured rotator cuff.

TiOS surgeons also attempt to exhaust non-surgical treatment options where possible. This may include specialized exercises with the internal TiOS physical therapy department to strengthen the muscles supporting the injured joint. The physical therapist ensures that the exercises are done properly. Non-steroidal anti-inflammatory medicines and steroid injections can also help reduce pain and inflammation.

“Our goal is to return the patient to an active lifestyle so they can enjoy return to their favorite recreational activity or sport,” explains Dr. Khubchandani. “We treat our patients for their physiologic age rather than their chronological age. If the person is 60 years old but runs every day and participates in endurance sports, then we recognize that this person is indeed an athlete and has high expectations of their recovery. We strive to meet those expectations.”

## PHYSICAL THERAPY

**ON SITE PHYSICAL THERAPY:** Rather than driving from the physician office to a therapy clinic, on-site therapy at TiOS not only provides a more convenient option, but also ensures the physician prescribed therapy regimen is provided by therapists who specialize in sports medicine. Texas Institute of Orthopedics and Sport Medicine has on-site Physical Therapists that are highly skilled and trained to help patients recover from injuries, conditions and surgeries and work closely with our Orthopedic Surgeons to return patients to their active lifestyles.

Physical therapy plays an important role in healing after injuries, accidents and surgeries. TiOS works on restoring flexibility and easing discomfort. Our therapists are experienced in working with patients of all ages and activity levels from children to senior citizens and college to professional athletes.

Patients will be connected with a physical therapist that has advanced training in many techniques, which are the most well-respected therapy methods in the country. The therapists at TiOS have skills and techniques that are specifically oriented at relieving pain and symptoms.



# WHEN CONSERVATIVE CARE ISN'T ENOUGH

A discussion of topics including symptoms, pain and discomfort, and treatment options

Many people can recover from painful symptoms with nonsurgical treatment options like injections that reduces inflammation around a nerve root or customized physical therapy to strengthen the affected muscles and ligaments. Sometimes, if nonsurgical treatment, rehabilitation and therapy is unsuccessful, the only way to heal a problem may be through surgery. If you have a condition that is irreparably damaged or has eroded away because of arthritis, then surgery may be the next logical step.

The Orthopedic Surgeons at TiOS specialize in General Orthopedics with an emphasis on Sports Medicine and Arthroscopy for patients in Grapevine, Texas and surrounding areas. TiOS is proud to provide Orthopedic care to our community and we are committed to providing the "state of the art" care to all of our patients.

For injuries ranging from shoulders to foot and ankle, at TiOS we have  
**"A Selfless Passion for Excellence in Care."**



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## TiOS PHYSICIANS

### AMIR KHAN, MD

Board Certified Orthopedic Surgeon  
Fellowship trained in Sports Medicine  
& Arthroscopic Surgery



Dr. Amir Khan is double fellowship trained in Sports Medicine & Arthroscopic surgery along with Foot and Ankle Surgery. Dr. Khan brings vast experience in the care of the athlete at both the pro and amateur level including NFL San Francisco 49er's and NCAA Division 1 athletics. Dr. Khan specializes in joint replacement, fracture care, adult and pediatric general orthopedics. He has expertise in the treatment of athletic injuries and complex disorders of the shoulder and knee including ligament repair, reconstruction, and cartilage restoration surgery.

### ZUBIN KHUBCHANDANI, MD

Board Certified Orthopedics & Sports Medicine  
Fellowship trained in Sports Medicine



Dr. Khubchandani is one of the few orthopedic surgeons in the area who is "Double Boarded" in both Orthopedic Surgery and Sports Medicine, which requires a higher level of training and testing. Dr. Khubchandani completed a Sports Medicine and Arthroscopy fellowship with an emphasis on complex shoulder and knee disorders. He specializes in orthopedic surgery, arthroscopy, sports medicine, knee and shoulder injuries, cartilage restoration, fracture care, joint replacement, endoscopic carpal tunnel release, and the nonsurgical management of orthopedic injuries in adults and children.

### SCOTT WENGER, MD

Board Certified Orthopedic Surgeon  
Fellowship trained in Sports Medicine



Dr. Scott Wenger is fellowship trained in Sports Medicine. Dr. Wenger completed a sports medicine fellowship at the prestigious Kerlan-Jobe Orthopaedic Clinic where he trained under some of the top sports medicine physicians in the country. While at KJOC, he assisted in the care of high school, collegiate and professional athletes including the USC Trojans, LA Lakers, LA Dodgers, LA Kings, Anaheim Ducks, Anaheim Angels, and LA Sparks. His specialties include arthroscopic knee and shoulder repair and reconstruction, cartilage restoration, fracture care, joint replacement, adult and pediatric general orthopedics.

### SCOTT HRNACK, MD

Board Certified Orthopedic Surgeon  
Fellowship trained in Sports Medicine



Dr. Scott Hrnack is fellowship trained Orthopedic Surgeon. Dr. Hrnack began his medical training at the University of Texas at Houston which included orthopedic surgery training at Tulane University in New Orleans and Vanderbilt in Nashville. After residency, Dr. Hrnack pursued advanced specialty fellowship training in arthroscopic procedures and sports management in Plano, Texas. He specializes in hip pain, knee pain, shoulder pain and sports medicine.