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 fellowshipped 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 injuries 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 whenever 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 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.

“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 50 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 and knee.

TiOS surgeons also attempt to exhaust non-surgical treatment options where possible. This may include specialized exercises with the on-site 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 returning 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.”

Dr. Wenger notes that the professional athlete has high expectations from treatment. “Competitive athletes are used to working through pain and are committed to returning to their pre-injury abilities,” Dr. Wenger emphasizes. “We know they plan to push themselves after surgery, so we have to make sure they don’t proceed too aggressively and re-injure themselves.”

Dr. Khan agrees. “Working with the San Francisco 49ers, I understood that a player’s livelihood and earning potential depended upon a full recovery where he was going to push himself to his previous level. That requires a lot of attention to detail with the post-surgical recovery to lessen the risk of a recurrence.”
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 Surgery 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 high school 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 aimed at relieving pain and symptoms.

CURBSIDE CONSULT

Meniscus Tears - Surgical vs Conservative Treatment

Meniscus preservation is vitally important to prevent or help delay the onset of osteoarthritis. So why would we EVER do a partial meniscectomy? The answer is that not all meniscus tears are repairable. In fact, most are not repairable. This is often the case in older patients who tend to have complex (multiplanar) meniscus tears. Partial meniscectomy may be necessary in these cases. The literature shows that people with complex meniscus tears who have a partial meniscectomy have similar results as those who do not have surgery. Therefore, it is important to try conservative management first whenever possible. Younger patients tend to have meniscal tears that are more amenable to repair and are therefore offered surgery much earlier.

The surgeons at TiOS have built a reputation of being conservative. We believe the best surgery is the one you don’t need. We are happy to see your patients, get them in quickly and treat them like family. I hope you find this helpful the next time you have to navigate a meniscus tear. Cheers!

- Zubin Khubchandani, MD

AMIR KHAN, MD
Double Board Certified in Orthopedic Surgery & Orthopedic Sports Medicine
Double Fellowship trained in Sports Medicine & Arthroscopic Surgery and Foot and Ankle Surgery
Dr Khan is a Fellow of the American Academy of Orthopedic Surgeons, and a member of the Arthroscopy Association of North America. He has done extensive research in orthopedics and has authored several articles in reputed Orthopaedic Journals. 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 and reconstruction, cartilage restoration surgery and biologics/stem cell therapy.

ZUBIN KHUBCHANDANI, MD
Double Board Certified in Orthopedic Surgery & Orthopedic Sports Medicine
Fellowship trained in Sports Medicine & Arthroscopic Surgery
Dr. Zubin Khubchandani is double board certified and fellowship trained in Orthopedic Sports Medicine & Arthroscopic surgery with an emphasis on complex shoulder and knee disorders. He has experience treating athletes at all levels. Dr. Khubchandani spent 4 years working side by side with physicians treating the Kansas City Royals and Kansas City Chiefs. He specializes in orthopedic surgery, arthroscopy, sports medicine, knee and shoulder injuries, cartilage restoration, fracture care, joint replacement, and the nonsurgical management of orthopedic injuries in adults and children.

SCOTT WENGER, MD
Board Certified Orthopaedic Surgeon
Fellowship trained in Sports Medicine
Dr. Scott Wenger is fellowship trained in Orthopedic Sports Medicine. He completed his 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, regenerative orthopedics, and general orthopedics in adults and children.

SCOTT HRNACK, MD
Board Certified Orthopedic Surgeon
Fellowship trained in Sports Medicine
Dr. Scott Hrnack is fellowship trained in Arthroscopic procedures and Sports medicine. He began his medical training at the University of Texas at Houston which included Orthopedic Surgery training at Tulane in New Orleans, LA and Vanderbilt in Nashville, TN. During his fellowship and residency, Dr. Hrnack published several articles, presented research at several meetings, and co-authored a book chapter. He continues as a volunteer reviewer and is on the Editorial board for the Arthroscopy Journal. He sees a variety of general orthopedic conditions including nonoperative and operative adult orthopedics and pediatric orthopedics, arthroscopy, fracture management, joint pain, joint replacement, cartilage regeneration, regenerative medicine, and sports medicine.

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Dr Khan is a Fellow of the American Academy of Orthopedic Surgeons, and a member of the Arthroscopy Association of North America. He has done extensive research in orthopedics and has authored several articles in reputed Orthopaedic Journals. Dr Khan brings vast experience in the care of the athlete at his pro level including NFL San Francisco 49er’s, XFL Football-San Francisco Demons, The X-games at San Francisco, and San Jose Ballet. He has also cared for several colleges and NCAA Division 1 programs including Stanford and Santa Clara University. 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 and reconstruction, cartilage restoration surgery and biologics/stem cell therapy.

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