

BE YOUR OWN HERO



**Your Knees can now
HEAL FASTER, FEEL BETTER & LAST LONGER!!**

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Knee pain from Osteoarthritis can limit your daily life—but effective treatments are available.

And when Knee Replacement becomes the best option, AHCH offers advanced technology, skilled surgeons, and a patient-first approach to ensure safe, precise, and comfortable outcomes.

At Amba Health Centre & Hospital, our focus is simple:

Walk better. Move freely. Live fully.

This booklet will help you understand Knee Replacement surgery and how our team supports you at every step.

Dr. Maunil Nayak





Is Your Knee Pain Controlling Your Life?

YOU MAY BENEFIT FROM KNEE REPLACEMENT IF YOU HAVE:

- Pain for 6+ months
- Difficulty climbing stairs
- Pain while walking or standing
- Night pain disturbing sleep
- Medications/Physiotherapy not helping
- Reduced quality of life



Why Choose AHCH For Knee Replacement?

AHCH = Precision + Safety + Compassion.

**Experienced
Orthopaedic Surgeon**

**Transparent cost with
no hidden charges**

**Clean, safe, modern
infrastructure**

**Caring staff that treats
you like family**

**Latest Robotic
technology**

**Fast recovery –
walking begins in 24–
48 hours**

**Insurance & EMI
support**

**Dedicated
physiotherapy for
faster results**



AHCH
AMBA HEALTH CENTRE & HOSPITAL

Your Knee Replacement Journey at AHCH



1. Consultation & X-ray

We understand your pain, lifestyle, and goals



2. Pre-Surgery Preparation

Blood tests, fitness evaluation and implant planning



3. The Surgery

Performed with precision + expert surgeon



5. Discharge in 2–3 Days

Safe, comfortable, and supervised stay



4. Walk in 24–48 Hours

Fast recovery helps you get on your feet early



6. Guided Physiotherapy

Customized recovery program



7. Life After Surgery

Stairs, walking, and daily activities become possible again

Why Robotics?

Imagine a pilot flying through a storm. Years ago, the pilot depended mainly on instincts.

Today, advanced GPS and autopilot systems guide the flight —making it smoother, safer, and more precise.

Robotic Knee Replacement works the same way.

In a traditional knee replacement, much of the procedure relies on the surgeon's visual judgment. But with robotic assistance, the same surgeon gets a detailed 3D view of your knee and can plan the exact size, angle, and placement of the implant with exceptional accuracy.

The result?

More precision. More consistency. Better outcomes. Every time.

Personalization **Versatility** **Performance**





Improved
Walking



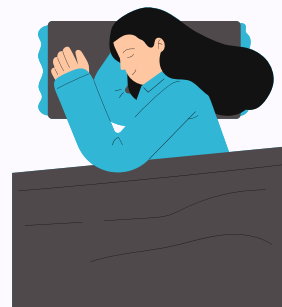
Sit Cross Legged



Enjoy Precious
Moments



Climb Stairs



Better Sleep



Common Concerns *Answered Honestly*

- | | |
|---|---|
| 1 "Is the surgery painful?" | We use advanced pain-control methods – discomfort is minimal and improves fast. |
| 2 "How long until I can walk?" | Most patients walk within 24–48 hours. |
| 3 "When can I resume normal life?" | Daily activities: 3–6 weeks
Driving: 4–6 weeks
Stairs: 3–4 weeks |
| 4 "What if something goes wrong?" | We follow strict safety protocols with a highly trained team and proven track record. |
| 5 "Is robotics necessary?" | Not mandatory – but it delivers higher accuracy and more predictable results. |



Dr. Maunil Nayak MS Orthopaedics, FIJRS, FRAS

- He has 12+ Years Experience
- 10,000+ Surgeries Performed
- Specialist in Robotic Knee Replacement Surgery



[Click here for Doctor Profile](#)

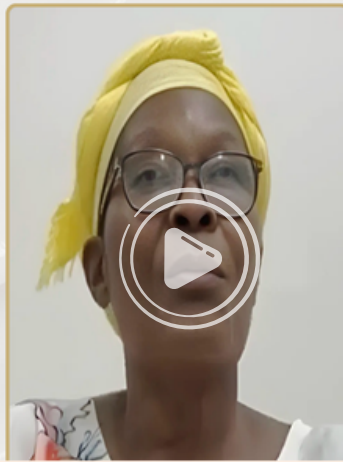
Knee Replacement Patient Testimonials



Jyotsnaben J. Shah



 [Click to Watch](#)



Pamela (from Kenya)



 [Click to Watch](#)



Prabhaben Gardhariya



 [Click to Watch](#)



Nonghubha Zala



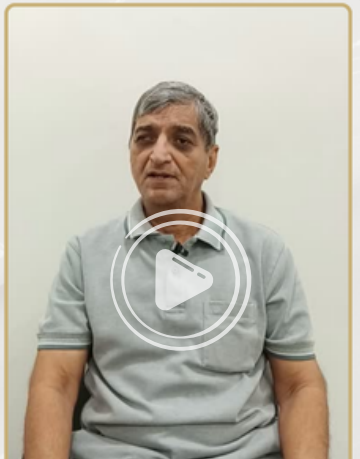
 [Click to Watch](#)



Sunil Patel



 [Click to Watch](#)



Prabhulal V. Thakkar



 [Click to Watch](#)





Walk better. Move freely. Live fully.


Your journey starts today.


Get a Free Expert Review of Your Knee X-ray

Just WhatsApp your knee X-ray to us and our surgeon will personally review it.

**+91 9924348887**



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 **9924343111**

 **ahchospital.org**

 **Trimandir Sankul, Adalaj**