

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

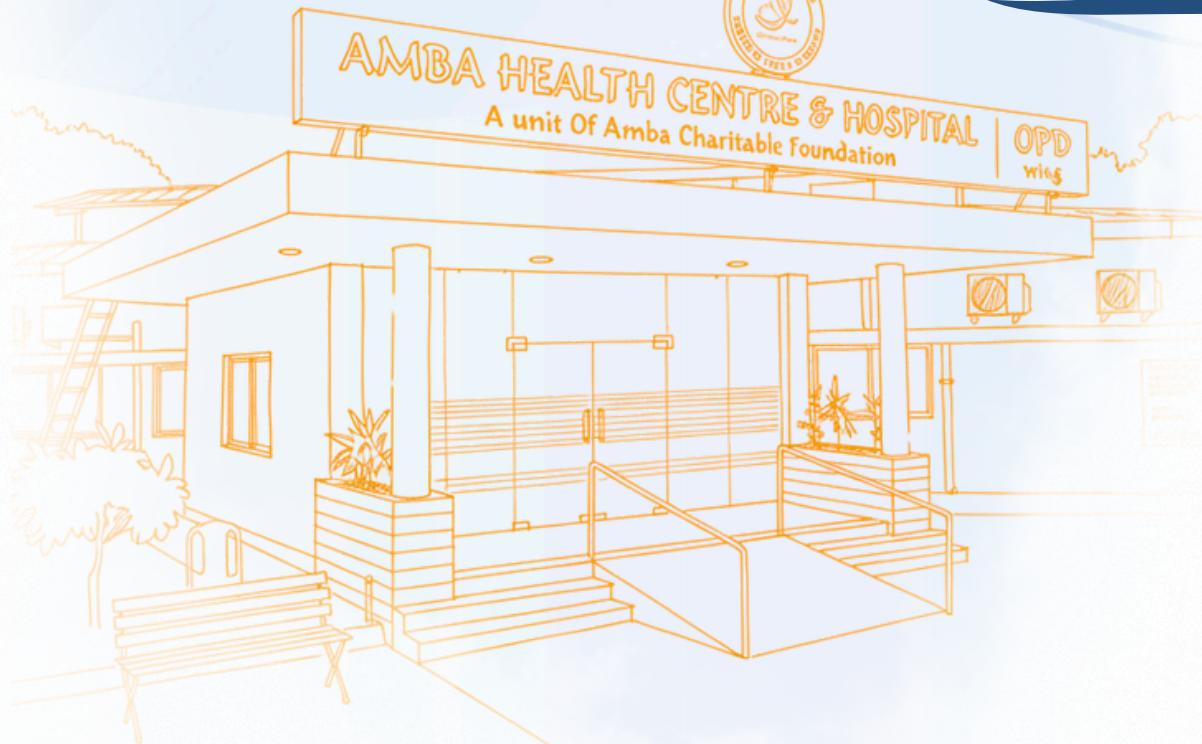




Is Your Knee Pain Controlling Your Life?

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

Latest Robotic technology

Transparent cost with no hidden charges

Fast recovery – walking begins in 24–48 hours

Clean, safe, modern infrastructure

Insurance & EMI support

Caring staff that treats you like family

Dedicated physiotherapy for faster results

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

5. Discharge in 2-3 Days

Safe, comfortable, and supervised stay



3. The Surgery

Performed with precision + expert surgeon



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.



Realistic & Reassuring Outcomes Most Patients experience:



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](#)

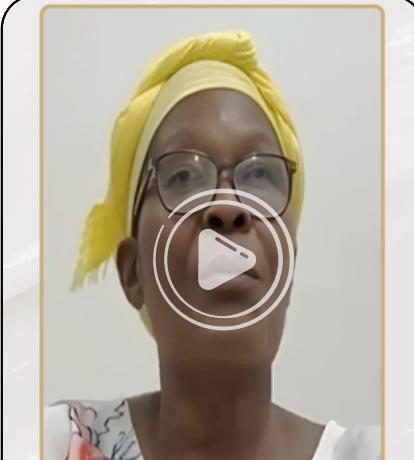
Knee Replacement Patient Testimonials



Jyotsnaben J. Shah



Click to Watch



Pamela (from Kenya)



Click to Watch



Prabhaben Gardhariya



Click to Watch



Nonghubha Zala



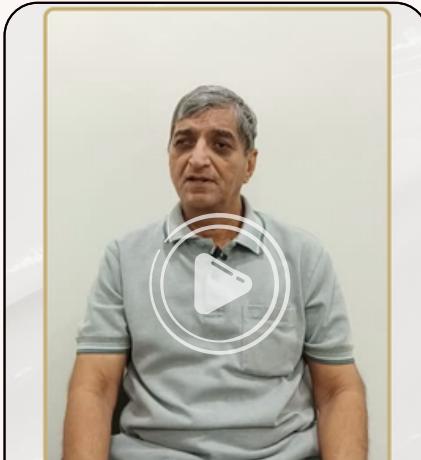
Click to Watch



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.



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