

Bengal's First: ACL Reconstruction with Biological Augmentation at Woodlands

Faster healing, smarter rehab – bringing athletes and active professionals back to action sooner

For countless athletes, an ACL tear feels like a full stop. At Woodlands Multispeciality Hospital, it just became a comma. In a state-first, our orthopaedic team has performed **arthroscopic ACL reconstruction with a biological augmentation implant** on a 31-year-old patient – an innovation designed to **accelerate graft healing and bone integration** and potentially **shorten return-to-sport timelines to about three months** in selected cases.

“The biological scaffold accelerates graft maturation and reduces inflammation, enabling a significantly quicker and more confident return to physical activity,” – **Dr Arnab Karmakar**, consultant, orthopaedic surgery, Woodlands Hospital Ltd.

Unlike conventional ACL reconstruction (where recovery can stretch to 9-12 months), this technique pairs minimally invasive arthroscopy with a **bioactive scaffold** that supports the body's own repair. The science is simple yet powerful: nurture the graft early, integrate it better, and the knee—and confidence—can recover faster.

The implications for sport are profound. Long layoffs erode muscle, morale, and momentum. A shorter, **protocol-driven rehab window** – guided by sports physiotherapy and regular objective assessments—can help athletes reclaim form while reducing the risk of re-injury through staged loading, neuromuscular training, and sport-specific drills.

At Woodlands, this milestone reflects our larger philosophy: **precision surgery, personalised rehab, multidisciplinary oversight**



– from imaging to theatre to the turf. For those sidelined by knee injury, it's the clearest signal yet: the comeback can start sooner.

At a glance

- **What's new:** Biological scaffold-augmented ACL reconstruction (arthroscopic)
- **Why it matters:** Faster graft maturation & integration; reduced inflammation
- **Who benefits:** Athletes/active adults with ACL tears (after specialist evaluation)
- **The path back:** Criteria-based rehab, progressive loading, safe return-to-play

- 65K+ Orthopaedic & Replacement Surgeries
- 60K+ Total Cardiac Interventions
- 3 Lakh+ Surgeries
- 79 Years of Service

1st NABH accredited Emergency Department in Bengal

For suggestions and queries, please write to: corporate.communication@woodlandshospital.in



Whats up WOODLANDS

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From Crash to Comeback

Against impossible odds, Anupam rides again – powered by his grit and Woodlands' integrated team approach

It was drizzling softly on July 26, 2024, as Anupam Bhattacharya, a 55-year-old logistics entrepreneur, cautiously rode his Bajaj Vikrant motorcycle across Vidyasagar Setu towards Kolkata. Unbeknownst to him, his life was about to drastically change. Suddenly, a sand-laden truck, attempting to dodge civic volunteers, swerved violently into Anupam's path. Utilizing instincts honed from his expertise in bike stunts, Anupam deliberately slid his bike to avoid a direct collision. Tragically, a second vehicle, possibly a mini truck, ran over him moments later.



Anupam's injuries were catastrophic: severe limb trauma with exposed bones, crushed pelvis, broken ribs, extensive soft tissue damage, and significant internal bleeding. Initially taken to a government hospital, doctors suggested limb amputations were inevitable. Rejecting this grim prognosis, Anupam swiftly transferred to Woodlands Hospital – a choice he calls “the best decision of my life.”

At Woodlands, an expert multidisciplinary team led by orthopaedic surgeon Dr Kalyan Kumar Guha, plastic surgeon Dr Anupam Golash, neurologist Dr Deep Das, neurosurgeon Dr Ajay Agarwal, critical care specialist Dr Susmita Debnath, general surgeon Dr Darius Anklesaria, pathologist Dr DN Mukherjee, and anaesthetists Dr Asis Kumar Patra and Dr Debjani Ray immediately sprang into action. Over 20 intense days, Anupam underwent eight consecutive surgeries, including internal and external bone fixations, extensive soft tissue reconstructions, and critical neurological interventions to control brain bleeding and respiratory complications.

Remarkably, against steep odds, Anupam not only survived but made a complete recovery. Today, a year later, he is fully mobile, back at home in Behala, and confidently riding his motorcycle again. His remarkable journey of resilience and Woodlands' medical excellence serves as a powerful testament to the human spirit and the transformative power of advanced healthcare.

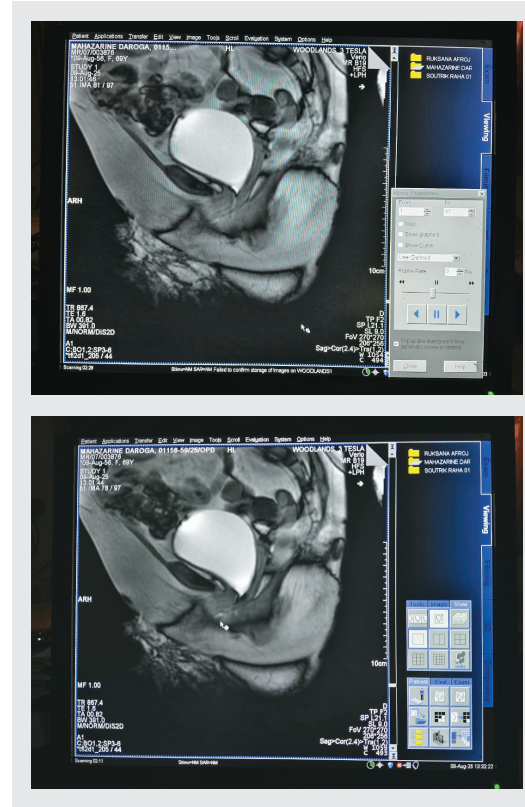


One year and a marvelous recovery on, Mr Anupam Bhattacharya is back to riding two-wheelers

TECH

Advancing Functional Pelvic Imaging: Dynamic MR Urography & Defecography

At the Department of Radio-Diagnosis, Woodlands Hospital, advanced functional MRI techniques are enhancing diagnostic precision in pelvic floor and lower urinary tract disorders. Dynamic MR voiding cystourethrogram provides sequential imaging of bladder emptying during micturition, enabling objective assessment of bladder neck competence and urethral function – vital in cases of incontinence or retention. Complementing this, the MR defecogram evaluates anorectal physiology by documenting rectal evacuation patterns, offering critical insights in chronic constipation, IBS, or pelvic floor dysfunction. By visualizing physiology in motion, these techniques uncover abnormalities invisible on static imaging, supporting accurate diagnosis, multidisciplinary planning, and individualized therapeutic strategies.



MD SPEAKS



Mr Rupak Barua
Managing Director & CEO,
Woodlands Multispecialty
Hospital Ltd.

One Year, Many Firsts, One Purpose

A year can pass in a heartbeat. With this **12th edition** – since our first issue in September 2024 – we celebrate a newsletter that has become our monthly mirror: reflecting clinical excellence, technical rigor, and the people who make Woodlands hum with purpose.

This month's stories capture our arc. A polytrauma survivor who stared down impossible odds and is **back on his bike** – proof that when disciplines move as one, recovery accelerates and hope compounds.

Our Radiology team advances **functional pelvic imaging** with dynamic MR voiding cystourethrogram and MR defecography – seeing physiology in motion, not just in stills. It's precision with empathy.

And in orthopaedics, Bengal's **first biologically augmented arthroscopic ACL reconstruction** signals faster graft maturation and a quicker, safer return to sport – science serving ambition.

Beyond theatres and scanners, we marked **Group Foundation Day** with colour, camaraderie, and well-earned recognitions – because culture is strategy, lived daily.

Our **College of Nursing** lit lamps and futures in equal measure, reminding us that skill grows only when curiosity does.

And as the city readies for Puja and Diwali, **Dr Wood's Corner** nudges us to celebrate wisely – heart-smart plates, dust-smart masks, festival-smart choices.

What ties these threads? A simple promise: **do the basics flawlessly, pursue the new fearlessly, and keep the patient at the centre relentlessly.** Thank you for reading, sharing, critiquing, and championing this platform over the last twelve months. Together, let's make the next twelve months a canvas of clinical firsts, courageous recoveries, and collective pride.

DR WOOD'S CORNER

Hey Squad!

This September is all about **hearts and high spirits** – World Heart Day meets Durga Puja (and Diwali next month)! While the city lights up with food stalls and festive feasts, remember: your heart may not vibe with oily rolls or syrupy mishti. If you've got a cardiac history, play it cool – ease up on the grease, cut back on sweets, and let cigarettes be history.

Not just the heart crew – our **diabetes fam** should watch those sugar spikes, and anyone with asthma or **COPD** should mask up against all that dry dust while pandal-hopping.

Two meaningful add-ons:

- **Plate smarter, party longer:** think grilled over fried, one mishti not three, hydrate, go easy on salt and alcohol, and don't skip your meds.
- **Keep the toolkit handy:** Glucometer/BP checks before long nights out, inhaler or spacer in your bag, and steer clear of dhuno/firework smoke.

Celebrate big, care bigger.

GROUP FOUNDATION DAY

Woodlands Hospital wore a vibrant, floral look to celebrate the **Group Foundation Day**, on July 13, 2025. Pillars in theme colours beautifully welcomed doctors, patients, and their relatives with cheerful enthusiasm. A selfie zone greeted them at the lift lobby. The festive mood was sweetened further with chocolate bars thoughtfully distributed among everyone who stepped into Woodlands that special day. At the group's commemoration ceremony, **Dr Dipnarayan Mukherjee**, consultant, microbiology, and **Dr Soumitra Bhattacharya**, chief, radio diagnostics, were presented with the **Top Gear awards** while **Mr Amit Bhattacharyya**, TechnicianManager, received the **Execution Excellence Award**.



Nursing College – Lamp-Lighting and Convocation

The stage was aglow with hope and candlelight as students of **Woodlands College of Nursing** celebrated their lamp-lighting and convocation ceremony last month – a tribute to both legacy and ambition – at the main auditorium of Indian Institute of Management-Calcutta. The programme was graced by Chief guest **Dr Swapan Soren**, Director of Health Services, **Prof (Dr) RP Banerjee**, Chairman & Director, EILM, **Mr Rupak Barua**, MD & CEO, Woodlands Hospital. The programme was followed by a cultural programme. Woodlands College of Nursing, established in 1995, amongst the oldest private nursing institutes of Bengal, is recognised by the Indian and West Bengal Nursing Councils and affiliated with WBUHS.

With both BSc (Nursing) and GNM courses, it trains future caregivers with hands-on clinical exposure in top hospitals, including Woodlands itself. The graduates are not just academically strong but are moulded to carry forward the Woodlands motto – “Service with a Smile.”

The evening's proceedings went underway with a ceremonial lamp lighting by the dignitaries, followed by their inspirational speeches for the students and their parents. After the addresses, the Lamp Lighting ceremony for the freshers and Convocation for the pass-outs began. The end was brought up by a scintillating cultural programme by the students.

Earlier, addressing the students, **Mr Rupak Barua**, Managing Director & CEO of Woodlands, reminded them that in today's fast-



A moment from the Lamp Lighting ceremony of freshers

evolving healthcare ecosystem, learning must never stop. “*Nurses are now becoming CEOs in many hospitals. That is the growth you must aspire to.*”

Chief guest **Dr Swapan Soren**, Director of Health Services, highlighted the soul of nursing. “*Place yourself in the patient's shoes, and empathy will come from within,*” he said.

Prof (Dr) RP Banerjee, Chairman & Director, EILM, drew from ancient wisdom, referencing Kātyāyani of the Vedic age – a deity who introduced nurturing human health and mind in an organised way nearly 20,000 years ago.