

LIFE IS A SPORT,  
TO PLAY HARD,  
YOU HAVE TO  
**PLAY  
HEALTHY**



JEHANGIR  
HOSPITAL

We Add Care



JEHANGIR SPORTS INJURY CENTRE





The Jehangir Sports Injury Centre specialises in surgical and non-surgical management of sports-related injuries, **sports and musculoskeletal injury prevention and rehabilitation, diagnostic and interventional radiology, sports performance optimization, and sports nutrition.**

The Jehangir Sports Injury Centre is an integrated practice with a full range of clinical options to serve elite and professional athletes, weekend sports enthusiasts, and budding athletes. A sports injury can happen in an instant or from repetitive actions over time, or sometimes an old injury can resurface. None of these should be ignored.

Our team of doctors, physical therapists, trainers, and nutritionists have vast experience in helping elite and professional athletes, sports enthusiasts, and budding athletes maximise their potential.

The orthopaedic surgeons at Jehangir Hospital are experts in preventing, diagnosing, and treating issues of:



**Bones**



**Tendons**



**Joints**



**Muscles**



**Ligaments**



**Nerves**

Our surgeons use minimally-invasive procedures whenever possible to reduce pain, and expedite recovery. They collaborate closely with other specialists at **Jehangir Hospital** to ensure that an accurate diagnosis is made and all treatment options are considered. We provide comprehensive care for both upper limb (shoulder, elbow, wrist, and hand) and lower limb (hip, knee, and ankle) injuries at the Jehangir Sports Injury Centre.

**Dr. NileshKamat** (shoulder and knee specialist) and  
**Dr. Abhijeet L. Wahegaonkar** (elbow, wrist, and hand specialist)  
are the lead surgeons of the team at **Jehangir Sports Injury Centre.**



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