

Orthopaedic Surgeon , Expert Complex Shoulder Surgery, hips & knees Arthroplasty and Trauma Surgery

He is an Orthopaedic Surgeon specializing in surgery of the Shoulder, Hip and knee. He graduated from UCD Medical School in 2005 and spent the next 12 years training in Ireland. He became a Fellow of the European Board of Trauma and Orthopaedic in 2016.

The following 2 years he practiced as a shoulder fellow in Belgium, where he was also registered on the Ordre des Medecins. He came back to Mauritius in 2019 to practice as an orthopaedic surgeon.



DARREN LIM FAT



Kinésithérapeute Ostéopathe - Fondateur W+Life / Project Management C-Care Clinic Cap Tamarin

Originaire de France, expatrié à Maurice depuis 2009.

Kinésithérapeute Ostéopathe passionné par l'humain...

Fondateur de W+Life Health & Wellness Center, qui opère à ce jour au Sparc Medical Center et Riverland Wellness Center.

Formations

- IFMK Assas Paris 15e - France

Diplome d'Etat, Kinésithérapie, DE en

Masso-Kinésithérapie / Rééducation

Fonctionnelle

- CREDO / IFBO

Diplôme d'Osthéopathie

- IAE Paris - Sorbonne Business School

Master of Business Administration



PHILIPPE JOURNADE



Sports joint replacement surgery & return to sport

Saturday September 4th
Conference Room #1
3:45pm to 5:45pm

Background: Hip, Knee and Shoulder Replacement surgery have become routine in the management of the damaged joint. They are well proven to have a high success and patient satisfaction rate for a painfree return to Activities of Daily Living. Moreover, in both Young and Old, a return to Sports after surgery is commonly on the agenda.

This presentation aims to discuss the possibilities of getting back to sport after major Joint Replacement Surgery. Discussion:

- 1 Total Hip Replacement and return to Sport- Power and Hill walking, Martial Arts, Tennis
- 2 Total Knee Replacement- Swimming, Walking, Gym
- 3 Shoulder Replacement- Cross fit, Kitesurfing, Aerobics

The above will be discussed with real Case Scenarios, illustrating preoperative status, xrays, patients function, expectations and postoperative outcomes.

