



The Berkshire Independent Hospital

People caring for people

Main Reception ↑

Visitor Parking →

Mansion House Outpatient Department ←

Mansion House Parking ←

Deliveries ←



Sports Specialism

at The Berkshire Independent Hospital
2024



The Berkshire
Independent Hospital

Part of Ramsay Health Care

Sports Specialism at The Berkshire Independent Hospital



Upper Limb



Hip



Spine



Lower Limb



X-Rays and Scans



Physiotherapy



Sports Injury

Ramsay Health Care Sports Specialism

Ramsay Health Care was established in 1964 and has grown to become a global hospital group, operating over 480 hospitals and day surgery facilities across 11 countries, including 35 in England, making it one of the largest and most diverse private healthcare companies in the world. Ramsay Health Care is well-respected in the healthcare industry for operating quality private hospitals and for its excellent record in hospital management and patient care. These features help to attract leading healthcare practitioners to work in our facilities.

The company now employs more than 77,000 staff and treats 8.5 million patients in its hospitals and primary care clinics located in Australia, France, the United Kingdom, Sweden, Norway, Denmark, Germany, Italy, Malaysia, Indonesia and Hong Kong.

The Berkshire Independent Hospital **Sports Services**

The Berkshire Independent Hospital is part of Ramsay Health Care and is one of Berkshire's leading private hospitals offering first class private healthcare services. Our Reading Shoulder Unit is regarded as an International Centre of Excellence for shoulder and elbow surgery.

The Berkshire Independent hospital is easily accessible and provides free on-site parking and a peaceful environment to aid a speedy recovery.

A vast range of sports and orthopaedic consultant specialists are available at short notice, to provide expert opinion on your healthcare needs. The Berkshire Independent Hospital offers an end to end pathway, starting from consultation and diagnostics, through to operating, with closely monitored recovery and follow up programmes. By investing in advanced medical technology, the hospital offers a wide range of treatments and services. A range of imaging and diagnostic services are available including, X-Ray, ultrasound, bone density scanning and MRI scanning facilities.

Our fully equipped laminar flow theatres have ultra clean air technology which is particularly suitable for orthopaedic procedures including upper limb (shoulder, elbow, hand and wrist), lower limb (hip, knee, foot and ankle) and spinal treatment and surgery.

Physiotherapy

The physiotherapy department has four private treatment areas and a rehabilitation gymnasium, boasting a highly qualified team of physiotherapists, registered with the Health and Care Professionals Council (HCPC) and the Chartered Society of Physiotherapists (CSP).

Sports specific rehabilitation is available for the following sports:

- Running
- Rugby
- Football
- Rowing
- Hockey

Biomechanical and movement assessment to highlight functional weaknesses allows us to address the true source of injury/limitation rather than just focusing on the cause of pain/deficit.

The range of physiotherapy treatments our team can offer includes:

Acupuncture

Acupuncture is one of the many treatments used within physiotherapy, as an integrated approach to the management of pain and inflammation and as a means of stimulating the body's own healing chemicals, in order to aid recovery and enhance rehabilitation. It is a minimally invasive procedure that is known to have complex effects on the central and peripheral nervous system, immune system, and pain perception. It can help alleviate pain, reduce the sensitivity to pain and stress, as well as promoting relaxation.

Dry Needling

Dry needling is a treatment that our physiotherapists use for pain and movement issues associated with myofascial trigger points. With this technique, a physiotherapist inserts thin needles into or near your trigger points. The needles stimulate your muscles, which causes them to contract or twitch. This helps relieve pain and improve your range of motion.

Shockwave Therapy

Shockwave Therapy is an innovative non-surgical treatment for chronic tendon/fascia injury. It works by delivering radial shockwaves to the affected tissue and produces an inflammatory-like response in the tissue which accelerates healing. It is known to improve blood flow, breakdown scar tissues and reduce muscular tension.

Epley Maneuver

Epley maneuver is a type of exercise that helps to treat the symptoms of benign paroxysmal positional vertigo (BPPV). This is a simple treatment that involves you turning your head in a series of movements. The movements are specifically designed to use gravity to dislodge the crystals from the semi-circular canals and return them to where they belong, treating the symptoms of vertigo.

Upper Limb Clinical Specialist

Our upper limb clinical specialist works with our internationally renowned Reading Shoulder and Elbow, Upper Limb Centre. Our clinical specialist will ensure a consistent approach and patient focused care to improve the management of complex upper limb conditions which will help enhance your experience and improve outcomes.

Pilates

Pilates increases abdominal strength, vital for back and neck problems and athletes who require a strong core to compete in high level sport.

Sports Massage

A sports massage focuses on enhancing circulation, increasing tissue elasticity and reducing muscle tension. Sports massage is also used to help relieve tight muscles. Muscle tightness can limit flexibility, increase pain and cause future injuries. Sports massage helps release muscle tightness.

The Berkshire Independent Hospital **Sports Specialist Consultants**

Mr Paolo Consigliere

Professor Ofer Levy

Mr Giuseppe Sforza

Mr Amar Malhas

Mr Vish Patel

Mr Tony Andrade

Mr Amr Elkhoully

Mr Sam Nahas

Mr Tom Pollard

Mr Ed Tayton

Mr Chris Brown

Mr Patrick McKenna

Mr Trichy Rajagopal

Mr Dan Rolton

Mr Andrew McAndrew

Mr Dev Mahadevan

Ms Sally Feeney

Mr Steve Kriss

Mr Ali Shafighian

World Centre for shoulder resurfacing and stemless reverse shoulder arthroplasty



Mr Paolo Consigliere - Shoulder and Elbow Consultant **Part of Reading Shoulder Unit**

Mr Paolo Consigliere is a Consultant Orthopaedic Trauma Surgeon who specialises in shoulder, elbow and trauma. He is a member of The Reading Shoulder Unit, an international centre of excellence. He has a keen interest in research and published numerous articles in top peer reviewed journals, as well as contributed to several book chapters over the years. He is the Director of Research at the Reading Shoulder Unit and a Lecturer at the Kent and Medway Medical School.

His NHS Consultant employment is based at the William Harvey and Kent and Canterbury Hospitals, East Kent Hospitals University NHS FT.

Clinical Interests:

- Shoulder arthroscopy
- Rotator cuff tear and cuff augmentation
- Shoulder impingement
- Shoulder instability and dislocation
- Shoulder arthritis and replacement
- Shoulder fractures and clavicle fractures
- ACJ dislocation, instability and ACJ arthritis
- Tennis elbow and golfers elbow
- Elbow arthritis and replacement
- Elbow arthroscopy
- Radial head replacement
- Elbow fracture
- Cubital tunnel syndrome
- Elbow dislocation and instability

Affiliations / Memberships:

British Orthopaedic Association (BOA), British Elbow and Shoulder Society (BESS), European Society of Shoulder and Elbow Surgery (SECEC/ESSES), AO foundation.



Professor Ofer Levy - Shoulder and Elbow Consultant **Part of Reading Shoulder Unit**

Professor Ofer Levy is a Consultant Orthopaedic Surgeon who specialises in shoulder, elbow and trauma. He is founder and director of The Reading Shoulder Unit, an international centre of excellence. Professor Ofer Levy leads the Reading Shoulder unit as the World Centre for shoulder resurfacing and Verso stemless reverse shoulder arthroplasty.

These minimally invasive shoulder replacements were designed in the Reading Shoulder Unit.

Professor Ofer Levy specialises in Arthroscopic Minimally Invasive (Keyhole) surgery, designed many of these procedures, and most of them are performed as day-case surgery.

Clinical Interests:

- Shoulder arthroscopy
- arthroscopic (keyhole) surgery
- Rotator cuff tear
- Arthroscopic rotator cuff repair
- Shoulder impingement
- Shoulder instability
- Shoulder dislocation
- Sports injuries
- Shoulder arthritis
- Shoulder replacement
- Shoulder resurfacing and stemless reverse total shoulder replacement
- Shoulder fractures and clavicle fractures
- ACJ dislocation and ACJ arthritis
- Degenerative conditions
- Complex shoulder problems
- Complex shoulder problems
- Shoulder reconstruction surgery
- Tennis elbow and golfers elbow

Affiliations / Memberships:

British and Israeli Orthopaedic associations. Founder member and first secretary of the Israeli Shoulder and Elbow Society, European Society of Shoulder and Elbow Surgery, British Elbow and Shoulder Society (BESS), American Shoulder and Elbow Society (ASES), Royal College of Surgeons of England as well as honorary member of many Shoulder surgery societies around the globe.



Mr Giuseppe Sforza - Upper Limb Consultant
Part of Reading Shoulder Unit

Mr Giuseppe Sforza studied medicine at the University of Bari, Italy, 1986-92. After his surgical training, he continued his higher orthopaedic training at the same University. In 1999 he was appointed shoulder surgery fellow at the Reading Shoulder Unit at the Royal Berkshire Hospital under Stephen Copeland and Professor Ofer Levy.

In 2000 after completion of his fellowship, he returned to Italy and was appointed Consultant Orthopaedic Surgeon in Matera, Italy as head of the shoulder and elbow unit and from 2006 at Policlinico di Bari at the University Hospital. Since 2001 he has been visiting clinician and has attended regularly the prestigious “teach the teachers” elbow course at the Mayo Clinic in Rochester, USA with Mr Shawn O’Driscoll and Mr Bernard Morrey. He achieved a master degree in Hand and Wrist Surgery at the University of Milan between 2013 and 2014.

In 2004 he joined the Reading Shoulder Unit, and he was appointed Consultant Orthopaedic Surgeon in Redditch, Worcester Acute NHS Trust in 2007. From 2015 to 2017, he has held a contract with the Royal Berkshire Hospital for upper limb surgery. He has moved to full private practice from 2016.

Clinical Interests:

- Shoulder arthroscopy
- Rotator cuff tear and impingement
- Shoulder instability
- Shoulder replacement
- Shoulder fractures and clavicle fractures
- ACJ dislocation and ACJ arthritis
- Tennis elbow and golfers elbow
- Elbow arthritis
- Elbow arthroscopy
- Elbow fracture
- Arthritis of the base of thumb, finger joints and the wrist
- Carpal, ulnar tunnel syndrome and nerve disorders
- Dupuytren’s disease, surgery and enzyme treatment
- Ganglionic cysts and other tumours
- Hand and wrist trauma
- Trigger fingers
- Key-hole surgery of the wrist

Affiliations / Memberships:

British Elbow and Shoulder Society, British Society for Surgery of the Hand, Italian Shoulder and Elbow Society, European Society of Shoulder and Elbow Surgery, Italian association of Orthopaedic Surgeons.



Mr Amar Malhas - Shoulder and Elbow Consultant

Amar is a Consultant Orthopaedic surgeon with extensive fellowship training in shoulder and elbow surgery. Having qualified in 2004 from King’s College London, he completed his basic surgical training in London before specialising in Trauma and Orthopaedics. He was appointed to the Birmingham rotation where he developed an interest in shoulder and elbow surgery. He transferred his training to Scotland to be with his wife. Following this, he completed two year-long fellowships specialising in shoulder and elbow surgery. Firstly, at the Glasgow Royal Infirmary and then at the internationally renowned Wrightington Orthopaedic Hospital in its prestigious Upper Limb Unit.

Clinical Interests:

Mr Malhas has an interest in sports injuries, trauma and degenerative disorders of the shoulder and elbow. His interests include:

- Arthroscopic treatment of rotator cuff disorders, impingement and shoulder instability
- Arthroscopic and open treatment of elbow tendonitis, instability and arthritis
- Shoulder replacement surgery
- Treatment of clavicle, shoulder and elbow fractures

Affiliations / Memberships:

British Orthopaedic Association, British elbow and shoulder society (BESS)



Mr Vish Patel - Upper Limb Consultant

Mr Vish Patel is a local Consultant Surgeon who specialises in Shoulder and Upper limb conditions. Vish is Triple Fellowship trained in multiple Centres of excellence bringing a wealth of skills and experience. Vish regularly treats sports related injuries of the upper limb and works within a Multi -disciplinary setting with Sports physicians and specialist physiotherapists.

Clinical Interests:

Mr Malhas has an interest in sports injuries, trauma and degenerative disorders of the shoulder and elbow. His interests include:

- Shoulder: Shoulder impingement, Acromio-clavicular Joint arthritis, Frozen Shoulder, Rotator cuff tear, Shoulder dislocation/ Instability, Shoulder Arthritis, Biceps tendinopathy/ SLAP tears, Calcific tendonitis, ACJ Dislocation, Clavicle fractures.
- Elbow: Tennis Elbow, Cubital Tunnel syndrome, Distal biceps rupture, Golfers elbow.
- Hand/ wrist: Carpal Tunnel syndrome, Trigger finger, Dequervains syndrome, Hand cortisone injections.

Affiliations / Memberships:

Fellow of Royal college of surgeons of England (FRCS T&O), Member of faculty of sport and exercise medicine (FSEM uk), British elbow and shoulder society (BESS), British society for surgery of the hand (BSSH), Faculty for Royal College of Surgeons (RCSeng)



Mr Tony Andrade - Hip and Knee Consultant

Mr Tony Andrade is a Consultant Orthopaedic Surgeon who specialises in hip and knee conditions.

Clinical Interests:

- Young adult hip problems
- Hip preservation surgery
- Hip arthroscopy
- Young adult hip replacement surgery
- Arthroscopic knee surgery
- Knee replacement surgery
- Stem-cell therapy
- Hyaluronic acid injections
- Corrective osteotomies
- Knee-cap (patella) re-alignment surgery

Affiliations / Memberships:

British Orthopaedic Association (BOA), British Hip Society (BHS), British Association for Surgery of the Knee (BASK), ISHA - The Hip Preservation Society, European Society for Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA), American Academy of Orthopaedic Surgery (AAOS), British Medical Association (BMA).





Mr Amr Elkhoully - Hip and Knee Consultant

Mr Amr Elkhoully, is a Consultant of Trauma and Orthopaedics in the Royal Berkshire Hospital. He is a Fellow of the Royal College of Surgeons of Edinburgh - Trauma and Orthopaedics - as well as a Member of the British Society for Children's Orthopaedic Surgery (BSCOS). He is also a faculty member of the Miller's International Orthopaedic FRCS teaching course, Oxford, UK.

His surgical practice covers all aspects of diagnosis and treatment of paediatric orthopaedics and adult limb reconstruction.

Amr completed three national specialist fellowships in Alderhey's children hospital /Liverpool University Hospital, Southampton University Hospital and the Royal Berkshire Hospital. He also completed an international limb reconstruction fellowship in the Ilizarov Institute Kurgan, Russia, for limb deformities as well as the International Paediatric Orthopaedic Symposium by the Paediatric Orthopaedic Society of North America (POSNA).

Clinical Interests:

- Knee arthroscopy-diagnostic therapeutic
- Arthroscopic meniscal and cartilage surgery
- Arthroscopic ACL (knee ligaments) reconstruction surgery
- Joint preservation surgery
- Corrective osteotomies
- Re-alignment surgery - hip, knee and ankle
- Joint replacement surgery - hips and knees
- hip and knee joint injections

Affiliations / Memberships:

BASK (British Association for Surgery of the Knee), BSCOS (British Society for Children's Orthopaedic Surgery), AANA: Arthroscopic Academy of North America, BMA.



Mr Sam Nahas - Knee Consultant

Mr Sam Nahas specialises in all knee conditions. This includes sports injury (ligament and cartilage surgery), deformity surgery around the knee (osteotomy), knee replacement (total and partial), knee fracture surgery, patella (kneecap) instability and knee keyhole surgery.

He treats a variety of patients in his role as an expert Knee Surgeon. This includes those with issues ranging for osteoarthritis of the knee, to elite sports people with ligament and cartilage injury.

He has been involved in the care of many top-level elite athletes and has a deep understanding of the attention to detail and what it takes to get the best result possible. He is frequently referred complex cases by colleagues both in the context of knee replacement and ligament surgery.

Clinical Interests:

- Adult knee problems
- Osteoarthritis
- Rheumatoid arthritis
- Anterior Cruciate Ligament injury
- Multi-ligament knee injury
- Meniscal tear
- Chondral pathology
- Deformity around the knee

Affiliations / Memberships:

MBBS, Bsc, MEd, FRCS (Tr&Orth)





Mr Tom Pollard - Hip and Knee Consultant

Mr Tom Pollard is a high volume hip and knee surgeon with a specialist interest in young adult hip problems and hip arthroscopy. He practices throughout the M4/M40 triangle from Reading in the west, through Henley, Ascot, and Stoke Poges, to Central London (Schoen Clinic). He is happy to see patients at any of these locations at their convenience, and also to consult remotely via video/telephone call.

Mr Pollard qualified as a doctor at the University of Bristol. After basic training, including cardiothoracic and plastic surgery, he joined the Oxford Programme to complete his specialist orthopaedic training. He gained his medical doctorate (MD) here for his thesis on the causes, investigation, and treatment of early osteoarthritis of the hip and took up the prestigious post of Clinical Lecturer in Orthopaedic and Trauma surgery at the University of Oxford.

While taking his fellowship training at the Royal Berkshire Hospital in Reading, he enhanced his specialist skillset in treating hip and knee problems and joined the trust as a Consultant in 2012.

Mr Pollard enjoys a worldwide reputation as an expert in young adult hip disorders and his innovative research was recognised on the global stage when he won two of the International Society for Hip Arthroscopy's first three annual awards. He is recognised to have written many of the most important publications in the field of young adult hip surgery that have enhanced the understanding of how hips fail and how they should be investigated and treated. He continues to collaborate with the University of Oxford on research and clinical trials.

Since becoming a Consultant, Mr Pollard has performed over 2200 hip arthroscopies and continues to perform approximately 250 annually, making him one of the most experienced surgeons in the UK in this subspecialist procedure.

Clinical Interests:

- Young adult hip problems
- Femoroacetabular impingement
- Labral tears and early osteoarthritis and treatment using arthroscopic techniques
- Dysplasia
- Primary and revision hip and knee replacement surgery
- Knee arthroscopy

Affiliations / Memberships:

MD FRCS (Tr&Orth), MRCS





Mr Ed Tayton - Hip and Knee Consultant

Mr Tayton qualified (with honours) from UCL Medical School in London in 2002. He undertook his Basic Surgical Training in Bristol, prior to undertaking his Higher Surgical Training in the Wessex Region. During his training he gained a Masters degree from the University of Cardiff in Orthopaedic Engineering, where his thesis investigated the beneficial effects of flexible hip replacements on long term bone preservation after hip replacement. During the later stages of his training he took an additional 2 years out of programme at the University of Southampton in order to complete a PhD in tissue engineering strategies and stem cell therapies for the treatment of Orthopaedic conditions. After his formal UK training he undertook two fellowships. The first was in joint replacement surgery in Auckland, New Zealand, where he learnt specialist techniques in complex limb reconstruction and computer navigated joint replacements. Upon return to the UK, he undertook a second fellowship further specialising in complex hip surgery.

Clinical Interests:

- Diagnosis of all aspects of hip and knee pain
- Total knee replacement and total hip replacement
- Partial knee replacement
- Keyhole surgery to the knee
- Computer navigated knee replacement (private patients only)
- Hip and knee joint injections
- Shockwave therapy (private patients only)

Affiliations / Memberships:

British Orthopaedic Association, Royal College of Surgeons of England.



Mr Chris Brown - Spinal Consultant

Consultant Orthopaedic Spinal Surgeon, educated and trained in Cambridge, London and Oxford. My practice involves the care of all forms of spinal problems. I work in a multi-disciplinary team with physiotherapy, rehabilitation, pain management and radiology specialists. Surgically I perform all forms of spinal intervention from the neck to coccyx.

Clinical Interests:

- All aspects of spinal surgery
- Accurate diagnosis
- Vertebroplasty
- Microdiscectomy, decompression and fusion surgery
- Minimally invasive fusion surgery
- Lumbar and cervical spinal surgery
- Injections to relieve sciatica, back and neck pain, sacroiliac pain

Affiliations / Memberships:

Fellowship of the Royal College of Surgeons of England, FRCS (TrandOrth).



Mr Patrick McKenna - Spinal Consultant

Patrick McKenna is a fellowship-trained Consultant Spinal Surgeon. He consults at the Berkshire Independent Hospital in Reading, and The London Spine Clinic in Harley Street. He qualified from Guy's Hospital in 1993 and rotated through hospitals in London during his Basic Surgical Training. He is fully trained in all aspects of Spinal Surgery including cervical and lumbar degenerative conditions, tumour, trauma and scoliosis.

Mr McKenna has extensive experience in anterior and lateral surgery of the lumbar spine, using minimally invasive surgical techniques to promote early recovery. He has a special interest in lumbar disc replacement and uses the ESP disc by FH orthopaedics.

Clinical Interests:

- Cervical Radiculopathy
- Lumbar Disc Replacement
- Cervical Disc Replacement
- Minimally
- Invasive Spine Surgery
- Lateral Inter Body Fusion
- Anterior Lumbar Inter Body Fusion
- Endoscopic Spine Surgery

Affiliations / Memberships:

Fellow of the Royal College of Surgeons (England), British Association of Spinal Surgeons, FRCS (Tr&Orth).



Mr Trichy Rajagopal - Spinal Consultant

I am a Consultant Spinal Surgeon in Reading. I qualified in 1993 and completed post-graduate orthopaedic training in India. I did my Basic Surgical Training rotation in Wales 2001-03. I completed my Specialist Registrar training in Trauma and Orthopaedics on the North-West Thames orthopaedic rotation.

As part of the rotation, I trained as a Spinal Fellow at Reading for a year. I also completed another year of Spinal Fellowship at the Centre for Spinal Studies and Surgery, Queens Medical Centre, Nottingham which is an internationally reputed spinal centre.

I have worked as a Consultant Spinal Surgeon at the Hull and East Yorkshire NHS trust from 2011 to 2013, before taking up my current job at the Royal Berkshire Hospital where I have been a Consultant Spinal Surgeon for 7 years.

I am fully trained in all aspects of spinal surgery including cervical and lumbar degenerative conditions, tumour, trauma, and scoliosis. I have regularly participated in research activities, achieving publications in peer-reviewed journals and presentations at international meetings.

Clinical Interests:

- Microdiscectomy
- Minimally invasive spinal surgery
- Cervical disc replacement
- Spinal decompression
- Minimally invasive spinal fusion
- Spinal injections / targeted procedures for spinal pain

Affiliations / Memberships:

Fellow of the Royal College of Surgeons of Edinburgh, British Association of Spine Surgeons, European Spine Society, North American Spine Society.



Mr Dan Rolton - Spinal Consultant

Dan Rolton manages all aspects of adult spinal surgery including trauma, tumour, deformity, infection and degenerative conditions affecting the whole of the spine. He is dedicated to finding the right surgical or non operative treatment for each individual patient. He is experienced in both surgical and non surgical treatments for spinal conditions including back pain, neck pain, sciatica, disc herniation, spinal stenosis, fractures, tumours, deformity and infection. He has a specialist interest in minimally invasive surgery to allow quicker recovery and allow patients to return to their normal activities sooner.

Clinical Interests:

- Discectomy
- Spinal decompressive surgery
- Fusion surgery
- Disc replacement
- Minimally invasive techniques
- Spinal injections for spinal nerve and joint pain
- Vertebroplasty

Affiliations / Memberships:

British Orthopaedic Association, British Association of Spine Surgeons, Fellow of the Royal College of Surgeons of England General Medical Council.





Mr Andrew McAndrew - Foot and Ankle Consultant

Mr McAndrew qualified from St George's Hospital Medical School, Tooting. He underwent Basic Surgical training in Yorkshire and undertook two years' full-time research in Sheffield. This was submitted as a thesis titled 'The Radiographic Classification of Callotasis' and an MD was awarded in 2004.

Mr McAndrew underwent Higher Surgical training in Trauma and Orthopaedics in the Wessex Region. He spent one year as the Ilizarov Fellow in Chertsey, Surrey undergoing sub-specialist training in trauma and limb reconstruction. He was appointed to the Royal Berkshire Hospital NHS Foundation Trust in July 2007 as a Locum Consultant Trauma Surgeon and took up his substantive post in November 2007. He brought the Ilizarov system to Reading and set up a limb reconstruction service undertaking complex trauma and deformity correction. He is the lead trauma surgeon with an interest predominantly in the lower limb.

Mr McAndrew is the Director of Trauma in the Trust and was part of the successful bid to have the Royal Berkshire Hospital designated a Trauma Unit. Since then he has continued to chair the Trauma Committee, (a multidisciplinary group that works to improve the care of trauma patients in Reading). He is the Orthopaedic representative of the Royal Berkshire Hospital to the Thames Valley Trauma Networks.

Clinical Interests:

- Sports injuries
- Fractures
- Knee arthroscopy
- Bunion correction
- Toe fusions
- Achilles tendon problems
- Ankle injuries
- Carpal tunnel decompression
- Trigger finger
- De Quervains tenosynovitis
- Fracture non-union and mal-union
- Limb reconstruction
- Tennis elbow and golfer's elbow

Affiliations / Qualifications:

British Orthopaedic Association, Orthopaedic Trauma Society, British Trauma Society, British Orthopaedic Research Society, British Limb Reconstruction Society, British Medical Association.

MB BS London, FRCSEd Edinburgh, MD Sheffield, FRCSEd (Tr & Orth) Edinburgh, MFSTEd Edinburgh.



Mr Dev Mahadevan - Foot and Ankle Consultant

Dev Mahadevan is a leading Consultant Orthopaedic Foot and Ankle specialist. He is the Foot and Ankle Specialty Lead and the Clinical Director of Orthopaedic and Trauma Surgery at Royal Berkshire Hospital.

Dev Mahadevan graduated from the University of Nottingham, completed his specialist Orthopaedic training in the East Midlands Deanery and then undertook advanced training in foot and ankle surgery at the renowned Avon Orthopaedic Centre in Bristol. His major clinical interest is in arthroscopic and endoscopic (keyhole surgery) treatment of ankle and foot conditions.

Dev is well respected in the field of research with a strong portfolio of international publications and presentations. He sits on the British Orthopaedic Foot and Ankle Society (BOFAS) Scientific Committee and European Foot and Ankle Society (EFAS) Research Committee.

Clinical Interests:

- Ankle ligament injury
- Sports injury
- Foot and ankle arthritis
- Tendon disorders
- Bunion deformity
- Toe deformity
- Fractures
- Arthroscopic and endoscopic "keyhole" surgery

Affiliations / Memberships:

British Orthopaedic Association, British Orthopaedic Foot and Ankle Society, General Medical Council.



Ms Sally Feeney - Consultant Podiatric Surgeon

Sally Feeney is a Private and NHS Consultant Podiatric Surgeon whose main focus is the surgical correction of bunion deformities, hammer toes and arthritis related problems. In addition, she is very involved in the management of complex foot conditions and diabetic related complications.

Ms Feeney has a particular interest in improving the alignment of the foot and helping her patients return to normal activities as quickly as possible. Bunion deformities trouble ladies in particular and prevent them exercising comfortably and wearing nice shoes. Ms Feeney reduces the bunions and hammer toes via cutting and realigning the bones. The procedures she performs are straightforward and are associated with very little pain.

As a previous British triathlon champion she has a particular interest in sports injuries and focuses on biomechanical related problems. She performs gait analysis and provided both custom made bespoke orthotics and simple semi-bespoke devices depending on the patients needs. Ms. Feeney works closely with the local physiotherapists to facilitate a quick recovery and return to exercise and normal routine.

Ms Feeney is both a national and international speaker at conferences and a recognised surgical tutor. She has an interest in research and stays up to date with current trends to ensure her patients receive the most up to date evidence based treatment and the best care possible.

Affiliations / Memberships:

The Royal College of Podiatrists



Mr Steve Kriss - Consultant Podiatric Surgeon

Steve Kriss is a Podiatrist and Podiatric Surgeon with over 40 years of clinical experience. He has a particular interest in the arthropathies and ligament pathology. After his completion of his initial Podiatry training he studied Chinese Medicine and although no longer practicing acupuncture he has a keen interest in complementary therapies. He has a Masters degree awarded for research into the diagnosis and management of plantar fasciitis, which is a common sports related injury. Over many years he has established both an NHS and private practice in Reading and London treating a wide variety of musculoskeletal and sports related problems. He provides custom Orthotics for those patients with chronic repetitive injuries and can offer surgical solutions where appropriate. He lectures regularly to colleagues and other health care professionals on the management of a variety of foot related problems and has a keen interest on how foot function impacts on the rest of the body.

Affiliations / Memberships:

The Royal College of Podiatrists





Mr Ali Shafighian - Hand and Wrist Consultant

I have always found Orthopaedics a fascinating subject in which Medicine and Engineering come together. I consider it a privilege to work in such a rewarding field but also feel strongly that progress in such an area must be careful and in accordance with strict scientific principles. The interests of patients must remain firmly at the core of any new techniques or implants which are introduced and patients need to be fully involved in the decision making process regarding their treatment. I follow strict clinical governance processes in this field and also carefully monitor and follow up my patients. New devices for treating hand and wrist arthritis are a very promising area where real progress has been made in the last 15 years, but not all of these are good in the long term. I make sure that my patients are fully aware of the scientific and clinical evidence behind every procedure they undergo and review the latest evidence regularly as well as publishing my own results in this area.

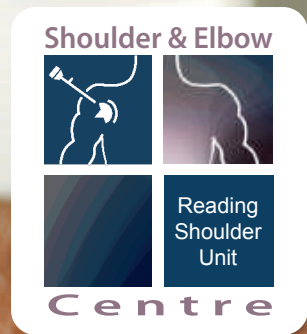
Clinical Interests:

- Arthritis of the base of thumb, finger joints and the wrist
- Carpal, ulnar tunnel syndrome and nerve disorders
- Dupuytren's disease, surgery and enzyme treatment
- Fractures, tendon and ligament injuries
- Ganglionic cysts and other tumours
- Hand and wrist trauma
- Pregnancy-related hand disorders
- Rheumatoid arthritis, reconstructive and replacement surgery
- Sport and industrial injuries
- Tennis and Golfer's elbow
- Trigger fingers (paediatric and adult)
- Key-hole surgery of the wrist (arthroscopic diagnosis and repair)
- Total wrist replacement surgery
- "Keyhole" surgery

Affiliations / Memberships:

British Orthopaedic Association, British Society Surgery of the Hand.





Have you recently suffered **acute traumatic injury to your shoulder?**

Professor Levy and the team at the Reading Shoulder Unit - the world renowned International Centre of Excellence based at The Berkshire Independent Hospital offers an acute “drop-in” clinic within 1-2 weeks of your injury.

Treatments for the following injuries include:

- Shoulder dislocations
- Shoulder fractures
- Tendons tears
- Collar bone injuries

*Initial consultation including X-Rays and Ultrasound Scan.
All inclusive at £250.*

Further treatment can be done both Privately or via NHS.
Don't compromise on the surgical repair of your shoulder injury.

0118 902 8116 / 8109

readingshoulderunit.com

For recent injuries within the last two weeks



The Berkshire Independent Hospital **Contact Information**

More information about the hospital can be found at berkshireindependenthospital.co.uk

To book a consultation with one of The Berkshire Independent Hospital's sports consultants, please call:

0118 902 8147

To book an X-Ray or scan at The Berkshire Independent Hospital's Diagnostic Unit, call:

0118 902 8023

To contact The Berkshire Independent Hospital Physiotherapy Department, call:

0118 902 8055

GP and Primary Care **Referrals**

Julie Deadfield, Business Relations Manager

julie.deadfield@ramsayhealth.co.uk | 07387 262 516

Or send your referral online:

www.ramsayhealth.co.uk/patientreferral



How to find us

Swallows Croft, Wensley Road, Reading, RG1 6UZ

Tel: 0118 902 8147

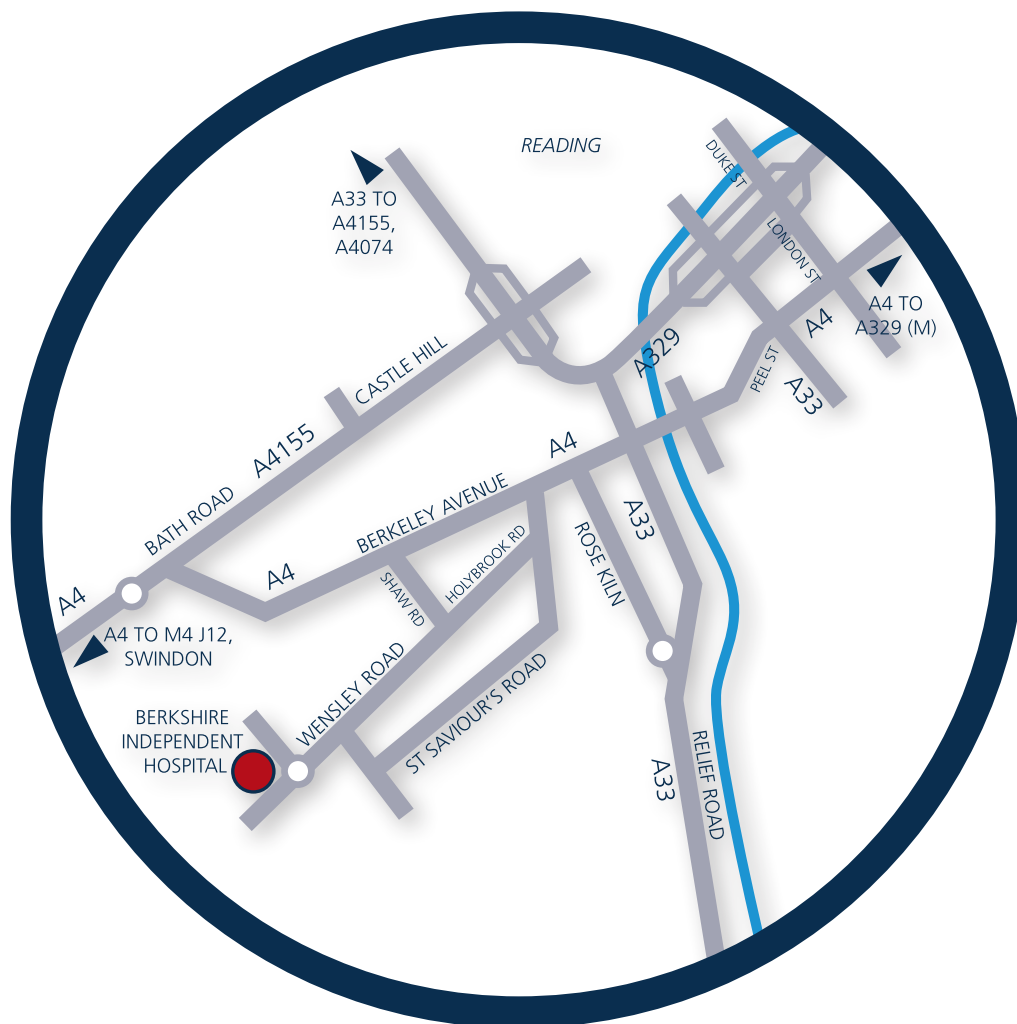
By Road

Take Junction 11 off the M4 and follow the signs along the dual carriageway (A33) towards Reading. Continue following signs for A4 Newbury (keep to left hand lane at all times), it will lead to a T-junction. Turn left into Berkeley Avenue and take the next left into St. Saviours Road and the second right into Holybrook Road. This road will lead into Wensley Road which should be followed until reaching a mini-roundabout where you will find the hospital directly opposite in Swallows Croft.

By Public Transport

The Berkshire Independent Hospital can be reached by bus number 11 to Coley Park which is within walking distance of the hospital.

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For more information please call: 0118 902 8147

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