



IMTRA - Instituto Madrileño de Traumatología - Incoma Medical Centre Madrid - Dr Enrique Galindo Andujar

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Traumatology and Orthopedics

Doctor Enrique Galindo Andujar Traumatology, orthopedic surgery and arthroscopy specialist with clinic in Madrid Spain. Surgeon specialised in shoulder, elbow, wrist, hip, knee, ankle and foot surgery.

Doctor Enrique Galindo Andújar specializes in shoulder elbow, wrist, hip, knee, ankle & foot surgery and is specialist in pediatric orthopedics, prosthetic surgeon and specialist in arthroscopy, pain management, regenerative medicine, orthopedic surgery, traumatology and orthopedics, sports medicine, sports therapy, infiltrations arthroscopy of the hand & wrist, ankle, elbow, knee, hip and shoulder arthroscopy, shoulder, and hip & knee prosthesis specialist.

Dr. Enrique Galindo Andújar is Doctor in Medicine Cum laudem from the Complutense University of Madrid and specialist in Trauma and Orthopaedic Surgery. He is currently the Head of Orthopaedic Surgery and Traumatology in the Hospital Moncloa in Madrid and Director of Madrid Institute of Traumatology (IMTRA).

Dr. Galindo Andújar founded the Spanish Journal of Arthroscopy and was president of Sociedad Española de Artroscopia (the Spanish Society of Arthroscopy). He is member of AO Spain Sociedad para el estudio de la Osteosíntesis (Society for the Study of Internal Fixation)

group, the Medical Surgical Academy and the American Academy of Orthopaedic Surgeons (AAOS). He has also published extensively in journals of international impact, especially related to arthroscopy and surgical treatment in patients with haemophilia.

He is currently working on projects in new techniques together with his son, Dr. Enrique Galindo Martens Traumatology and Orthopedic Surgeon.

Knee Replacement With Custom Guides

The knee replacement is a surgical procedure to replace the weight-bearing surfaces of the knee joint to relieve pain and disability. It is most commonly performed for osteoarthritis and also for other knee diseases such as rheumatoid arthritis.

The surgery involves exposure of the knee joint with the distal end of the femur and the proximal end of the tibia. The ends of these bones are then accurately cut to shape using cutting guides oriented to the long axes of the bones. Then metal components are impacted onto the bone or fixed using surgical cement.

The appropriate adjustments of the implants to bones and accurate cuts are responsible for the success of the intervention and the implant survival.

We use a specific guides based designed from MRI or CT scan of whole leg, looking for more precise cuts and better adaptation of the implants.

This system is very useful with Unicompartmental arthroplasty in the knee, where there are three compartments:

1. Lateral compartment (the outside part of the knee)
2. Medial compartment (the inside). Usually this has more wear.
3. Patellofemoral (the joint between the kneecap and the thighbone)

With the system of specific guides *PSI® Zimmer (Patient Specific Instruments)*, we achieve a perfect balance between unicompartmental prosthesis and the patient's own anatomy. This is difficult to achieve by only orienting the axes of the bones. In the end it is also necessary a proper balance of loads in both compartments.

Once the patient has been chosen to be bearer of a knee prosthesis with PSI® Guides, it is necessary to collect all information:

- A completed form with basic information of the patient:
 - age,
 - side of surgery,
 - weight and height.
- X-ray tests:

- MRI (Magnetic Resonance Imaging of whole leg) or
- CT scan – Computed Tomography scan of whole leg (from hip to foot)

This information allows the engineers to do a perfect 3D copy of intramedullary canal and the extra medullary anatomy with specific software. In this way they can design the guides that will orientate the cuts of the bone and in the end the implants get the best load transfer.

Custom Hip Prosthesis

Hip replacement is known as arthroplasty of the hip. It involves the replacement of the hip joint by a prosthetic implant as a total replacement or a hemi (half) replacement.

Hip replacement is used to treat joint failure caused by osteoarthritis, avascular necrosis, hip fractures or malignant bone tumours.

The prosthetic implant used in the total hip replacement consists of three parts:

- * the acetabular cup;
- * the femoral component (stem); and
- * Friction torque of head and acetabular insert.

There are many types and brands of prosthetic hip implants. We will choose the most appropriate prosthesis for each patient.

The custom hip prosthesis consists of the manufacture of an adapted stem to proximal femur anatomy of the patient looking for the best point of articular rotation.

The hip prosthesis is completed with a standard acetabular shell that we will adapt adequately for the patient.

Once we choose the patient to be have a custom hip prosthesis, it is necessary to collect full patient information:

- A completed form with basic information of the patient:
 - age,
 - side of surgery,
 - weight and height.
- X-ray tests:
 - Pelvis x-ray.
 - Tele x-ray
 - CT scan (Computed Tomography scan) of whole leg (from hip to foot)

This information allows the engineers to do a perfect 3D copy of intramedullary canal and the

extra medullary anatomy with specific software. In this way they can design a stem with the best shape to obtain the best load transfer in the hip.

The custom hip prosthesis is the best available implant solution for some patients with severe bone destruction along proximal femur or abnormal hip geometry, for example hip dysplasia. It is the surgeon's job to provide the best possible solution for each patient.

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Other services provided by the IMTRA Incoma Clinic

The other services of the IMTRA Incoma clinic include:

Traumatology and Orthopedics

The Madrid Institute of Traumatology (Instituto Madrileño de Traumatología - IMTRA -

Incoma) has a team of specialists led by Dr. Enrique Galindo Andújar, providing the highest level of medical services to patients in the field of orthopedic surgery and traumatology.

Arthroscopy

Arthroscopy is a minimally invasive surgical procedure. It allows us to inspect, diagnose and treat any damage to a joint. The advantages over traditional open surgery are that the joint does not have to be fully opened up.

Fully Open High Field Magnetic Resonance Imaging MRI scanning

Treatments with resonance results in just 48 hours. IMTRA Incoma in its clinic in Madrid, Spain offers fully open high field MRI (Magnetic resonance imaging) which offers unparalleled picture quality and greater patient comfort. With a field of 1.0 Tesla, superior even to some closed resonances, IMTRA Incoma is able to obtain very high quality images, almost without noise, in only about 20 minutes, whilst the patient is sitting comfortably. This fully open MRI scanner combines the latest cutting edge technology in image quality (the images obtained have a definition like a conventional closed MRI: 1 Tesla) together with maximum comfort for the patient because he or she can just sit comfortably in a chair outside the machine, and so only entering the limb to be analyzed within the receiving antenna. IMTRA Incoma obtains very accurate images of the arm, including the elbow, wrist and hand, or of the leg, including the knee, ankle and foot getting the image quality and consistency you would get with a more powerful magnet, thanks to the patient moving less and as the antenna better fits around the joint.

HBOT Hyperbaric Oxygen Therapy

Hyperbaric medicine, also known as Hyperbaric Oxygen Therapy (HBOT), is the medical use of oxygen at a level higher than atmospheric pressure, in a hyperbaric chamber. The hyperbaric chamber that we have in our medical center, is one of the most modern monoplace chamber. It is at the disposal of athletes and patients. The medical and sports uses of the hyperbaric chamber are:

- Decompression sickness (divers, aviator, etc.)
- Treatment of sports and athletic injuries and sports performance enhancement:
 - o Prevention and treatment of injuries caused during sports and exercise;
 - o Physical preparation of the athlete, sportsman, sportswoman for high level performance;
 - o Increase exercise tolerance;
 - o Treatment of and speeded up recuperation from overtraining (when the intensity of the exercise has exceeded the recovery capacity of the athlete);
- Treatment of cases of delayed healing of wounds, fractures and other injuries;
- Carbon monoxide or cyanide poisoning;
- Sudden hearing loss, central retinal artery occlusion, ischemic encephalopathy, etc.;
- Gas gangrene.

The benefits of the hyperbaric oxygen therapy are:

- Hyper oxygenation (restoring oxygen to depleted cells and tissues);
- Help to clean toxic gases;
- Assisting in the growth of new blood vessels;
- Formation of collagen and new tissue growth;
- Enhanced white blood cell's increased ability to destroy bacteria and fungi;
- Reduce swelling, inflammation, bruising, infection, scarring and recovery time from surgery and injury.

Human Growth Factors Treatments - Plasma Rich in Growth Factors (PRGF) (PRP)

Treatment with growth factors specialist clinic in Madrid Spain for treatments for Chronic tendonitis, sports injuries, cartilage injuries, fibromyalgia, myofascial syndrome, fractures and degenerative joint lesions. Dr Enrique Galindo Andujar and the IMTRA Incoma clinic in Madrid Spain carries out treatments with growth factors in the following cases: Chronic tendinitis Being able to reverse in some cases local inflammatory processes and thus also reduce pain. It gives very good results in Achilles tendonitis, plantar fasciitis and epicondylitis (otherwise known as tennis elbow). Sports injuries Such as muscle or tendon injuries and ligament injuries of any joint, reducing downtimes of professional and amateur athletes, sportsmen and sportswomen. Cartilage injuries - Pain trigger points In conditions such as fibromyalgia or myofascial syndrome, where there is widespread muscle pain. Fractures Contributing positively to the consolidation of the fractured bone. Degenerative joint injuries Contributing positively in the case of degenerative joint injuries.

Physiotherapy and Rehabilitation

The IMTRA Incoma physiotherapy and rehabilitation center in Madrid has vast experience in this sector, achieved after 20 years of experience. The clinic works with private patients, patients from the leading medical and mutual insurance companies in Spain and patients referred from the Spanish Social Security. All our physiotherapists are fully qualified and certified professionals and have extensive individual and group session timetable availability slots that can be adapted to best suit your professional and personal schedule.

Physio-Pilates / Pilates

For private patients we offer exclusive personalized treatment programs and now also Pilates and PhysioPilates sessions including after-work Pilates classes on weekday evenings.

Clinical Psychology

Clinical psychology, adult, child, anxiety, couple, addictive behaviors, phobias, stress, depression, low self-esteem, eating disorders, obsessions, problems of adjustment to bereavement, personality disorders, fears, jealousy, shyness, phobias, anxiety, depression, behaviour problems, social skills. Wellness and conflict resolution - Clinical psychology IMTRA Incoma's specialist psychologist José Luis Muñoz Blanco helps individuals, families and couples solve problems and resolve conflicts. His principal areas of specialisation include: • Adults: - Anxiety, phobias, stress, depression, self-esteem, eating disorders, obsessions, problems of adjustment to bereavement, personality disorders. • Children and teenagers: - Fear, jealousy, shyness, phobias, anxiety, depression, behavior problems, social skills. • Couples: - Decision-making, communication, conflict resolution, negotiation skills. • Addictive behaviour.

Advanced Rehabilitation

Conventional Radiology

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Dental Surgery

The Incoma dental practice prides itself on the kind of warmth of treatment that you can only get from a personalised, individual service that cannot be offered by franchises or the low cost dental practices. Incoma and Dr Beatriz Galindo guarantee you the peace of mind that you can only get from a truly experienced and professional who will always be there both for you and for your family. Patients can relax knowing that all operations are performed or personally supervised by Dr. Beatriz Galindo, who is not only one of Spain's leading dentists but also a well respected university professor for the master's course in dental surgery and implants at the Universidad Alfonso X in Madrid. Treatments offered by the Incoma dental surgery and Dr. Beatriz Galindo include: Periodontics Endodontics Pediatric dentistry Maxillofacial surgery Orthodontics Dental implants Dental prosthetics Oral pathology and also cosmetic dentistry such as: Dental whitening Veneers / porcelain crowns Modeling with composite aesthetic contouring Dental rejuvenation Cosmetic surgery of the gums Veneers / temporary crowns.

Doctor Beatriz Galindo Martens dentists Incoma dental surgery

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Websites in English:

<http://www.enriquegalindo.net/>

<http://www.enriquegalindo.eu/>

Websites in Spanish:

<http://www.enriquegalindo.info/>

<http://www.enriquegalindo.biz/>

<http://www.imtra.eu/>

<http://www.incoma.info/>

Twitter:

<https://twitter.com/enriquegalindoa>

<https://twitter.com/imtraincoma>

Blogs in English:

<http://drenriquegalindo.blogspot.com.es/>

<http://rehabilitationmadrid.blogspot.com.es/>

<http://arthroscopysurgeon.blogspot.com.es/>

<http://growthfactortherapy.blogspot.com.es/>

<http://hyperbaricoxygentherapyhbot.blogspot.com.es/>

<http://dentistmadrid.blogspot.com.es/>

Blogs in Spanish:

<http://enriquegalindoandujar.blogspot.com.es/>

<http://imtra.blogspot.com.es/>

<http://incoma-madrid.blogspot.com.es/>

<http://artroscopiacirugiaartroscopica.blogspot.com.es/>

<http://resonanciaabierta.blogspot.com.es/>

<http://medicohiperbarico.blogspot.com.es/>

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<http://tratamientosantiedad.blogspot.com.es/>

<http://aportedecelulasmadre.blogspot.com.es/>

<http://rehabilitacionavanzada.blogspot.com.es/>

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<http://radiologiamadrid.blogspot.com.es/>
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Other blogs:

<https://www.flickr.com/photos/imtra/>
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<http://instagram.com/imtraincoma>
<http://imtraincoma.tumblr.com/>
<http://www.scoop.it/t/doctor-enrique-galindo-andujar>
<http://about.me/doctorenriquegalindoandujar>
<http://www.slideshare.net/EnriqueGalindoAnduja>

Video Channels:

<https://www.youtube.com/channel/UCp-xYqW2tUpbcCNUdN9O8g>
<https://www.youtube.com/channel/UChIgc4wVUN2g13PKZ19exLg/feed>
<https://vimeo.com/user33145267>

Audio channels and podcasts:

<https://soundcloud.com/imtra>
<https://audioboo.fm/imtra>

LinkedIn and professional networks:

<https://www.linkedin.com/pub/enrique-galindo-andujar/23/a75/718>
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Facebook pages:

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<https://www.facebook.com/pages/Physiotherapists-physiotherapy-rehabilitation-center-physio-pilates-Madrid/143257152511303>

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Google+ in English:

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Google Site in English:

<https://sites.google.com/site/drenriquegalindo/>

<https://sites.google.com/site/traumatologyclinicmadridspain/>

<https://sites.google.com/site/arthroscopymadrid/>

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Google Sites in Spanish:

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Services of the clinic IMTRA INCOMA :

Traumatology (pathology of the hip, knee, ankle, foot shoulder, elbow and wrist) -
Contribution of human growth factors in platelet-derived pathologies - Rehabilitation from
Traumatology - Physiotherapy - Conventional Radiology - Fully Open Magnetic Resonance
Scanning for extremities (MRI Scan) - Hyperbaric Oxygen Therapy Chamber - Arthroscopy -
Orthopedic Surgery - Dental Surgery - Psychologist Consultations - Advanced Rehabilitation.

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