

Orthopaedics

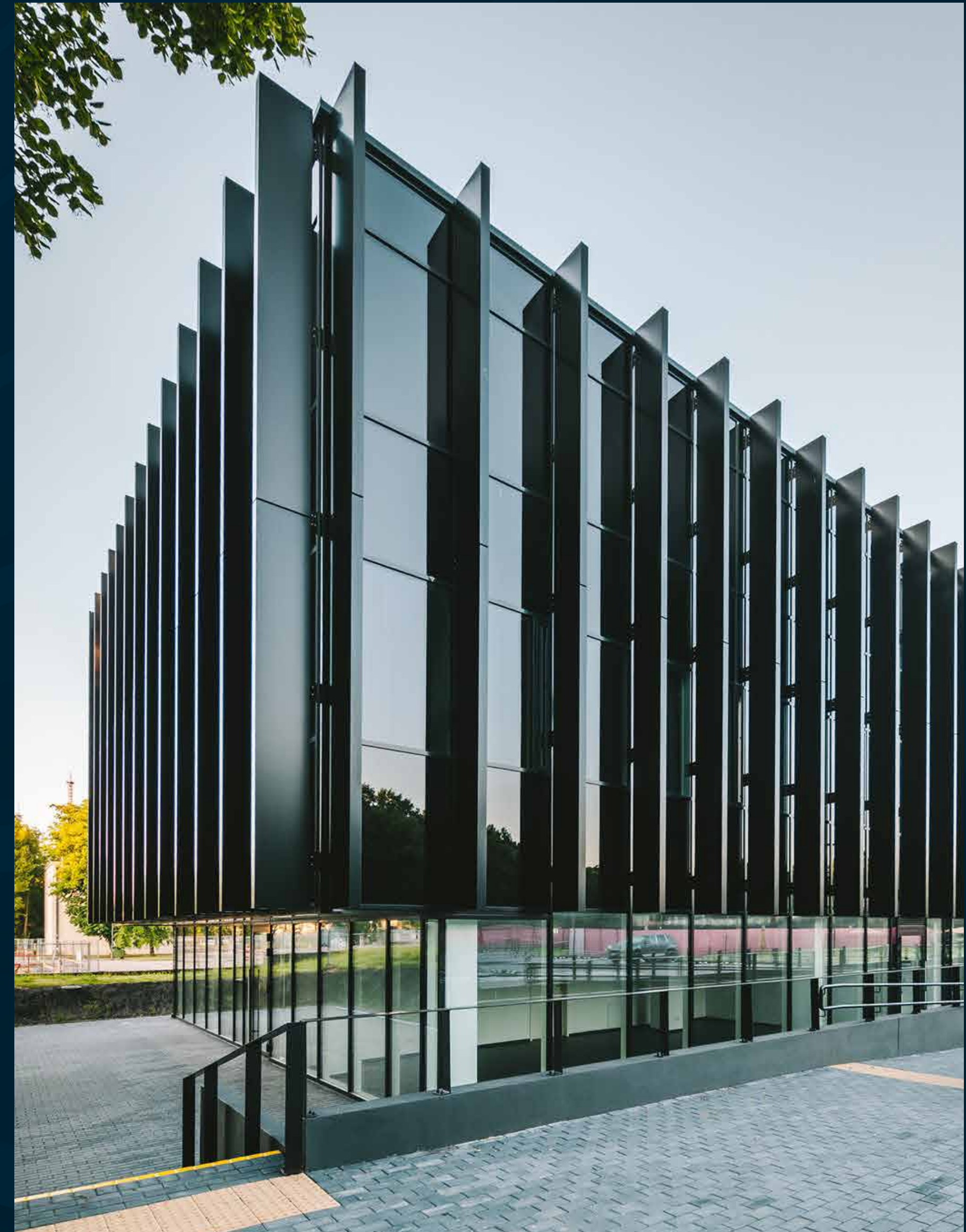
Our Specialties and Services

About Us

Located in Kaunas, Lithuania, the Fi Clinica is surrounded by the beautiful nature of the largest urban oak grove in Europe.

Over 120 top-class professionals are currently working in the clinic, specializing in **Orthopaedics, Bariatric Surgery, Plastic Surgery, Dentistry, Dermatology, Cosmetology, Physiotherapy, Otorhinolaryngology, Gynaecology, Urology, and Abdominal Surgery.**

Accompanied by the best nursing staff, **Fi Clinica** doctors perform over 2000 surgeries annually, and up to 50% of our patients arrive from abroad.





01

Musculoskeletal Conditions and Pain

Musculoskeletal conditions and pain affect people at any time and any age. These conditions keep people of all ages from working or enjoying normal and active life.

Orthopaedic surgery is a specialty dealing with injuries, various conditions of the bones, joints and their associated soft tissues, including ligaments, nerves and muscles.

With the expertise of an orthopaedic surgeon and suggested treatment these days we can help people live happier and more productive lives.





02

Services



Hip Arthroplasty

During the surgery, worn joint surfaces are removed and replaced by mechanical implants, restoring the joint.

Orthopaedic traumatologist carefully selects a suitable type of implant, wear surface, and fixation method matching the patient's age, anatomical parameters, and bone quality.

Knee Arthroplasty

Worn joint surfaces are removed, and mechanical implants are attached with bone cement.

The knee arthroplasty consists of the femoral and tibial parts.

An ultra-high molecular weight polyethylene insert is filled between them to mimic articular cartilage and ensure movement.





Revision Knee and Hip Arthroplasty

Even the best quality implants can wear off due to repetitive movements and a high workload.

Worn implants may become unstable, cause pain, dysfunction, or bone defects.

As such, repeated surgeries are much more complex.

Fi Clinica's orthopaedic traumatologists have extensive experience in revision prosthetics.

**We offer a wide range of
other orthopaedic treatments
and services**

- Knee arthroscopy
- Knee ligament surgery
- Shoulder joint surgery
- Elbow joint surgery
- Wrist joint surgery
- Ganglion cyst removal

- Treatment of De Quervain disease
- Trigger finger treatment
- Repair of damaged articular cartilage
- Endoscopic carpal tunnel release
- Endoscopic decompression of the nerve at the elbow

Implants

The clinic uses highest-quality implants.

- **Smith & Nephew**
- **Zimmer Biomet**
- **MicroPortMedial Pivot**

A surgeon discusses the options with each patient after reviewing their case.





03

What We Offer

What does the surgery price include?

- Telemedicine consultation with a doctor
- Initial consultation with a doctor at our clinic
- Round-trip airport transfer
- Required health tests
- Surgery
- Anaesthesia
- Hospitalization
- Primary Rehabilitation
- 24/7 personal assistance during the stay
- Translation of all documents to English

Why Us? Why Lithuania?



Excellent
cost/quality ratio



Guaranteed
Safety



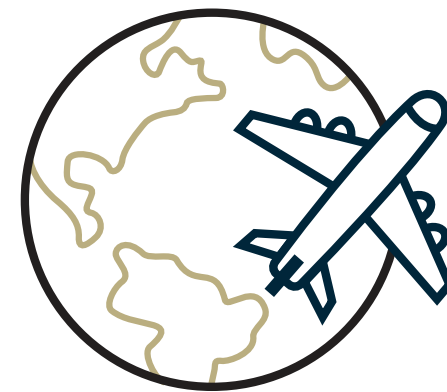
Compensation options
(NHS EU)



Quick recovery



Free Consultation
Online or Face-to-Face



A Short flight
(only 2,5 hours)



Special Offers



Short Waiting List



**Lithuania is in the
geographical entre of
Europe, so it is easy to reach.**

3:30 hours from Spain

3 hours from Ireland

2 hours from Germany

1:30 hours from Denmark

2:30 hours from the UK

**We have some of the best
specialists in medical surgery,
which is crucial for patients'
health and wellness;**

- Significantly lower prices compared to Western countries;
- Modern and innovative treatment methods;
- A rich history and cultural heritage, spectacular sightseeing views.

Our Surgeons



Edvinas Pranevičius

- More than 300 surgeries a year
- Long-term experience and knowledge constantly improved in international specialized internships
- Besides working in the private sector also performs surgeries in the Hospital of the Lithuanian University of Health Sciences
- Specialized in Arthroscopic Surgery



Aurimas Širka

- More than 400 surgeries a year
- Long-term experience and knowledge constantly improved in international specialized internships
- Combination of modern and unique surgery techniques
- Specialized in Endoscopic Knee and Hip Replacement

Quick recovery program

In **Fi Clinica** arthroplasty surgeries are performed using the **Quick Recovery Program**.

The program is designed to minimize the time spent in the hospital and to restore pain-free movement for the patient in the shortest possible time.



The Quick Recovery Program includes the following stages:

1

Preparation for the surgery

The purpose of this online consultation is to provide the patient and their family members with all the necessary details about the upcoming surgery, rehabilitation, and required preparation steps.

2

Surgery

The surgery is performed with the least possible invasion. Where feasible, partial implants replace only the damaged part of the joint. These measures enable faster recovery and active movement.

3

Postoperative period in the hospital and primary rehabilitation

During this period, a pain prevention program is actively applied and rehabilitation is promoted to restore joint mobility.

4

Rehabilitation and daily activities at home

We encourage patients' physical activity during this period while maintaining safety and care - that is why family members play a very important role at this stage. Online consultations are possible upon request.



Secondary Rehabilitation

Secondary rehabilitation continues in the Physical Medicine and Rehabilitation Clinic, where patients resume active individual and group rehabilitation.

The recommended minimum duration of the secondary rehabilitation is ten days.

The state-of-the-art rehabilitation clinic features a Scandinavian-style functional layout and offers top-quality rehabilitation services. This rehabilitation centre is located at a relaxing SPA resort in Birštonas.

SPA guests are mainly patients with musculoskeletal disorders and cardiovascular diseases.

The rehabilitation package includes:

- Personalized rehabilitation course,
- Room with TV and private bathroom,
- Three meals a day,
- All required medication.

NHS

1 Contact your family doctor



For our UK patients, there is a possibility to get surgery reimbursed by their local health board.



2 Confirmation from State Health Insurance Funds

Our clinic can help patients with the documents required to claim the reimbursement after following the S2 funding route directions for treatment abroad.

3 Contact with service provider



This form is available for residents of England who seek planned treatment in the EU.

Contact 



Consultations

Travel



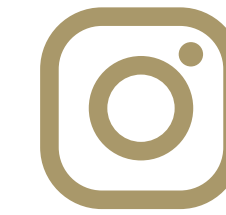
Transfers

Accommodations



Medical services

Rehabilitation



Fi Clinica Europe

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