



Where Quality of Life Begins

➤ Dr. Ravi K. Bashyal, MD, cares deeply about his North Shore and greater Chicago area patients' quality of life after the knee and hip replacement surgeries he performs. That's why he's embraced what are known as minimally invasive surgical techniques when he performs such operations.

"We do the surgery with the least amount of disruption to the soft tissue and muscles," he explains. That means recovery is faster and many patients can quickly resume their normal daily activities.

"The quality of life that people get back is dramatic. Someone who couldn't walk down the block is now biking and doing things they want. I've had people hug me. To me, that's really, really rewarding," he says.

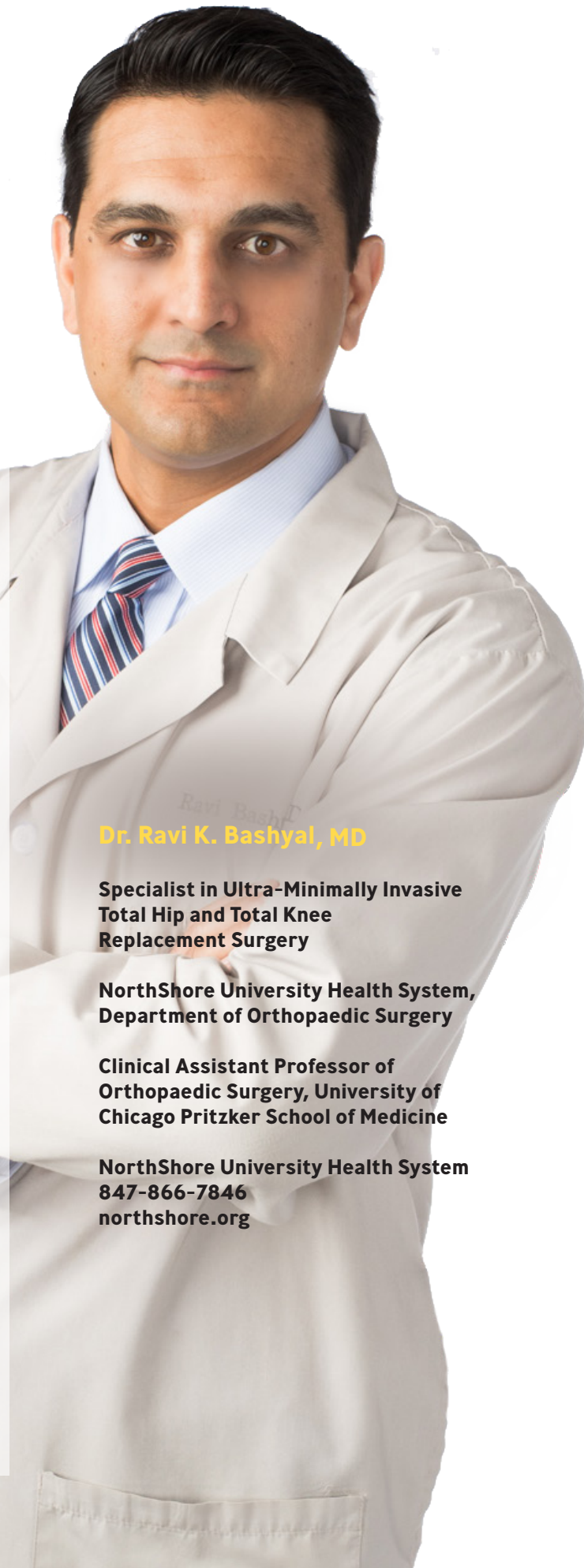
Now with NorthShore University HealthSystem's Orthopaedic Institute at Skokie Hospital, Dr. Bashyal estimates he does roughly 500 surgeries a year, divided roughly equally between hip and knee replacements.

But his surgical efforts don't stop there. He also operates in other countries, having visited his father's native Nepal for example, helping those who might not otherwise have access to a surgeon through a charitable program called Operation Walk Chicago.

Dr. Bashyal's interest in hip and knee replacement surgery began early in his medical studies at the University of Pennsylvania School of Medicine. It deepened and his knowledge of the specialty broadened as he did his residency at Washington University School of Medicine then continued as a fellow in hip and knee replacement at Harvard Medical School where he also served as a clinical instructor in orthopaedic surgery.

Quality of life drew him back to the Chicago area after his Harvard days. Bashyal grew up in Oak Park and his parents still live there. In his spare time he enjoys spending time with his wife and family, fly fishing, and as a FAA licensed pilot - flying airplanes.

In addition, he serves as an advisor to Symphony of Evanston for their hip and knee rehabilitation program. But talk to him for any length of time, and you'll also get the impression some of his happiest times are when he's talking to, and improving the quality of life for his patients. — Emma Reynolds



Dr. Ravi K. Bashyal, MD

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