

# Spinal surgeon is called to India to give advice

Consultant Spinal Surgeon Iqroop Chopra, who specialises in managing neck and back pain and sciatica, both operatively and non-operatively, was invited to advise surgeons at the prestigious Post-Graduate Institute in Chandigarh, India, recently.



By **Katrina Morphet**

16:17, 16 FEB 2015 | **UPDATED** 16:31, 16 FEB 2015

 **Dr Raj Bahadur, professor and head of orthopaedic surgery, Post-Graduate Institute, Chandigarh, India, with Nuffield Health's Iqroop Chopra**

(Image: Nuffield Health)

## Sign up to FREE email alerts from Wales Online - Daily

Enter your email

Subscribe

We will use your email address only for sending you newsletters. Please see our [Privacy Notice](#) for details of your data protection rights

## Sponsored feature

Nuffield Health's Mr Chopra travelled there for a six-day teaching visit, with a group of six British spinal surgeons of Indian origin, to assess patients of all ages with complex spinal disorders where they discussed case by case treatment options and further help local surgeons to then treat or operate.

Mr Chopra, who is chair of Education and Training at the [British Association of Spine Surgeons](#), is dedicated to teaching and education of other doctors in the UK and overseas. This role requires organising national teaching days and fellowships for spinal consultants and trainees.

## PROMOTED STORIES

**Engineers Were Met With A Nauseating Sight When They Drained The Niaga**

Affluent Times

**You Probably Don't Know This 1 Thing Mac Users Do Wrong**

MacKeeper

**9 investment mistakes to avoid in 2020!**

Fisher Investments UK | eBook

**Cardiff: Dealers Sell Off Unsold 2018 Cars**

SaverDaily

---

Sponsored Links by Taboola

As an honorary lecturer at [Cardiff University](#), he teaches undergraduate medical students both in clinical and classroom settings. He is also co-convenor of a Royal College-recognised spinal course popular with post-graduate doctors appearing for their final FRCS exams before completing their training.

The only spinal fellowship-trained neurosurgeon in Wales, Mr Chopra trained in London at specialist tertiary orthopaedic and neurosurgery hospitals. He works at the [Nuffield Health South Wales Spinal Centre](#),

and is qualified to look at spinal pathology from both an orthopaedic and a neurosurgical perspective.

This unique dual perspective is an important aspect of the South Wales Spinal Centre team approach, comprising four other spinal orthopaedic surgeons and Mr Chopra as the spinal neurosurgeon to accurately investigate and diagnose, treat and rehabilitate the entire spectrum of spinal conditions.

The spinal surgeons work as a team, operating together on complex cases, including children and young teenagers with scoliosis (curvature of the spine).

Surgically he has specific expertise in minimally invasive surgery which includes using the microscope for carrying out lumbar microdiscectomy, anterior neck surgery and intrinsic dissection around the nerves for tumours and even fusions.

Working from a pain-management viewpoint, he is also able to treat a range of spinal disorders without surgery, which is the appropriate treatment for approximately 80% of the referrals. To do this, the spinal centre consultant team works closely with the physiotherapy, radiology and pain management teams.

At Nuffield Health's Cardiff Bay Hospital, Mr Chopra runs a one-stop injection clinic for back/leg pain and neck/arm pain.

He explains: "Typically, you would see your spinal consultant for a clinical examination, and then have an MRI scan.

After your MRI scan often you immediately go back to see the consultant to talk through your results. If appropriate, your consultant will discuss with you the option of having injection therapy.

This could be a facet joint injection, nerve root block, or sacro-iliac joint injection done on the same day at Cardiff Bay hospital, by the surgeon or a consultant radiologist."

Like 587K

Follow @WalesOnline

PROMOTED STORIES

Taboola Feed

## Engineers Were Met With A Nauseating Sight When They Drained The Niagara Falls

AFFLUENT TIMES | SPONSORED

## You Probably Don't Know This 1 Thing Mac Users Do Wrong

MACKEEPER | SPONSORED

## 9 investment mistakes to avoid in 2020!

FISHER INVESTMENTS UK | EBOOK | SPONSORED

PROMOTED STORIES

Taboola Feed

## In Paris, a canal was drained. 21 photos showing what was...

SOOLIDE

| Sponsored

## These Twins Were Named "Most Beautiful In The World", Wait Till You See Them Today

DAILYFOREST

| Sponsored

## How Far Does £1 Million Go in Retirement?

| Sponsored

## See Why Retirement Apartments Have Seniors Packing...

SENIOR LIVING | SEARCH ADS

| Sponsored

## 1 in 2 Mac Users Are Unaware Of This Computer Trick

MACKEEPER

| Sponsored

## Cardiff: Dealers Sell Off Unsold 2018 Cars

SAVERDAILY

| Sponsored

## Amanda Holden's savage jibe at Phillip Schofield as he faces complaint

WALES ONLINE

## Welshman thought to be first Brit to catch the coronavirus

WALES ONLINE

## Nadia Comaneci Confirms What We Knew All Along

90MIN



| Sponsored

## 5 Facts About Equity Release All Retired Brits Should Know

| Sponsored

## Celebs before and after getting their teeth 'done'

NETMUMS

| Sponsored

## Holly Willoughby misses This Morning after heartbreaking family news

WALES ONLINE

## Family of Gary Rhodes confirm how chef died

WALES ONLINE

## Save An Average Of £253 Per Year On Your Energy Bills By Joining Look After My Bills

LOOK AFTER MY BILLS

| Sponsored

## Brad & Angelina Face Anxiety After Shiloh's New Identity

WORLDEMAND

| Sponsored

## School Expels Teen Over Outfit, Regrets It When They See...

HORIZONTIMES

| Sponsored

# A mother thinks she's pregnant with twins, but the doctor is shocked when he sees her ultrasound.

EASYVOYAGE

| Sponsored

**W** MORE ON

Health Check Wales

Cardiff University

## PROMOTED STORIES

In Paris, a canal was drained. 21 photos showing what was found in the bottom!

Soolide

How Far Does £1 Million Go in Retirement?

Fisher Investments UK eBook

1 in 2 Mac Users Are Unaware Of This Computer Trick

MacKeeper

See Why Retirement Apartments Have Seniors Packing Their Bags in Cardiff

Senior Living | Search Ads

Sponsored Links by Taboola

**SPECIAL FEATURES**

**ALL**

# TOP STORIES >

WalesOnline

CORONAVIRUS

**Welsh coronavirus case 'has link to secondary school'**

WalesOnline

HEALTH

**Welsh man with coronavirus had 'returned from a family ski trip to Italy'**

WalesOnline

TRAFFIC AND TRAVEL

**Major disruption on train services in Wales as Storm Jorge hits**

WalesOnline

SIX NATIONS

**Nigel Owens column: Time for players to stop the histrionics and dissent that is creeping into the game**

BARRY

**Pedestrian hit by vehicle near Cardiff Airport**



**Wales**Online

**Wales**Online

**Wales**Online

**Wales**Online

**Wales**Online

JOE CALZAGHE

**Heartbroken Joe Calzaghe announces death of his mother, just 16 months after losing dad Enzo**

CORONAVIRUS

**First coronavirus case confirmed in Wales — live updates**

WALES NEWS

**Off duty police officer caught making rude hand gestures at Swansea v Cardiff derby**

RSPCA

**Strange crocodile-like creature turns up on footpath in Risca**

WalesOnline

WalesOnline

WalesOnline



BARRY

**School closed over flooding fears as Storm Jorge brings heavy rain**

IN THE NEWS

**Everything we know so far as first case of coronavirus in Wales is confirmed**

FOLLOW US



[InYourArea](#) | [Discount Codes](#) | [Marketplace](#) | [Contact Us](#) | [About Us](#) | [Work for us](#) |

[Download our e-editions](#) | [Letters To The Editor](#) | [Echo Home Delivery](#) | [Magazines](#) |

[Advertise with Us](#) | [Our Audience](#) | [footie5](#) | [thepools.com](#) | [Bingo](#) | [Buy a photo](#) |

[How to Complain](#) | [Corrections and Clarifications](#) | [Reader Panel](#) | [Public Notices](#) |

[Terms & Conditions](#) | [Privacy Notice](#) | [Cookie Notice](#) | [RSS Feeds](#) | [Newsletters Signup](#) |

© 2020 Media Wales Ltd |