

THE JOURNEY TO PAKISTAN'S FIRST DEDICATED AND LEADING ORTHOPEDIC & SPINE CENTER

Editorial

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ABSTRACT

"And whoever fears Allah - He will make for him a way out. And will provide for him from where he does not expect. And whoever relies upon Allah - then He is sufficient for him"

With this Qur'anic promise as a reminder of faith and reliance on Allah, the journey of Ghurki Trust Teaching Hospital stands as a testament to dedication and service. Laid in 1994 by Abdul Sattar Edhi and formally opened in 2002, the hospital has grown steadily, introducing major developments such as Pakistan's first Spine and Orthopaedic Center, upgraded Paediatric and Emergency Departments, and modern Modular Theaters. The establishment of the Spine Center reflects years of perseverance, collaboration, and training in advanced spine techniques, supported by international partnerships and the integration of minimally invasive surgery, advanced imaging, and navigation technologies. A multidisciplinary team of surgeons, radiologists, pain specialists, and physiotherapists now provides comprehensive care ranging from conservative treatment to complex procedures and rehabilitation. The center has trained over 200 FCPS orthopedic surgeons and welcomed fellows from 16 countries, contributing to the growth of spine care nationally and internationally. Moving forward, the vision is to strengthen excellence, education, and innovation while ensuring that advanced spinal and orthopaedic care remains accessible to all, in line with the humanitarian values upon which the hospital was founded.

Keywords: Clinical Innovation, Healthcare Infrastructure Pakistan, Minimally Invasive Spine Surgery, Orthopedic Surgery, Pain Management, Spine Center

INTRODUCTION

"And whoever fears Allah - He will make for him a way out. And will provide for him from where he does not expect. And whoever relies upon Allah - then He is sufficient for him" (Qur'an 65:2-3)

Ghurki Trust Teaching Hospital began its mission of healing in 1994, when the great humanitarian Abdul Sattar Edhi laid its foundation stone. From humble beginnings, it has grown into one of Pakistan's most respected charitable hospitals, driven by the vision to provide quality healthcare to all regardless of wealth, background, or status. The hospital formally commenced operations in 2002, marking the beginning of decades of dedicated service to humanity. The journey continued with major milestones: the launch of Pakistan's first Spine & Orthopaedic Center in 2014, upgrades to the Paediatric and Emergency Departments, and the addition of modern Modular Theaters.

It is a profound honor to write for the inaugural issue of this journal and share the story of a vision that has now transformed into reality: the establishment of a dedicated Spine Center that stands as a beacon of hope for countless patients across our nation. This achievement represents years of perseverance, planning, and unwavering commitment to improve spinal and orthopaedic healthcare in Pakistan. Spinal disorders represent a significant public health concern globally, with low back pain alone affecting

approximately 80% of the population at some point in their lives.¹ In Pakistan, treatment options were fragmented, and many patients were compelled to travel abroad for advanced procedures at prohibitive costs.

The foundation was built gradually through advocacy, stakeholder engagement, and training young surgeons in advanced spine techniques. We established international collaborations, adopted minimally invasive surgical techniques, and integrated pain management specialists into our multidisciplinary team.^{2,3} The transformation accelerated as we finalized architectural designs, procured state-of-the-art equipment including navigation systems and advanced imaging technologies, and assembled a team of dedicated professionals. We created a collaborative environment where surgeons, radiologists, pain specialists, and physiotherapists work together seamlessly to optimize patient outcomes.⁴

Today, the Spine Center offers the full spectrum of care: from conservative management to complex reconstructive procedures, comprehensive rehabilitation, and research opportunities. Beyond clinical care, we have trained over 200 local FCPS orthopedic surgeons and welcomed fellows from 16 countries, creating a vibrant international community of spine care professionals.⁽⁵⁾ Our research priorities include studying the epidemiology of spinal and orthopaedic disorders in our population and developing cost-effective approaches suitable for low- and middle-income countries.

As we look ahead, our mission is clear: to make the Spine Center a hub of clinical excellence, education, and innovation. We are committed to making advanced spine and orthopaedic care accessible to all segments of society, staying true to the humanitarian principles upon which Ghurki Trust Teaching Hospital was founded. I invite all clinicians, researchers, and healthcare professionals to join us in this endeavor. Together, we can transform the landscape of spinal health and ensure that every patient receives the care they deserve.

AUTHOR’S CONTRIBUTION:

Author	Contribution
Amer Aziz	Conceptualization, Methodology, Formal Analysis, Writing - Original Draft, Validation, Supervision

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