

CURRICULUM VITAE

Dr. Nijith. O. Govindan
BPT, MBBS, MS Orthopaedics

Dept of Orthopaedics,
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CURRENT EMPLOYER

2018 Nov- Fellow Arthroplasty/Arthroscopy, Aster MedCity, Cochin

2017 April - Consultant Orthopaedic Surgeon, City Hospital, MG Road, Cochin
2018 Nov

2016 April - Sunrise Hospital, Kakkanad, Cochin, Kerala
2017 April

2016 Jan- March Consultant Orthopaedic Surgeon, Fathima Hospital, Calicut,
Kerala

SENIOR RESIDENCY

2015 Jan - Dec Department of Orthopaedics
Government Medical College, Calicut, Kerala

SURGICAL TRAINING

2014 June -Dec IQRAA Hospital, Calicut, Kerala

EDUCATION

2011 - 2014 MS Orthopaedics, Academy of Medical Sciences, Pariyaram; under
Kerala University of Health Sciences (KUHS), Thrissur, Kerala

- 2008 – 2009** **Internship**, Jubilee Mission Medical College & Research Institute,
Thrissur, Kerala
- 2003 – 2008** **Bachelors in Medicine & Surgery (MBBS)**, Rajiv Gandhi University
of Health Sciences (RGUHS), Karnataka
- 1999 – 2003** **Bachelor of Physiotherapy**, University of Calicut, Kerala
- 1997– 1999** PUC, Malabar Christian College, Kozhikode, Kerala

AWARDS & ACHIEVEMENTS

- 2019** **Elsevier Reviewer Recognition ‘Certificate of Outstanding
Contribution in Reviewing’** for Journal of Orthopaedics.
- 2018** **Advanced Knee, Shoulder & Ankle Arthroscopy Training** with Dr.
Sunder Rajan at **Ganga Hospital**, Coimbatore
- 2018** **Guest Speaker**, “Latest Advancement in Hip and Knee Surgeries “,
at **PhysioConnect 2018** National Conference, Karnataka
- 2017** Trained in **Navigation-Assisted TKA** under **Dr. Harish Goota** at
QRG Hospital, Faridabad
- 2017** **Presentation** – Paper Presentation at **ASIA PACIFIC
ORTHOPAEDIC ASSOCIATION**, March 2017 at **Putra Jaya, Malaysia**
Topic “**Scapular fractures- do we need to fix? “**
- 2017** **Publication** – “A study on core cut biopsy in bone lesion”-
International journal of orthopedic science
- 2016** **Presentation** – Dr. Baksi gold medal paper session **IOACON 2016**
“**Scapular fractures- do we need to fix “**
- 2016** **Publication**-“Anterior cervical plating for axis tear drop
fractures” in **International journal of Orthopaedics**

- 2016 **Training in Shoulder Arthroscopy at Sunrise Hospital, Kakkanad, Kochi**
- 2016 **Training in Knee and Shoulder Arthroscopy at AASH Arthroscopic Centre, Ahmedabad, Gujarat under Dr. Nishith Shah**
- 2016 **Hip & Knee Replacement Surgery Training at MAX Hospital, Saket, New Delhi with Dr. S K S Marya**
- 2015 **Training in Knee Arthroscopy Cadaveric course at Chula Soft Cadaver Surgical Training Centre, Bangkok, Thailand**
- 2015 **Contributor to Clinical Examination Guide CTIC 2015, Government Medical College, Calicut, Kerala**
- 2015 **Basic Arthroplasty course- Hip & Knee, Perinthalmanna, Kerala, organized by DePuy Synthes Institute.**
- 2014 **Research and Dissertation (submitted to Kerala University of Health Sciences for MS-Ortho Examination): Results of Comminuted Distal Femur Fracture treated with MIPPO – LCP: A Prospective Study**
- 2014 **Poster Presentation “A rare case of Poland’s Syndrome” at KOACON**

HONORS & SCHOLARSHIPS

- **Gold Medalist in MBBS from Basaveshwara Medical College & Hospital, Chitradurga, Karnataka (2008)**
- **Reviewer - Journal of Orthopaedics**
- **Joint Secretary of Arthrocon April 2015**
- **Joint Secretary of Indian Arthroscopy Society Outreach Program- IAS Connect September 2015, Calicut**
- **Organizing Committee member CTIC 2015, Government Medical College, Calicut**

- **Co-convener Arthrocon 2016 September - Knee and shoulder arthroscopy symposium**
- **Co-convener Arthrocon 2017- Advances in Knee and Hip Arthroplasty**
- **Convener, ROCC (Resident Ortho PG Training Course Calicut)-2017, 2018**
- **Scientific Committee Member, Indian Arthroscopy National Meet 2018**

CERTIFICATION

Registered Medical Practitioner with the Travancore Cochin Medical Council, Thiruvananthapuram, Kerala, India (Reg. No. 39276)

PROFESSIONAL SOCIETIES

SICOT (International Society of Orthopaedic Surgery and Traumatology)

Indian Orthopaedic Association (IOA)

Kerala Orthopaedic Association (KOA)

Indian Medical Association (IMA)

Indian Arthroscopy Society

Executive Secretary General, Indo Korean Orthopedic Foundation (IKOF)

SKILLS & EXPERIENCE

- **Surgical Skills:**

Hip: Hip Joint Replacement, Hip Arthroscopy

Knee: Total knee Arthroplasty, Arthroscopic debridement, meniscal balancing, Arthroscopic ACL reconstruction, Hamstring , BPTB and Quadriceps graft harvesting

Shoulder: Arthroscopic Instability surgeries, Arthroscopic Rotator Cuff Repair, Arthroscopic debridement of cuff and type 1 SLAP, Decompression of subacromial space, Acromioplasty, Cuff and labral knot tying

Spine Instrumentation- Pedicle Screw and Hook

HRA with modular bipolar - cemented & uncemented

Clavicle fracture lateral end and shaft -Open reduction and internal fixation

Fracture Fixation Proximal Humerus

Both Column Extra Articular Intra Articular Fixation of Distal Humerus

Both Bone Forearm Plating,

Distal Radius Plating

Bimalleolar/ Trimalleolar, pilon fracture Open Reduction Internal Fixation,

Peri Trochanteric Fracture fixation with DHS/PFN,

Distal femoral fracture fixation- ORIF with plate and MIPPO with LCP,

Proximal/Distal Tibia Plating- MIPPO

Calcaneum Open Reduction Internal Fixation

External fixation in damage control Orthopedics,

Tibia and Femur Interlocking Nail fixation- closed & open,

Tendon Repair and Tendon transfers,

Split Skin Grafting,

Vacuum Assisted Closure

Trauma

CTEV; Ponseti Casting

DDH- Hip Spica

Amputation

Cross finger & thenar flap

- **Assisted Surgeries:**

Pediatric surgeries – Varus De-rotation Osteotomy, Acetabular Surgeries, Tendon Surgeries for cerebral palsy, other Osteotomies;

Navigation-Assisted (Computer assisted) Replacement surgeries incl. Hip Replacement, Knee Replacement (PS knee & CR), Shoulder replacement;

Unicondylar Knee Joint Replacement;

Scapular Fracture fixation;

Arthroscopy surgeries - Knee (Posterolateral, Posteromedial Corner/Sleeve injuries, Meniscal Root Repairs), Shoulder (LATARJET procedure –Scopy & Open) wrist (TFCC Injury);

Spine – Deformity Correction- Anterior and Posterior Spine Instrumentation, Fenestration & Discectomy, Scoliosis Correction

- **Plaster techniques & Traction**

- **Physiotherapy/rehabilitation technique** incl. electrotherapy & exercise therapy, treatment of Sports Injuries

- **Experience in teaching undergraduate students** at ACME, Pariyaram, Kerala.

Experience in teaching undergraduate and Post Graduate students at Government Medical College, Calicut

PERSONAL PARTICULARS

Gender : Male

DOB : 31-May-1981

Nationality : Indian

Marital Status : Married

Languages Known : English, Malayalam, Kannada, Hindi,

Current Address : Plot No. 72, Mavelipuram Housing Colony, Kakkanad,
Cochin, Kerala 682 030

References and additional information available upon request