

CURRICULUM VITAE

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

Dept of Orthopaedics,
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CURRENT EMPLOYER

2019 Nov- Consultant Orthopaedic Surgeon, Lakshmi Group of Hospitals, Cochin

2018 Nov- Fellow Arthroplasty, Aster MedCity, Cochin
2019 Nov

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

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

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

SENIOR RESIDENCY

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

SURGICAL TRAINING

2014 June –Dec IQRAA Hospital, Calicut, Kerala

Training under **Dr. Gopinath P**, in Upper Limb and Lower Limb Joint Replacement, & Arthroscopy

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

- 2020** **Reviewer, Dove Medical Press Journals**
Areas: Sports Medicine, Robotic Surgery, Orthopaedics Research & Reviews
- 2020** **Publication - “Parathyroid adenoma in total knee replacement: A case report of missed diagnosis and treatment challenge.”**
International Journal of Orthopaedic Sciences
- 2020** **Reviewer for Saudi Journal of Sports Medicine**
- 2019** **Advanced Knee & Shoulder Arthroscopic Training at ArthroLab, Singapore**
- 2019** **Training at COXA Hospital, Finland for Joint Replacement**

- 2019 **Elsevier Reviewer Recognition** ‘*Certificate of Outstanding Contribution in Reviewing*’ for Journal of Orthopaedics
- 2019 **Vattikuti Scholarship** to attend **JRSI Robotic Joint Replacement** meeting
- 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 Orthopaedic Sciences
- 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, Elsevier**
- **Joint Secretary of Arthrocon April 2015**
- **Joint Secretary of Indian Arthroscopy Society Outreach Program- IAS Connect September 2015, Calicut**
- **Organising 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**
- **Convener, Resident Ortho Course Calicut (ROCC), 2019**
- **Reviewer - Dove Medical Press Journals**

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 Orthopaedic Foundation (IKOF)

SKILLS & EXPERIENCE

- **Surgical Skills:**

Hip: Hip Joint Replacement (Primary & Revision Arthroplasty), Hip Arthroscopy

Knee: Total knee Joint Replacement (Primary & Revision Arthroplasty), Unicdylar Knee Arthroplasty, Computer Assisted Navigation Joint Replacement - Knee, Arthroscopic ACL and PCL Reconstruction, Multi-ligament injury, Arthroscopic Meniscal Root Repairs, Arthroscopic Meniscus Repair, Arthroscopic debridement, Arthroscopic meniscal balancing, Hamstring, BPTB and Quadriceps graft harvesting,

Shoulder: Arthroscopic debridement of cuff and type 1 SLAP, Decompression of subacromial space, Acromioplasty, Cuff and labral knot tying, Arthroscopic instability

surgeries, Open Latarjet

Total Shoulder Joint Replacement - Anatomical & Reverse Shoulder

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 PFN/PFLP/DHS/DCS,

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

Proximal/Distal Tibia Plating- MIPPO, Bicondylar fracture fixation

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:**

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

Spine – Deformity Correction- Anterior and Posterior Spine Instrumentation, 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 (Dr. Sreedevi S, MBBS, MMST IIT Kharagpur)

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