

CURRICULUM VITAE

Dr. Nijith. O. Govindan
MBBS, MS Orthopaedics

Consultant Orthopaedic Surgeon
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 - Shoulder Arthroscopy Training, 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

2021 **Editorial Board Member, Journal of Orthopaedics**, Elsevier Publications

2021 **Publication - “ Practising Orthopedics in COVID times: The Way Forward”**

Journal Of Orthopaedic Association Of South Indian States

2020 **Publication - “Patellar Thickness and its Implication on Patellar Resurfacing”**

International Journal of Anatomy Radiology & Surgery

- 2020 **Publication** - “**Anthropometric Comparison between Indian and Arabian Knees with Respect to Total Knee Replacement**”
The Journal of Knee Surgery
- 2020 **Publication** - “**Fungal Periprosthetic Joint Infection in Total Knee Arthroplasty**”
Asian Journal of Orthopaedic Research
- 2020 **Reviewer, Dove Medical Press Journals**
Areas: Sports Medicine, Robotic Surgery, Orthopaedics Research & Reviews
- 2020 **Publication** - “**Glycemic Markers in Operative Orthopaedics-Is Fructosamine Better than HbA1c.**”
Orthopedic & Muscular System: Current Research
- 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 for attending *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**
- **Administrative Editor - Journal of Orthopaedics**

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) (MEMBERSHIP NO. LM10818)
Kerala Orthopaedic Association (KOA) (MEMBERSHIP NO. 1121)
Indian Medical Association (IMA)
Indian Arthroscopy Society (MEMBERSHIP NO. 2394)
Executive Secretary General, Indo Korean Orthopaedic Foundation (IKOF)

SKILLS & EXPERIENCE

- **Surgical Skills:**

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

Knee: Single stage bilateral Total Knee Replacement, complex primary total knee Joint Replacement, 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 : House No. 23/180 B, Behind Nippon Toyota, Moolepadam Road,
Kalamassery, Cochin, Kerala 683 104

References and additional information available upon request