

CURRICULUM VITAE

Dr. Nijith. O. Govindan
MBBS, MS Orthopaedics

Sr. Consultant Orthopaedic Surgeon
Dept of Orthopaedics,
Welcare Hospital, Cochin

Email: drnijith@gmail.com
nijithgovindan@gmail.com
Phone: +91 9745601731



CURRENT EMPLOYER

2023 onwards	Sr. Consultant Orthopaedic Surgeon, Welcare Hospital, Cochin
2019 - 2023	Consultant Orthopaedic Surgeon, Lakshmi Hospital, Cochin
2018 - 2019	Fellow Arthroplasty, Aster MedCity, Cochin
2016 - 2018	Consultant Orthopaedic Surgeon, City Hospital, Cochin

ACADEMIC AFFILIATIONS

Associate Editor, Journal of Orthopaedic Reports, Elsevier Publications

Editorial Board Member, Journal of Orthopaedics, Elsevier Publications

Reviewer, International Journal of Surgery Case Reports

Reviewer, Dove Medical Press Journals

Areas: Sports Medicine, Robotic Surgery, Orthopaedics Research & Reviews

Reviewer for Saudi Journal of Sports Medicine

Elsevier Reviewer Recognition ‘*Certificate of Outstanding Contribution in Reviewing*’ for
Journal of Orthopaedics

PUBLICATIONS & ACHIEVEMENTS

- 2023** **Faculty** at 20th National Conference of Indian Arthroscopy Society,
Lucknow, IASCON 2023
- 2023** **Publication** - “Reverse total shoulder arthroplasty: Unconventional
indications – A brief overview”
Journal Of Orthopaedic Association Of South Indian States
- 2022** **Faculty** at Bengaluru Knee Course, 2022
- 2022** **Publication** in "Nammude Aarogyam" Magazine by IMA, Oct 2022 -
“Osteoporosis”
- 2022** **Faculty** at Indian Arthroscopy National Meeting (IASCON, 2022),
Coimbatore
- 2022** **Faculty** at Shoulder Instability Arthroscopy Cadaveric Course at MS
Ramaiah Advanced Learning Centre (MSRALC), Bengaluru
- 2022** **Publication** in "Nammude Aarogyam" Magazine by IMA, Jan 2022-
“Workout Injuries”
- 2021** **Publication** in "Nammude Aarogyam" Magazine by IMA, Sept 2021-
"BONE DEATH in COVID 19 - Is it a real concern?"
- 2021** **Publication** in "Nammude Aarogyam" Magazine by IMA, July 2021-
“Osteoarthritis and Partial knee replacement”
- 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 in "Nammude Aarogyam" Magazine by IMA, Oct 2020-**
"Virtual Ortho clinics; Opportunities and Concerns"
- 2020** **Publication - "Anthropometric Comparison between Indian and**
Arabian Knees with Respect to Total Knee Replacement"
The Journal of Knee Surgery
- 2020** **Publication in "Nammude Aarogyam" Magazine by IMA, Aug 2020-**
"Shoulder Joint injuries in sports"
- 2020** **Publication - "Fungal Periprosthetic Joint Infection in Total Knee**
Arthroplasty"
Asian Journal of Orthopaedic Research
- 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
- 2019** **Advanced Knee & Shoulder Arthroscopic Training at ArthroLab,**
Singapore
- 2019** **Training at COXA Hospital, Finland for Joint Replacement**
- 2019** **Vattikuti Scholarship for JRSI Robotic Joint Replacement meeting**
- 2018** **Advanced Knee, Shoulder & Ankle Arthroscopy Training at Ganga**
Hospital, Coimbatore
- 2018** **Guest Speaker, "Latest Advancement in Hip and Knee Surgeries ", at**
PhysioConnect 2018 National Conference, Karnataka
- 2017** **Training in Navigation-Assisted TKA and Uni condylar/ Partial Knee**
Replacement 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, Kochi**
- 2016** **Training in Knee and Shoulder Arthroscopy at AASH Arthroscopic
Centre, Ahmedabad, Gujarat**
- 2016** **Hip & Knee Replacement Surgery Training at MAX Hospital, Saket,
New Delhi**
- 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,
organised 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**

EDUCATION

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

SENIOR RESIDENCY

2015	Department of Orthopaedics, Government Medical College, Calicut, Kerala
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HONORS & SCHOLARSHIPS

- **Gold Medalist in MBBS from Basaveshwara Medical College & Hospital, RGHUS, Karnataka (2008)**
- **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**

CERTIFICATION

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

PROFESSIONAL SOCIETIES

Indian Medical Association (IMA)

Indian Orthopaedic Association (IOA) (MEMBERSHIP NO. LM10818)

Kerala Orthopaedic Association (KOA) (MEMBERSHIP NO. 1121)

Indian Arthroscopy Society (IAS) (MEMBERSHIP NO. 2394)

Executive Secretary General, Indo Korean Orthopaedic Foundation (IKOF)

IMA Cochin Lagoon Member (LM-3078)

Cochin Orthopaedic Society (COSLM 290)

SICOT (International Society of Orthopaedic Surgery and Traumatology)

ISAKOS (International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine) (MEMBERSHIP NO. 178366)

SKILLS & EXPERIENCE

- **Surgical Skills:**

Hip: Hip Joint Replacement (Primary, Complex primary & Revision Arthroplasty), Hip Arthroscopy, Varus Derotation Osteotomy

Knee: Primary Unilateral Knee replacement, Single stage bilateral Total Knee Replacement, complex primary total knee Joint Replacement, Revision Arthroplasty, Unicondylar 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, Cartilage Procedures- OATS, ACI

Shoulder: Arthroscopic Rotator Cuff repair, Tendon transfer and superior capsular reconstruction for massive cuff tear, Arthroscopic Bankart and Remplissage, Open Latarjet, Arthroscopic SLAP repair, Arthroscopic capsular release, Arthroscopic subacromial decompression

Total Shoulder Joint Replacement - Anatomical

Reverse Shoulder Replacement

Hemi Arthroplasty Shoulder

Spine Instrumentation- Pedicle Screw and Hook, PLIF & TLIF

HRA with modular bipolar - cemented & uncemented

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

Scapular Fracture fixation

Fracture Fixation Proximal Humerus

Both Column Extra Articular Intra Articular Fixation of Distal Humerus

Both Bone Forearm Plating and nailing

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 Orthopaedics,

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

- **Plaster techniques & Traction**
- **Physiotherapy/rehabilitation technique** incl. electrotherapy & exercise therapy, treatment of Sports Injuries
- **Experience in teaching Under Graduate 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, MD Psychiatry
Resident, AIMS Kochi)

Languages Known : English, Malayalam, Hindi

Current Address : House No. 23/180 B, Behind Nippon Toyota, Moolepadam Road,
Kalamassery, Cochin, Kerala, India 683 104

References and additional information available upon request