



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A++' Accredited by NAAC

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Curriculum for Fellowship in Arthroscopy

(with effect from 2023-24 Batches)

Approved as per AC-46/2023, Dated 28/04/2023

Amended History

1. Approved as per AC-46/2023 [Resolution No.5.33], Dated 28/04/2023.

Resolution No. 5.33 of Academic Council (AC-46/2023): Resolved to start fellowship programme “Arthroscopy” under Faculty of Medicine in the department of Orthopedics, Navi Mumbai from Academic Year 2023-24 onwards [ANNEXURE-37].



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FORMATION FOR SUBMISSION OF PROPOSAL / FELLOWSHIP COURSE

1. Title of the fellowship : Arthroscopy
2. Duration of the fellowship : A) 06 months B) 12 months
3. Commencement - A) 1st June B) 1st December
4. Objectives of the fellowship : To apply arthroscopic applications in Knee, Shoulder, Elbow and Ankle joint.
5. Eligibility criteria for admission : MS Ortho / D^oOrtho (Govt - CPS – DNB) and Recommendation from parent institute or guide if freshly passed.
6. Intake capacity in each batch : 1 Candidate for 6 months duration: 1 candidate for 12 months duration.
7. Admission / Selection process/ Procedure : Interviews by faculty.
8. Fees : As per MGMIHS university norms
9. Course content : Arthroscopic procedures in relation to Knee, Shoulder, Elbow and ankle joint.
10. Teaching scheme : Clinical evaluation and indications of Arthroscopy procedures in Knee, shoulder , ankle and elbow joint. Steps of arthroscopic procedures. Managing intra-operative and post-operative complications related with the procedures.
11. Complete curriculum of the course : Attached : Annexure
12. Text book & reference books :
 - a. Textbook of Arthroscopy: Cole and Miller
 - b. Knee Arthroscopy:Jin Goo Kim
 - c. Shoulder Arthroscopy. Gartsman and Snyder
 - d. Ankle Arthroscopy. Richard Ferkel
 - e. Elbow Arthroscopy. Luigi Adriano Pederzini
13. Scheme of examination (in detail) : Theory & Viva/Clinical Examination.

(Pattern of exam/ passing criteria A ward of fellowship) : Supervised and independent demonstration of Surgery

14. Infrastructure required for conducting the course & its availability in the college/ hospital :

Arthroscopy Cart consisting of Camera system, Monitor, Shaver system, Radiofrequency system, Arthroscopes available in OT. The clinical cases will be picked up from Orthopedic OPD.

15. Faculty required (with qualification) for conducting the course :

1) MGM Faculty : i) Dr Nilesh Vishwakarma (Associate Professor)

ii) Dr. Abhay Challani (Associate Professor)

RESUME: Qualifications, Experiences, Publications and References

Dr Nilesh Vishwakarma

D.N.B., D'orth.

Associate Professor, Dept of Orthopaedics, MGM Medical college.

Fellowship in Arthroscopy (ISAKOS, Brazil)

Sports Medicine Fellow (Brazil).

Orthopaedician and Arthroscopist.

Knee and Shoulder specialist.

ISAKOS recognized Sportsmed Fellowship in Arthroscopy from Pontificiac catholic university, Sao Paulo ,Brazil and Arthroscopy and Sports Medicine Institute (ASMI) , Mumbai, India.

nsv1978@gmail.com.

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Surgical experiences:

Knee Arthroscopy / Repairs and reconstructions

- Over 1500 cases of **ACL-R (Anterior cruciate reconstructions)** done in various hospitals including MGM group of hospitals, Criticare hospital, Primus hospital, Mumbai Port Trust hospital.
- **Revision ACL-R** combined: over 80 cases.
- **PCL-R:** 64 cases so far: 58 arthroscopic, 6 arthroscopic assisted.
- **Avulsion fractures of ACL** over 90 cases and **PCL** 44 cases.
- **Autologous Chondrocyte implantation using Stem cells: 4 cases.**
- **Meniscectomies / Synovectomies** and other knee miscellaneous arthroscopic procedures average 6 cases per week over 4 years in various hospitals
- **Knee Dislocations:** MCL repair / plications and posterolateral corner reconstructions over 200 cases.

Shoulder Arthroscopy:

- **Rotator cuff repair** over 700 cases in MGM group of hospitals, Criticare hospital, MBPT and Primus hospital
- Over 260 cases of **Bankart repair**
- 14 cases of **posterior instability** and 32 cases of **SLAP**.
- Capsulotomy for **adhesive capsulitis** over 120 cases so far.
- **Subacromial decompressions** over 1100 cases.
- 46 case of **calcific deposit excision** and repair.
- **Mini-open rotator cuff repair** over 1500 cases in various hospitals.
- **Latarjet stabilization:** over 40 cases.

Combined Independent surgeries done at MGM group of hospitals, Primus hospital & Mumbai Port Trust Hospital.

Shoulder reconstructive procedures including Posterior fixed dislocations and Fracture fixations over 400 cases: Hemiarthroplasty of shoulder over 30 cases.

High tibial osteotomies:

- *Using External Fixators -LRS, Ilizarov and JESS series approx 80 cases.*
- *Utilising Tomofix -40 cases.*

International /National publications: Available online

- 1) <https://www.researchgate.net/profile/Nilesh-Vishwakarma-2/research>
- 2) New additions in publications can be sought on above link.
- 3) Pathognomic discoid medial meniscus with a parameniscal cyst: A case report and review of literature : Publication in MOJ orthopaedics and rheumatology in June 2015.

- 4) " The Accuracy of Clinical Tests and MRI as Compared to Arthroscopy in Diagnosing Knee Ligament and Meniscal Injuries". Malaysian Orthopaedic journal
- 5) Diagnostic Accuracy of Clinical and Magnetic Resonance in Knee Meniscii and Ligamentous Injuries: Research Article Published in MOJ orthopaedics and rheumatology in Jan 2016.
- 6) Factors affecting post-operative range of motion following total knee arthroplasty in Indian patients. Scholars Journal of Applied Medical Sciences (SJAMS) May 2016. Sch.J.App.Med.Sci.vol;4(5B):1559-1565.
- 7) Cemented Total Hip Arthroplasty ;A Study Of 100 Cases. MGM Journal of Medical sciences Vol 3(2);62-65.April 2016.
- 8) Transdeltoid Approach In Proximal Humerus Fractures: Outcome In 35 Cases And Review Of Literature. Annals of International Medical and Dental Research, June 2016.Vol (2), Issue (5)DOI:10.21276/aimdr.2016.2.5.OR 6
- 9) Minimally invasive percutaneous plate osteo-synthesis in type 2 and type 3 AO distal tibia fractures. Scholars Journal of Applied Medical Sciences (SJAMS) March 2016. Sch.J.App.Med.Sci.vol 4(3F):1013-1028.
- 10) A Prospective Study of Patellar Fracture Complications. Scholars Journal of Applied Medical Sciences (SJAMS).June 2016. Sch.J.App.Med.Sci.vol 4(6B):1997-2002
- 11) Short term results of muscle pedicle bone graft in fracture neck femur.: A series of 7 cases. J. Evid. Based Med. Healthc.2016; vol 3(22),1013-1015.March 2016.

- 12) Functional and radiological outcomes of distal femur intra articular fractures treated with locking compression. International Journal of Orthopaedics sciences .Sept 2016;2(4):17-21.
- 13) Short-term Results of Muscle-Pedicle Bone Grafting with Tensor Fascia Lata for Delayed Femoral Neck Fractures; Case Series and Literature Review: Bulletin of emergency and trauma (BEAT) April 2016;4(2):101-104.
- 14) A prospective study of 15 patients with Kaplans like variant of distal femoral epiphysiolysis. SJAMS journal.
- 15) Functional evaluation of fixation for PCL for bony PCL bony avulsion fractures using Burk and Schaffer's approach" . (SJAMS: Volume-5: Issue-1, Jan, 2017).

Organising secretary for Ilizarov live surgery on 17th OCT2015 at MGM hospital Kamothe.

THESIS ON MIDTERM SURVIVORSHIP OF TOTAL KNEE ARTHROPLASTY

(PFC SIGMA) accepted by National board of Examinations, New Delhi on January-2008.

PAPER PRESENTATIONS as main author:

- **10TH ANNUAL CONFERENCE OF INDIAN ARTHROSCOPIC SOCIETY (IASCON 2011) PAPER PRESENTATION : OBJECTIVE INSTRUMENTED AID UTILIZING VISCOELASTIC BEHAVIOR OF ACL IN DETECTING PARTIAL ACL TEARS.**
- **HIGH TIBIAL OSTEOTOMY; A NOVEL TECHNIQUE USING JESS (JOSHI'S EXTERNAL STABILISATION SYSTEM) : PRESENTED IN MEDICAL SOCIETY OF MUMBAI PORT TRUST (MSOMBPT) HOSPITAL, IN DECEMBER 2011.**
- **PAPER PRESENTATION ON MID-TERM SURVIVALSHIP OF TOTAL KNEE ARTHROPLASTY PATIENTS IN MEDICAL SOCIETY OF MUMBAI PORT TRUST (MSOMBPT) HOSPITAL, in November 2007.**

POSTER PRESENTATIONS as main author:

- **10TH ANNUAL CONFERENCE OF INDIAN ARTHROSCOPIC SOCIETY (IASCON 2011) AND 45TH WESTERN INDIA REGIONAL ORTHOPAEDIC CONFERENCE (WIROC 2011) 29TH, 30TH, 31ST DECEMBER 2011 : PATHOGNOMIC DISCOID MEDIAL MENISCUS WITH PARAMENISCAL CYST: A CASE REPORT.**
- **45TH WESTERN INDIA REGIONAL ORTHOPAEDIC CONFERENCE (WIROC 2011) 29TH, 30TH, 31ST DECEMBER 2011 : Partial ACL tears; Decision making utilizing (GNRB) instrumented aid.**

PAPER PRESENTATIONS as co-author:

- **PUNE ORTHOPAEDIC SOCIETY POSAC 2011: PROSPECTIVE STUDY OF PATIENTS WITH LUMBAR SPINAL STENOSIS AND LATERAL RECESS STENOSIS AT MULTIPLE LEVELS TREATED WITH DECOMPRESSION WITHOUT FUSION.**
- **NEURO SPINAL SURGEONS ASSOCIATION (NSSA) Annual Conference Spine held in September 2011 - Instrumented fusion against noninstrumented fusion for degenerative spondylolisthesis -a 5 year follow up .**

POSTER PRESENTATIONS as co-author:

- **44TH WESTERN INDIA REGIONAL ORTHOPAEDIC CONFERENCE (WIROC 2010): FACET JOINT INJECTIONS LUMBAR REGION.**
- **ASSOCIATION OF SPINE SURGEONS OF INDIA (ASSICON 2011): Decompression without fusion for single or two level lumbar spinal stenosis.-in ASSICON 2011.**

Positions & Experiences:

Mgm group of hospitals @Vashi and Kamothe from 2014 onwards.

Orthopaedic consultant in Federal capital territory Abuja from 26th May 2012 to 26th June 2014.

- **ARTHROSCOPY & SPORTS MEDICINE INSTITUTE (ASMI), Dadar, Mumbai : (MAY-2010 to May 2012).**
Involved in the ASMI as an assistant to eminent Arthroscopy surgeon **Dr. ANANT JOSHI** in clinical and surgical cases. The complex

knee ligamentous injuries requiring arthroscopic and/or open management and **shoulder arthroscopic procedures** are a routine at ASMI.

Have gained tremendous experience in **knee and shoulder** cases clinically as well as good surgical exposure since May-2010 to May 2012.

- **MUMBAI PORT TRUST HOSPITAL, Wadala, Mumbai :**
(Since September 2008):

As an Orthopaedic Consultant working independently and along with Honorary **Dr. Ashok.Ambardekar** and involved in knee/shoulder arthroscopy, knee and hip arthroplasty, and trauma cases routinely.

Also working extensively in special **JESS (Joshi external stabilization system)** applications in crush hand and foot injuries.

- **M.T.AGGRAWAL MUNICIPAL HOSPITAL, Mulund :(June 2008 – July 2008):** Resident Houseman in department of Orthopaedics under **Dr.Pathak** unit involved in complex trauma cases.
- **DR.R.N.COOPER HOSPITAL Vile Parle, attached to KEM HOSPITAL (KING EDWARD MEMORIAL HOSPITAL, Parel, Mumbai):**
 - **February 2004 - July 2004:** Resident Houseman in department of Plastic Surgery under **Dr.Abhyankar (Hon. Plastic surgeon)** unit with rotation in Orthopedic surgery Department.
 - **August 2003 – January 2004:** Resident Houseman in department of Medicine under **Dr.N.R.Shetty** unit with rotation in ICCU (INTENSIVE CARDIAC CARE UNIT).

REFERENCES / RECOMMENDATIONS:

- **Dr JULIO CEASER GALI.** (email : juliogali@globo.com)
NOTE,Nucleo ortopedia traumatologia and esportiva.
Sports medicine fellowship director.
- **DR ANANT JOSHI, (M.S.,D'ORTH.,MASTERS IN SPORTS SCIENCE)**
Indian cricket Board's team doctor,
Arthroscopy and sports medicine institute, Dadar,
International and national faculty in Arthroscopy
EX-PRESIDENT INDIAN ARTHROSCOPY SOCIETY.
Email: asminst@yahoo.com. Contact: 022-24142929,24143240.

- **DR. ASHOK.G.AMBARDEKAR. (M.S. Orthopaedics)**

HONORARY IN Mumbai Port Trust Hospital.
EX-PROF & HEAD OF DEPT. L.T.M.G & SION HOSPITAL.
EX-PRESIDENT, Bombay Orthopaedic Society (BOS), (2003-2004)
CONSULTANT, Shushrusha Hospital, Dadar-West.
Contact: 09892815782, 022-24461427, 022-24302392.
Email: hemant64@yahoo.com.

- **DR SUHAS SHAH., M.S.(ORTHO), FAIS, FASIF (GERMANY) ,**

Fellow In Ilizarov Surgery (USA,ITALY) ,
HONORARY In S.L.Raheja Hospital,Mumbai.
ASST-HONORARY.,K.B.Bhabha Municipal Hospital,Mumbai.
Contact: 09322235042, 022-24455155, 022-24455105.
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- **Col.(dr.) E.O. Emodi (rtd).**

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