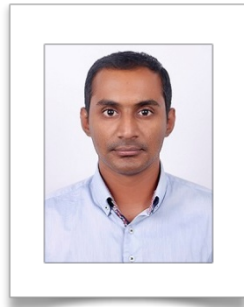


Dr.ANKIT JOSE



Mail id: drankitjose@gmail.com

Phone number- **+917259343438**

**Fellowship On Orthopaedic Sports Medicine And Arthroscopy
(Instituto Cugat, Barcelona, Spain , ISAKOS approved)**

FIFA Diploma in football medicine

**Post doctoral Fellowship in Arthroscopy and Sports
medicine(MGR UNIVERSITY)**

Fellowship in Joint Replacement(FIJR)

Registration No. 151814– Tamil Nadu Medical Council, affiliated to
the Indian Medical Council(IMC)

Date Of Birth: 12-01-1990 , 32 yrs

Address:

30/1059 B , Valloparambil house, Kaniyampuzharoad, Kochi,
Kerala, India 682019

Memberships:

Life member Of Cochin Orthopaedic Association

Life member of Indian Medical Association

Member of ISAKOS

Member of European society for surgery of shoulder and elbow

Member of ESSKA

Professional Qualification:

Fellowship On Orthopaedic Sports Medicine And Arthroscopy (Instituto Cugat, Barcelona, Spain , ISAKOS approved):2023-2024:Instituto Cugat, Quironsalud Hospital, Barcelona, Spain.

FIFA Diploma in football medicine(2023)

Post doctoral Fellowship in Arthroscopy and Sports medicine(MGR UNIVERSITY): 2020 to September 2021: At Ortho one hospital, Coimbatore , India.

FIJR(fellowship in joint replacement)2019-2020: Sunshine Medical Academy for Research & Training, Hyderabad, Telegana , India.

MS Orthopaedics(2015-2018): Father Muller Medical College , Mangalore, Karnataka, India.

Rajiv Gandhi University of Health Sciences, Bangalore, India.

INTERNSHIP(2012-2013): General Hospital , Ernakulam.

MBBS(2007-20012): Father Muller Medical College, Mangalore.

Rajiv Gandhi University of Health Sciences, Bangalore, India.

List Of Orthopaedic placements/employment posts

DATES – January 2023 to December 2023

POSITION- Fellowship On Orthopaedic Sports Medicine And Arthroscopy

FACILITY Instituto Cugat, Hospital Quironsalud Barcelona

CITY/STATE Barcelona

COUNTRY Spain

RESPONSIBILITIES Working as a fellow in arthroscopy and sports medicine at Instituto Cugat, Barcelona, Spain.

Nature of cases seen- Arthroscopy including hip arthroscopy , hip labral reconstruction , joint preservation surgery, cartilage procedures, PRP , regenerative medicine, and sports injuries.

No. of OPD/week 4

Hospital – One of the pioneers in sports medicine focusing exclusively on sports injuries and rehabilitation in elite football players under Dr Ramon Cugat. Actively involved in teaching and research.

The center is internationally recognized as a teaching center for arthroscopy and sports medicine by the World body ISAKOS (International Society for Arthroscopy, Knee Surgery and Orthopedic Sports Medicine). The center is one of the best in world, it conducts round-the-year training for doctors from around the globe, outpatient, inpatient and surgical management of elite athletes with special interest in professional club soccer players. The center is involved in active research in field of regenerative medicine, PRP , meniscal transplant , multiligament knee injuries, osteotomies, hip, shoulder and ankle arthroscopy and cartilage preservation techniques.

DATES 22 Sept 2022- 31 Dec 2022

POSITION TITLE – Assistant Professor at Pondicherry institute of medical sciences, Pondicherry

POSITION TITLE Assistant Professor

FACILITY Pondicherry institute of medical sciences (PIMS)

CITY/STATE Pondicherry

COUNTRY India

RESPONSIBILITIES - Unit chief Arthroscopy and sports injuries
OPD

Nature of cases seen- Sports injuries, Trauma and arthroplasty.

No. of OPD/week 3

Hospital – Tertiary care hospital with orthopaedic teaching programme, Actively involved in teaching medical and postgraduate students, research. Took part in emergency, outpatient, inpatient and surgical management of patients of orthopedics. On call frequency -5 /month. Undertook emergency case management of patients admitted to the unit every day. Heads the arthroscopy and sports injury unit.

DATES 22 Sept 2021- 22 Sept 2022

POSITION TITLE Senior Registrar

FACILITY Pondicherry institute of medical sciences (PIMS)

CITY/STATE Pondicherry

COUNTRY India

RESPONSIBILITIES - Arthroscopy and sports injuries OPD

Nature of cases seen- Sports injuries, Trauma and arthroplasty.

No. of OPD/week-3

Hospital – Tertiary care hospital with orthopaedic teaching programme, Actively involved in teaching medical and postgraduate students, research . Took part in emergency, outpatient, inpatient and surgical management of patients of orthopedics. On call frequency -5 /month. Undertook emergency case management of patients admitted to the unit every day. Heads the arthroscopy and sports injury unit.

DATES 1 Sept 2020- 30 August 2021

POSITION TITLE Post doctoral fellowship in arthroscopy

FACILITY Ortho one hospital

CITY/STATE Coimbatore

COUNTRY India

RESPONSIBILITIES Working as a clinical fellow in arthroscopy and sports medicine at ortho one with rotation in emergency care, foot and ankle, shoulder, knee and physiotherapy clinics.

Nature of cases seen- Arthroscopy and sports injuries.

No. of OPD/week- 6

Hospital – One of the best arthroscopy hospitals in India focusing exclusively on sports injuries and rehabilitation under Dr David V Rajan. Actively involved in teaching and research .

The centre is internationally recognized as a teaching center for arthroscopy and sports medicine by the World body ISAKOS (International Society for Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine) Ortho-One received an Arthroscopy Teaching Centre Spotlight in ISAKOS news Letter. The centre is one of the few in Asia to have this honor and it conducts round-the-year

training for doctors from India and Abroad., outpatient, inpatient and surgical management of patients of orthopedics.

On call frequency-3/month. Undertook emergency case management of patients admitted to the unit everyday

DATES 1 June 2019- 30 June 2020

POSITION TITLE Clinical Fellow

FACILITY Sunshine Hospital

CITY/STATE Telegana

COUNTRY India

RESPONSIBILITIES Working as s clinical fellow in Orthopaedics at Sunshine Hospital, Hyderabad.

Timings -8am to 5 pm

Nature of cases seen- Trauma and arthroplasty.

No. of OPD/week-6

Hospital – Tertiary care hospital with DNB teaching programme, One of the best arthroplasty hospitals in India with around 5000 replacements including robotic surgeries done per year . Actively involved in teaching postgraduate students, research. Took part in emergency, outpatient, inpatient and surgical management of patients of orthopedics call frequencyy -3 /month. Undertook emergency case management of patients admitted to the unit every day.

DATES 4 September 2018- 25 May 2019

POSITION TITLE Junior Consultant

FACILITY LisieHospital ,Kochi

CITY/STATE Kerala

COUNTRY India

RESPONSIBILITIES Working as a junior consultant in Orthopaedics at Lisie Hospital , Kochi.

Timings -8am to 5 pm

Nature of cases seen- Trauma, spine, arthroscopy and arthroplasty.

No. of OPD/week-3

Hospital – Tertiary care hospital with DNB teaching programme, One of the best hospitals in India with subspeciality wise division of units. Actively involved in teaching postgraduate students. Took part in emergency, outpatient, inpatient and surgical management of patients of orthopaedics.

Department size-2 Units

On call frequency- 12/month. Undertook emergency case management of patients admitted to the unit everyday.

DATES Januray 21st 2019 – February 2nd 2019

Observership in Arthroscopy and sports medicine at Ortho One , Coimbatore.

DATES May 2015- May 2018

POSITION TITLE Junior Resident /Postgraduate

FACILITY Father Muller Medical College Hospital, Mangalore

CITY/STATE Bangalore/Karnataka

COUNTRY India

RESPONSIBILITIES Got selected for orthopaedic residency programme at one of the best teaching hospitals in India. Comprised 3 units with different subspecialities including spine, hand and microvascular surgery and arthroscopy and rotated among units every 6 months performing emergency, inpatient, outpatient duty and assisting various surgery. Weekly 5 days had teaching classes with pre-op and postop audit, seminars and case presentation conducted regularly. Department had a total of 14 orthopaedic surgeons and performed 9-10 on call duties.

Research:

Ongoing publication-

- 1) A Biomechanical Comparison of Different Repair Techniques for Anterior Cruciate Ligament Tibial Avulsion Fracture
- 2) Grip analysis in arthroscopy.
- 3) Novel technique- Ultrasound and Doppler-Guided Open plus Arthroscopic Shaving and RF ablation for the Treatment of Patellar Tendinopathy
- 4) Second look arthroscope following full thickness patella cartilage osteochondral defect treated with PACI+PRP – case report.
- 5) Intraosseous platelet rich growth factors for treatment of Glenohumeral arthritis- A Novel technique

Submitted :

1. A novel arthroscopic assisted treatment of giant-cell tumor around the knee with bisphosphonate loaded bone cement - A case report.

Published:

1) Interlinked hamstrings for combined anterolateral and anterior cruciate ligament reconstruction- A novel technique. Indian journal of orthopaedics(IJO) -<https://doi.org/10.1007/s43465-021-00551-x>.

2) Functional outcome of proximal femoral nailing for unstable intertrochanteric Fracture in elderly - International Journal of Research in Orthopaedics.

DOI:

<http://dx.doi.org/10.18203/issn.24554510.IntJResOrthop20204582>

3) A comparative study of proximal femoral nailing versus dynamic hip screw device in the surgical management of intertrochanteric fractures - International Journal of Orthopedics Sciences.

4) Impact of Hepatitis B on complications and functional outcomes in patients undergoing TKR.

DOI- 10.1007/s43465-023-01040-z

Presentations:

1. Presented free paper on 'Arthroscopic excision of solitary intra-articular osteochondroma of the knee 'at Annual Conference of Orthopaedic Association of South Indian States OASISCON at Manipal, India, September 2017.

2. Presented free poster on 'Chondroblastoma of the knee , Arthroscopic evaluation and cavity management with synthetic bone substitutes 'at conference COSCON 2017 at Mangalore, India, and secured best poster award.

Other Relevant Experience

Invited as a faculty for Youth20 congress organised by Ministry of sports , Government of India at KGMC , Lucknow.

Reviewer for

International Journal of Research in Orthopaedics(IJORO)

Indian journal of orthopaedics

Journal of ISAKOS

Journal of Arthroscopy and Joint Surgery

Trained as Provider in American College of Surgeons certified ATLS programme – 2015.

Attended as a delegate at Amrita Basic Course in Hand Surgery at Kochi on 4th and 5th August,2018.

Attended as a delegate for conference of South Indian states OASISCON 2017.

Participated in Berlin international shoulder course 2021

Attended 19th ESSKA congress 2021, Luxembourg

Attend webinars of ISAKO, ESSKA, AANA on arthroscopy and sports medicine.

Attended ICRS meeting at Sitges 2023.

REFEREES:

- 1) Dr Ramon Cugat
Instituto cugat, Bracelona, Spain
Mail id: international@institutocugat.com

- 2) Dr David V Rajan, MS Ortho, MNAMS, FRCS(Glasgow)
Managing director
Ortho One hospital. Coimbatore
Mail id: davidvrajan@gmail.com

- 3) Dr A V Guruva Reddy
Unit chief , Head of department
Department of Orthopedics
Sunshine Hospital , Hyderabad
Mail id: guruvareddy@gmail.com

- 4) DR Suresh Paul
HOD and Senior Consultant
Department of Orthopaedics
LisieHospital , Kochi , India
Ph- 9495996811