



THE OSTEON POST

The Quarterly Newsletter of the Department of Orthopaedics,
MAEER MIT Pune's MIMER Medical College, Talegaon (D)

3rd Edition,
1 Dec 2023
Issue #3

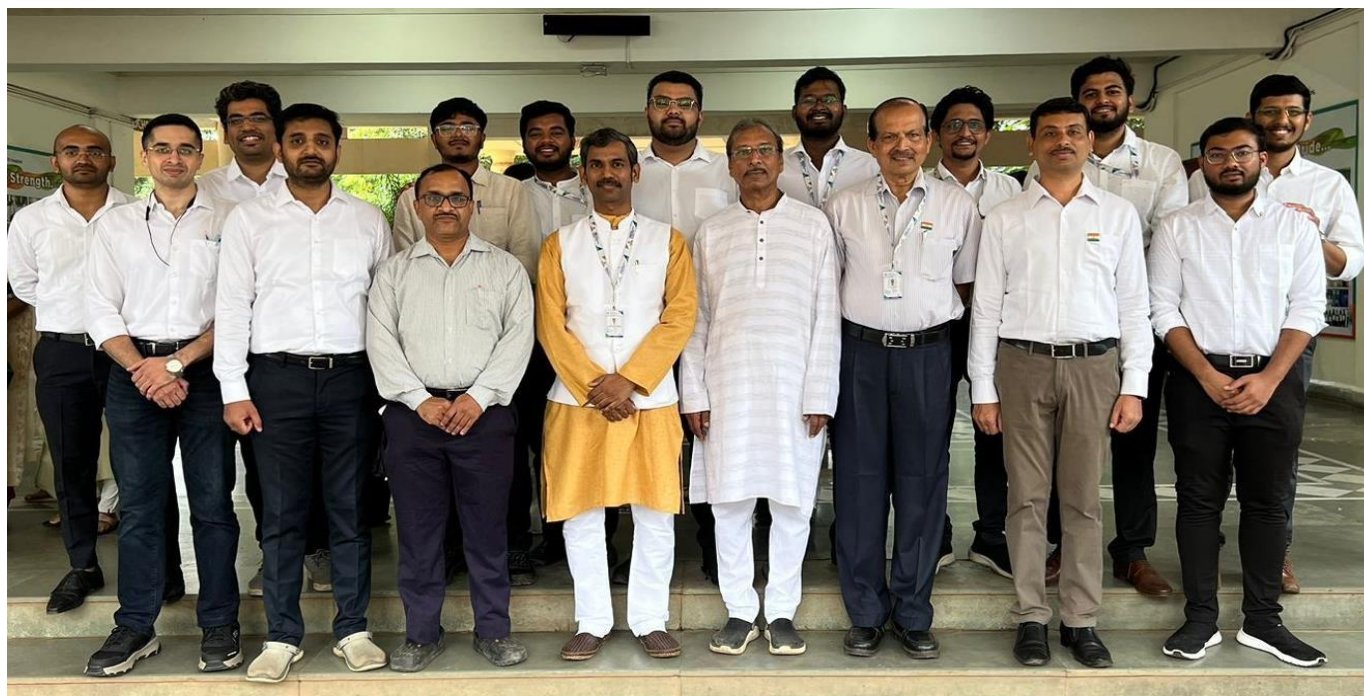
Issue #3 Editor: Dr Darpan Maheshgauri (Professor)
Secretary: Dr. Abhinav Prabhu (Junior Resident)
Features Editor: Dr. Shubham Chaudhari
(Junior Resident)
Contributors: Entire department

*It gives us immense pleasure to release the third volume of the Newsletter of Department of Orthopedics, MIMER Medical College - **The OSTEON**. It is aimed to serve as a platform for all the students and faculty to share their experiences and opinions related to various aspects of Orthopedics. It will also be a mean to showcase the various happenings in the department which may not necessarily be of only clinical and academic nature.*

The contributors can share their and that of their colleagues, various extracurricular events, personal achievements, interesting events, artistic compositions etc. It will also be a source to get updated about the important news and significant happenings in the field of Orthopedics, in and around the region. We hope that it will interest readers and add new dimensions to their thought process.

I, on the behalf of Department of Orthopedics, offer my best wishes to the entire editorial team.

Dr Santosh Borkar
Professor & Head, Department of
Orthopedics



TEAM ORTHO MIMER

Dr Darpan Maheshgauri (Professor and Medical Superintendent)

Dr Ashok Ohatker (Professor and Head Unit I)

Dr Santosh Borkar (Professor and Head of Unit II)

Dr Prasant Kamath (Professor and Head Unit III)

Dr Shivraj Konde (Associate Professor)

Dr Manas Pusalkar (Assistant Professor)

Dr Rajeev Munde (Assistant Professor)

Dr Himanshu Bishnoi (Assistant Professor)

Dr Abhijeet More (Assistant Professor)

Dr Nikhil Bhandari (Assistant Professor)

Dr Santosh Rathod (Senior Resident)

Dr Sandesh Kurle (Senior Resident)

Dr Abhinav Prabhu (Junior Resident)

Dr Shubham Nagre (Junior Resident)

Dr Nikhil Kulkarni (Junior Resident)

Dr Ankit Gangreddiwar (Junior Resident)

Dr Nikhil Phatale (Junior Resident)

Dr Govind Tidke (Junior Resident)

Dr Rahul Ravariya (Junior Resident)

Dr Shubham Chaudhari (Junior Resident)

Dr Jayesh Shirsat (Junior Resident)

Dr. Bhargav Sutar (Junior Resident)

Dr. Sameed Ahmed (Junior Resident)

Dr Bhushan Adhari (Junior Resident)



In this year after the pandemic there was a surge in the trauma cases and some interesting fractures and ligamentous injuries presented to the hospital and were real additions to this learning experience

The new batch of junior residents received a warm welcome to the department .Their joining adds to our efficient workforce and the department is eager to guide them in their upcoming years at MIMER.

Some Interesting Cases

New Junior Residents

The Tree of Andry

A symbol standing tall through the ages

Nicolas Andry de

It shows a straight stake tied to a crooked sapling, a

Bois-Regard (1658 –

13 May 1742) was a metaphor for the correction of deformities in children.

played a significant role in the early history of parasitology and orthopedics. The name „Orthopaedics“ is believed to have originated from Andry's book „Orthopédie“.

Andry published his introduction to Orthopedics in 1741 under the title Orthopédie, then a neologism. It was translated into English in

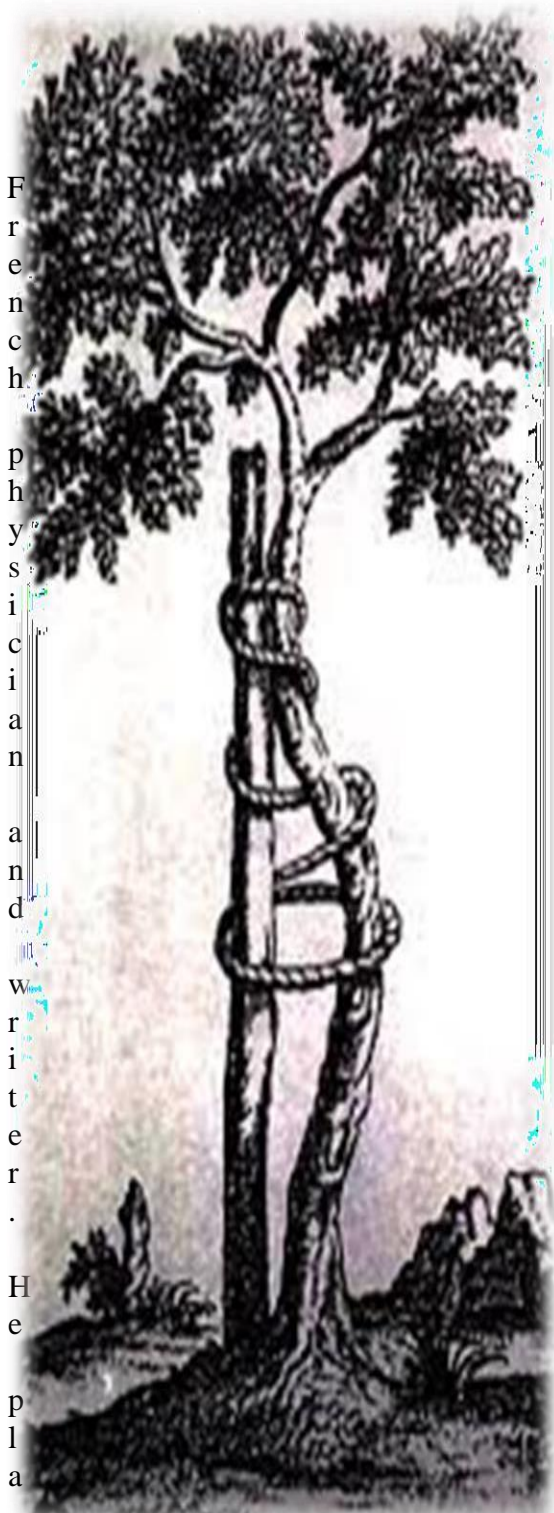
1743

as Orthopædia.^[10] Aimed more at parents of children with deformities, than the physicians, the book presents a theory of human anatomy, skeletal structure, and growth, along with instructions for correcting deformity.

The principal impact of the book derives from the engraving on the frontispiece.

Andry explains in the book that he formed its title "of two Greek Words, viz. Orthos, which signifies straight, free from deformity, and Pais, a Child. "Out of these two words I have compounded that of Orthopædia, to express in one Term the Design I Propose, which is to teach the different Methods of preventing and correction of Deformities of Children."

It is included, without comment, as the last in a series of ten, eighteenth and nineteenth-century illustrations in Michel Foucault's influential study of the history of correction, Discipline and Punish.



Through the scope

Arthroscopy series

The exploits of our arthroscopy specialist in the field of knee and shoulder arthroscopy



JOHNSON AND JOHNSON
 WORKSHOP HELD AT MIMER
 MEDICAL COLLEGE AND DR.BSTRH

Talegaon Dabhade, MH, India
 Vithalwadi, Talegaon Dabhade, 410506,
 MH, India
 Lat 18.731457, Long 73.672771
 02/24/2023 11:41 AM GMT+05:30
 Note : Captured by GPS Map Camera



IOA INFECTION PATHSHALA HELD
 ON 11/06/23 AT DY PATIL PUNE

Pimpri-Chinchwad, Maharashtra, India
 08/10/046, Mahesh Nagar, Pimpri Colony,
 Pimpri-Chinchwad, Maharashtra 411018, India
 Lat 18.624306°
 Long 73.821414°
 11/06/23 02:40 PM GMT +05:30



DR KAMATH GAVE
PHYSIOTHERAPY LECTURE ON
07/02/23



DR KAMATH GAVE A LECTURE ON
RHEUMATOLOGY ON 23/01/23



DR. MORE GAVE A LECTURE FOR
FINAL YEAR MBBS STUDENTS ON
TOPIC SHOCK ON 17/06/23



DR SHUBHAM PRESENTED A CASE
IN PG ACTIVITIES IN 10/05/2023



DR. MUNDE PRESENTED A PAPER
IN POSAC PUNE 2023 ON
17/06/2023



DR. RAJIV MUNDE IS ELECTED AS EC
MEMBER IN PIMPRI-CHINCHWAD
ORTHOPEDIC ASSOCIATION, PUNE IN
MAY 2023

HE GAVE A TALK ON SHOULDER
ARTHROSCOPY, REPLISAGE PROCEDURE,
SHOULDER DISLOCATION

HE ALSO MODERATED LIVE
ARTHROSCOPY, ACL RECONSTRUCTION
AND MENISCUS REPAIR



MANIPAL HOSPITAL ORTHOCON 2023

ORTHOPAEDIC SURGICAL SKILLS COURSE

THEME: ACL RECONSTRUCTION & MENISCUS SURGERIES

Event Date: 2nd April 2023

Time: 9.00am to 5.00pm

Venue: 'Gurukul' 2nd Floor, Manipal Hospital Baner, Pune 411045

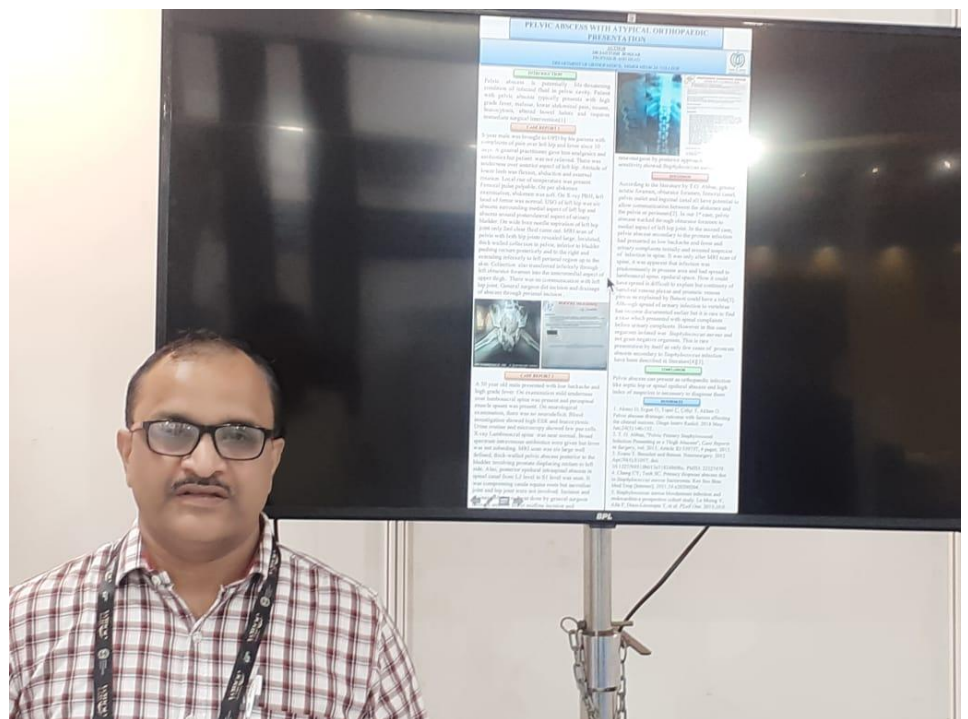
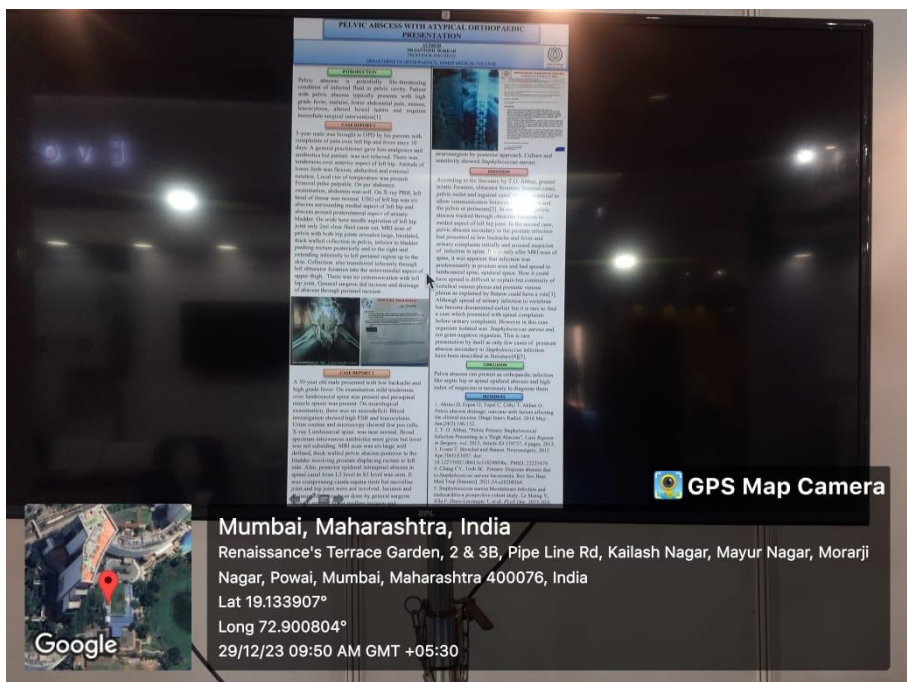
COURSE AGENDA

TIME	TOPIC	NAME OF FACULTY
8.30 am – 9.00 am	Course Registration & Breakfast	
9.00 am – 9.05 am	INTRODUCTION & LAMP LIGHTING CEREMONY	MANIPAL HOSPITAL TEAM
	SESSION 1 – ACL	SPEAKERS
	Moderators: Dr. Bhamare & Dr. Munde	
9.05 am – 9.15 am	ACL – Functional Anatomy & Types of tears	Dr. Anand Jadhav
9.15 am – 9.25 am	Meniscus Anatomy & Tear Types	Dr. Sham Shinde
9.25 am – 9.35 am	Interpretation of Knee MRI – Normal Anatomy	Dr. Azharuddin Syed
9.35 am – 9.45 am	Common Knee Pathologies on MRI scans	Dr. Divya Chaudhary
9.45 am – 9.55 am	Graft Choices & Preparation Techniques	Dr. Umesh Jadhav
9.55 am – 10.05 am	Arithmetic & Techniques in ACL Tunnels	Dr. Raghav Barve
	Moderators: Dr. Saraf & Dr. Kadrekar	
10.05 am – 10.15 am	ACL Graft Fixation Techniques	Dr. Manoj Todkar
10.15 am – 10.25 am	ACL Repair & Augmented Reconstructions	Dr. Abhay Kulkarni
10.25 am – 10.35 am	Lateral extra-articular tenodesis in ACL Injuries	Dr. Dhammapal Bhamare
10.35 am – 10.45 am	ACL Graft Healing & Clinical Implications	Dr. Avinash Mahale
10.45 am – 10.55 am	Management of ACL Avulsion Fractures	Dr. Prashant Tonape
10.55 am – 11.05 am	ACL Ganglion Cyst & Mucoid Degeneration	Dr. Srikanth Madikattu
11.05am – 11.15 am	Question & Answers	ALL FACULTY
11.15 am – 11.30 am	TEA BREAK	
11.30 am – 12.00 pm	CASE DISCUSSIONS & VIDEO SESSIONS	ALL FACULTY
12.00 pm – 1.00 pm	ACL RECONSTRUCTION SAW BONE WORKSHOPS	ALL FACULTY
1.00 pm – 1.40 pm	LUNCH	
	SESSION 2 – MENISCUS	SPEAKERS
	Moderators: Dr. Tonape & Dr. Todkar	
1.40 pm – 1.48 pm	Meniscus Repair – Principles & Techniques	Dr. Raghav Barve
1.48pm – 1.56 pm	Biology of Meniscal Healing	Dr. Prashant Parate
1.56 pm – 2.04 pm	Meniscus RAMP Lesions	Dr. Swapnil Nalge
2.04 pm – 2.12 pm	Meniscus ROOT Lesions	Dr. Anand Jadhav
2.12 pm – 2.18 pm	Meniscus Extrusions	Dr. Sujit Kadrekar
2.18 pm – 2.26 pm	Partial Meniscectomy	Dr. Hrushikesh Saraf
2.26 pm – 2.34 pm	Discoid Meniscus	Dr. Sandeep Biraris
2.34 pm – 2.44 pm	Rehab Protocols for ACL & Meniscal Surgeries	Dr. Nitin Mane
2.44 pm – 2.50 pm	Question & Answers	ALL FACULTY
2.50 pm – 3.30 pm	CASE DISCUSSIONS & VIDEO SESSIONS	ALL FACULTY
3.30 pm – 3.45 pm	TEA BREAK	
3.45pm – 4.45 pm	MENISCUS REPAIR WORKSHOP	ALL FACULTY
4.45 pm – 5.00 pm	VALEDICTORY & CLOSURE OF COURSE	ALL FACULTY

DR. RAJIV MUNDE WAS INVITED AS FACULTY FOR ARTHROSCOPY CONFERENCE MANIPAL HOSPITAL ORTHOCON 2023 HELD ON 2/04/2023



DR. SANTOSH BORKAR
PRESENTED E-POSTER TITLED
PELVIC ABSCESS WITH ATYPICAL
ORTHOPAEDIC PRESENTATION



WORKSHOPS

8th MIMER ORTHOPAEDIC CADAVERIC WORKSHOP

WORKSHOP

DIFFICULT APPROACHES IN ORTHOPAEDICS
"CADAVERIC DISSECTION STEP BY STEP"

OUR PATRONS	ADMINISTRATIVE HEAD
Prof. Dr. Vishwanath Karad Founder - President & Director General World Peace Centre MAEER MIT, Pune, INDIA. Late Dr. Suresh Ghaisas Member, Trustee & Patron MAEER MIT	Dr. Suchitra Nagare Joint Managing Trustee & Executive Director Dr. Virendra Ghaisas Trustee & Executive Director
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ORGANIZING CO-CHAIRMAN	CONVENOR
Dr. Shivraj Konde Associate Prof. Orthopaedics	Dr. Darpan Maheshgauri Prof. Orthopaedics & Medical Superintendent
ORGANIZING SECRETARY	EXECUTIVE COMMITTEE
Dr. Rajiv Munde Asst. Prof. Orthopaedics	Dr. Prashant Kamath Prof. & Ex HOD Orthopaedics & Ex. M.S Dr. Shashank Vedpathak Prof. & HOD, Anatomy Dept.
ORGANIZING COMMITTEE	ORGANIZING CO-SECRETARY
Dr. Nitin Kanode Dr. Himanshu Bishnoi Dr. Abhijit More Dr. Sagar Kulthe Dr. Ashwinkumar Madavi	Dr. Manas Pusalkar Asst. Prof. Orthopaedics

On 26 February 2023, our department successfully conducted 8th Hands-on Cadaveric Workshop (Difficult Approaches in Orthopedics) by renowned surgeons with huge response from all over the state.



GUEST LECTURES

Department of Orthopaedics organized various guest lectures on several topics last year which consisted of eminent specialists from Orthopaedics surgery.



Dr Anand Jadhav gave lecture on Basic Principle of Shoulder dislocation management on 17th February 2023.

Dr Pramod Lokhande (Spine surgeon) gave lecture on Full Endoscopic Spine Surgery & its clinical application on 7th April 2023



Dr Prakash Sigdekar gave lecture on Communication skills for Young Surgeons on 6th February 2023

Dr Mandar Acharya (Pediatric orthopaedic surgeon) gave lecture on Management of CTEV (clubfoot) on 25th July 2023



GLORIOUS !!

We were filled by great joy and pride when our
‘Super six’ third year
junior residents of batch 2020 passed their postgraduate
exams with flying colors this year.
It was first batch of six postgraduate residents from our
department.
Bright future awaits for our consultants now!

The batch consisted of -
Dr Sunil Yadav, Dr Vijith Hegde,
Dr Shantanu Patil, Dr Kavya Iyer,
Dr Abhishek Patil & Dr Manal Gore.

TRENDING NEWS

Our new Orthopods have joined us with excitement and are newly introduced to this institution



Dr. Rhythm Tahilramaney

From Mumbai, Maharashtra.

UG from Krishna Institute of Medical Sciences Karad.

My hobbies include rifle shooting and swimming



Dr Aditya Amod Harip

From Pune, Maharashtra.

UG from MIMER Medical College.

I enjoy reading books, playing badminton and watching movies



Dr Shubham Ramdas Sanap

From district Beed, Maharashtra.

UG from Vikhe Patil Medical College and hospital Ahmednagar.

I love to watch many sports mostly cricket and F1 racing

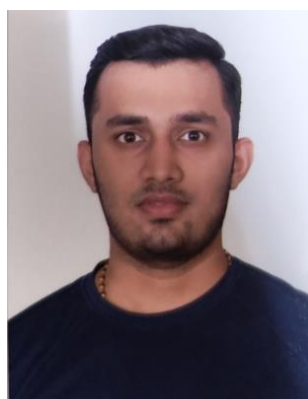


Dr Vipul Umakant Pise

From Chandrapur Maharashtra

UG from the JNMC Wardha

My hobbies are singing old songs and travelling to historic places.



Dr Kairav Viral Purohit

From Ahmedabad, Gujarat

UG from Vikhe Patil Medical College, Ahmednagar

My hobbies are playing cricket and listening music.



Dr Animesh Devanand Gunjal

From Nagpur

UG from GMC Yavatmal .

My hobbies are travelling to new places.

ARTHROSCOPY SERIES

1st Case:

A 30 yr old male came to OPD with A/H/O fall of marble stone while getting down from truck on 14/7/23

at around 3.30 pm at Gunawdi, Baramati with C/o Pain & swelling over left knee since then

Patient was admitted to hospital in Baramati where xray and above knee slab was given and was referred to our hospital for further management

No h/o Head Injury/ Loss of Consciousness/ ENT bleed/ convulsion

No h/o any co morbidities

Patient was vitally stable

LOCAL EXAMINATION

1)Tenderness and swelling present over left knee

2)ROM at left knee painful & restricted

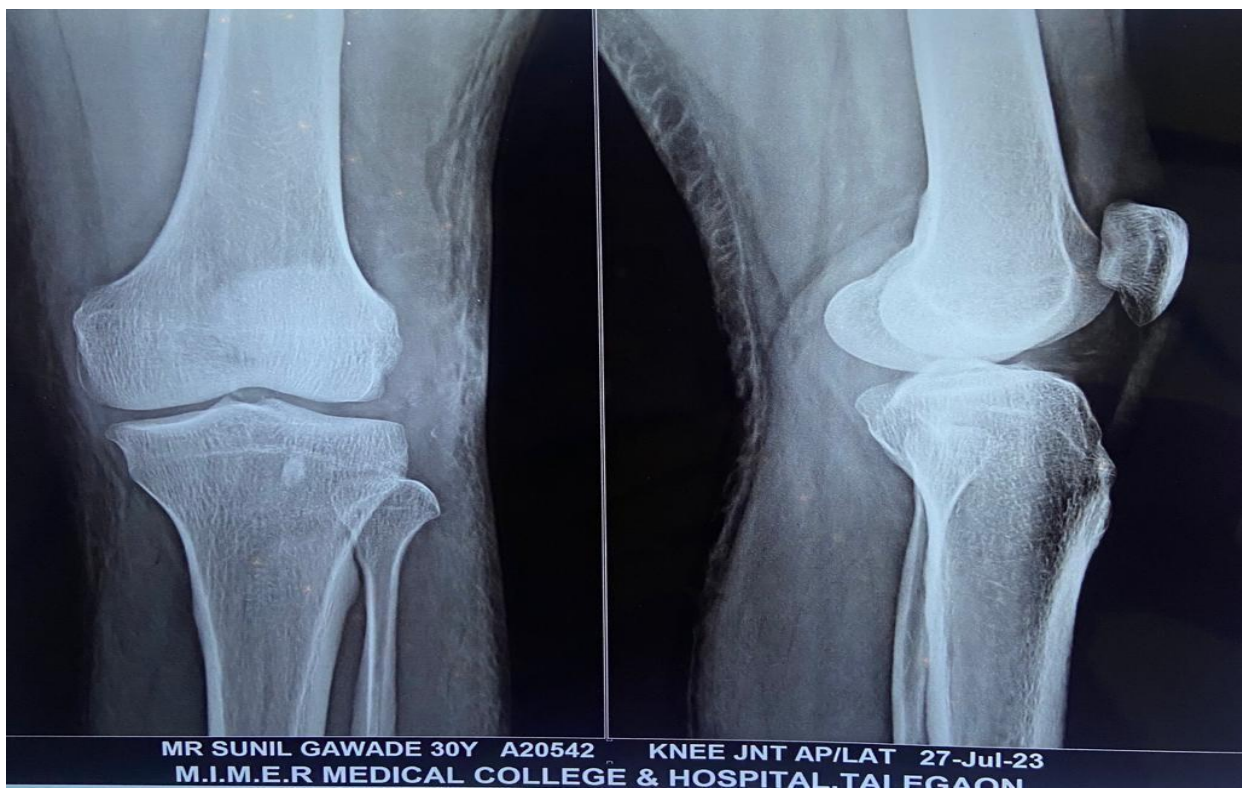
3)Sensations intact

4)Distal pulsations palpable

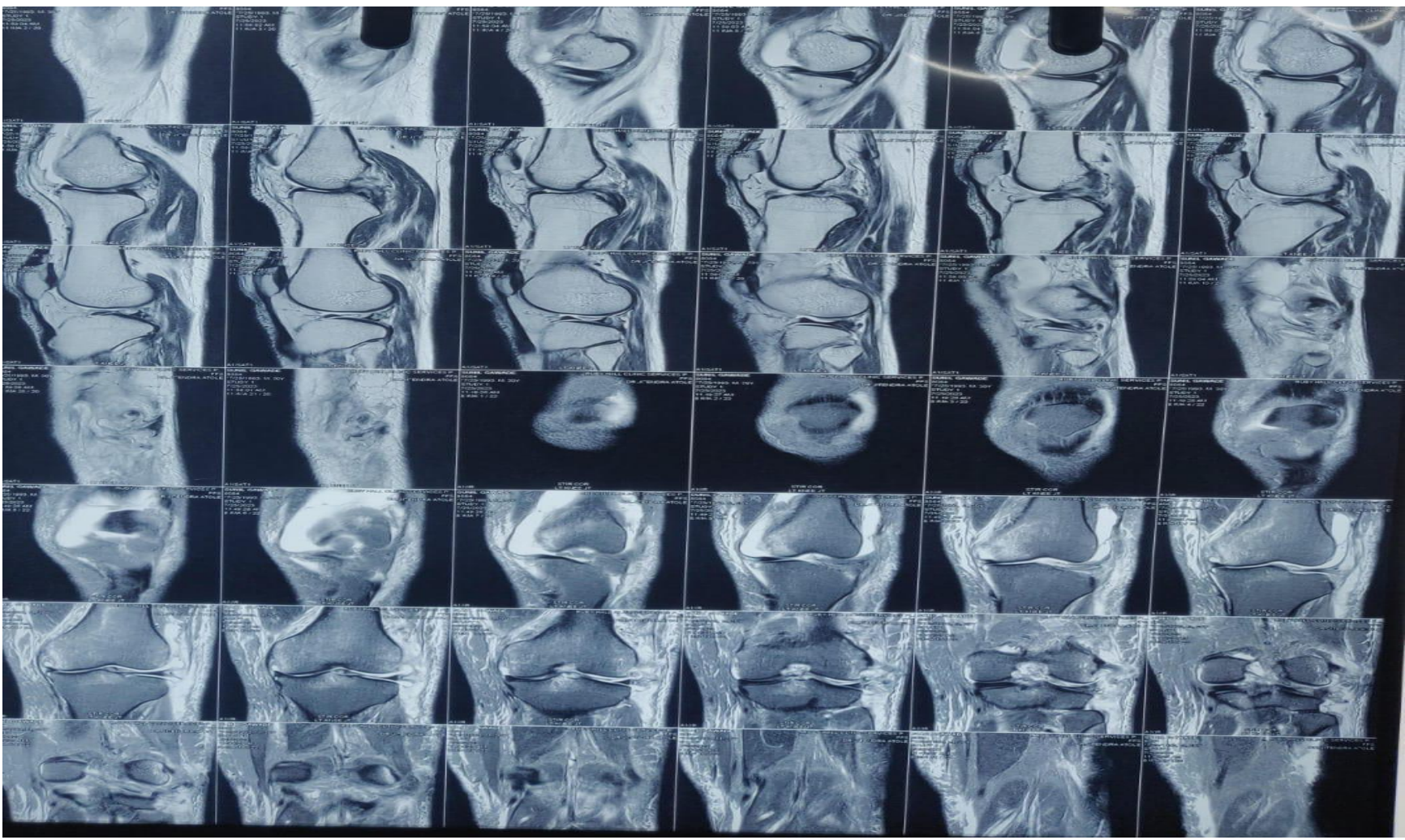
5)Capillary refill normal

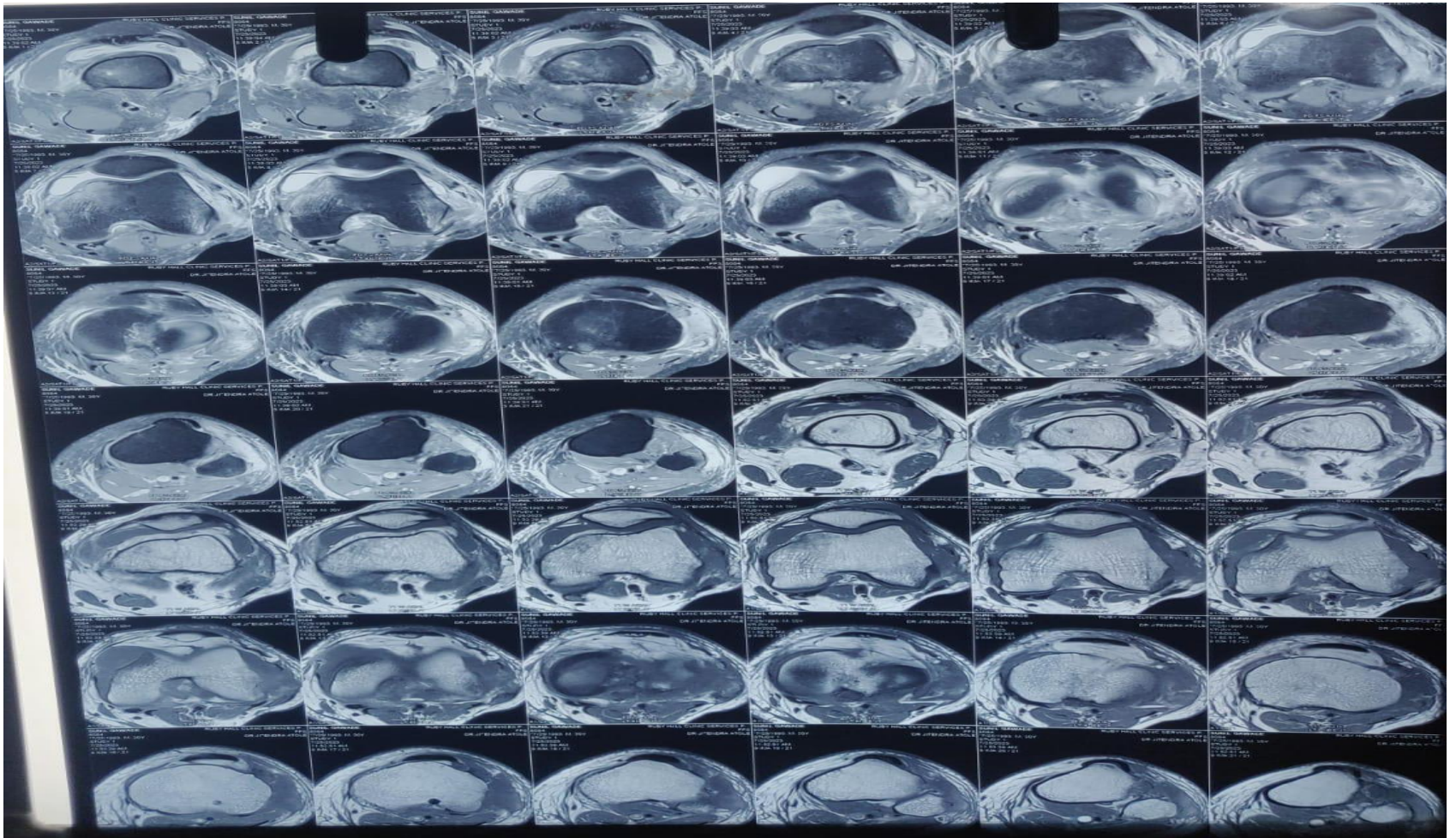
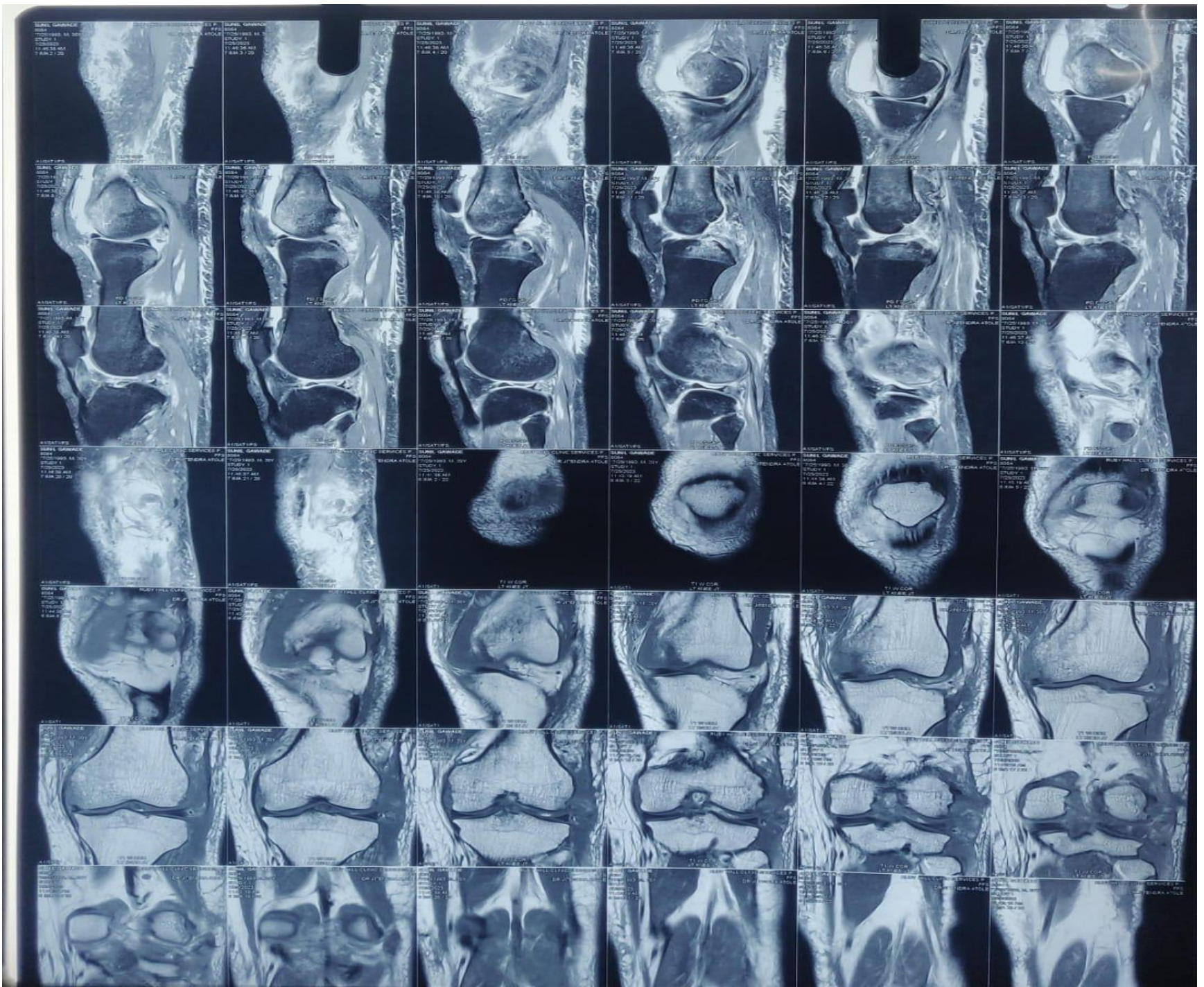
6)Active ankle and toe movements present





MRI





SURGERY



Patient was operated in a two step operation 4 weeks apart

Step 1

Arthroscopic Posterolateral Complex Reconstruction with Bioscrews

Step Two

Arthroscopic Anterior

Cruciate Ligament Reconstruction

With Semitendinosus graft and EndoButton

2nd Case:

A 49 year old came to the OPD with A/H/O jerk to right knee 20th December 2023

C/o pain and instability over right knee since then

No H/o injury to any other joint/body part

O/E :

1) Tenderness present over Right knee medial joint line

2) ROM at right knee terminally painful & restricted

3) Sensations intact

4) Distal pulses palpable

5) Capillary refill normal

6) Special tests -

-Mc murray's test- positive

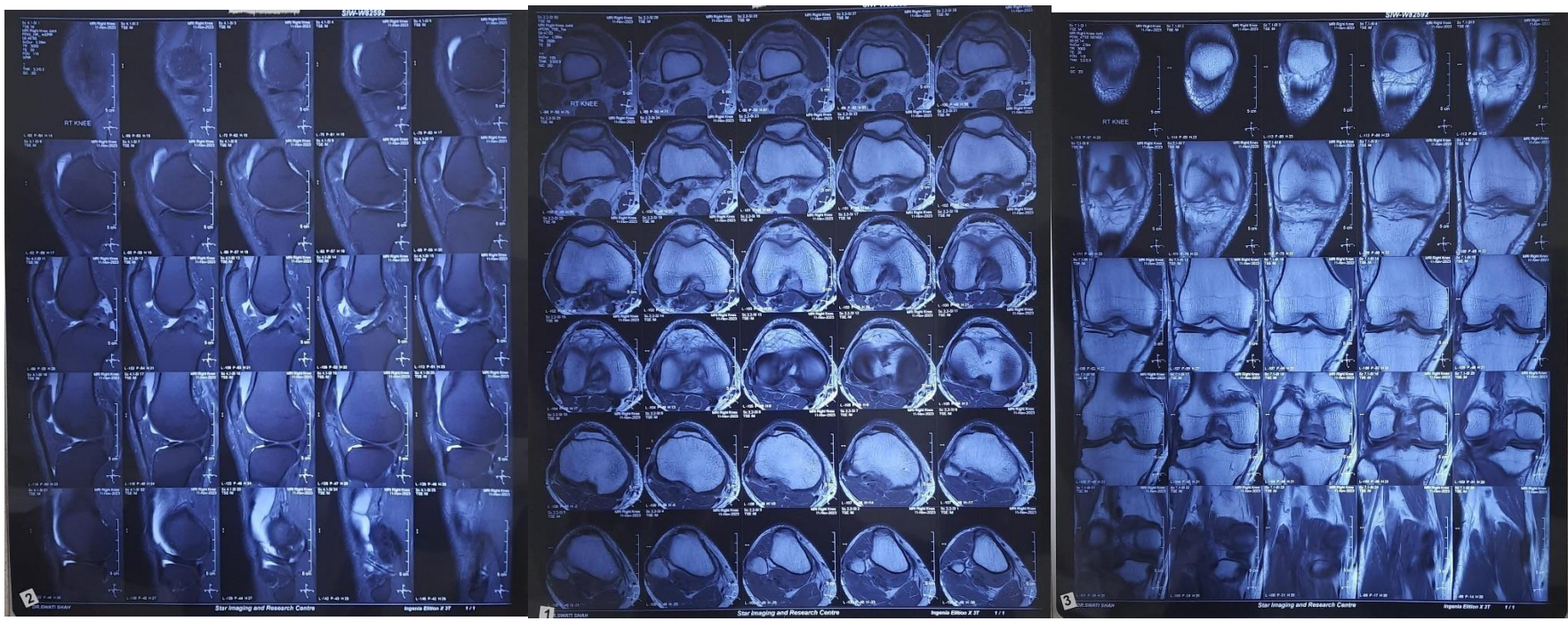
-Posterior Drawer test -positive

-Anterior drawer test - negative

-Lachman test - negative

-Varus & valgus stress test -negative

MRI



SURGERY

Patient was operated with Arthroscopic Posterior Cruciate Ligament Reconstruction With Semitendinosus graft & Bioscrew and Partial Medial Menisectomy



INVENTORY UPGRADATION

With advances in technology, it has become mandatory to upgrade yourself or else, perish. The department is keeping check on such technological innovations and has recently acquired newer instruments and machines to aid us in optimum patient management.



Introducing a new era
of orthopedic excellence with
our advanced new set of
instruments designed to optimize
surgical precision and patient
outcomes.



IN MEMORIAM





Dr. Suresh G. Ghaisas

Founder Trustee – MAEER's Group of
Institutions Medical Director

MIMER Medical College

8th May 1938 – 18th April 2022



Website link

Feedback : ortho@mitmimer.com



<https://www.facebook.com/teamorthomimer>