

Dr. Hitesh Garg

MBBS (AIIMS), MS (ORTHO, KEM, Mumbai), Fellowship in Spine Surgery (Yale University, USA), Joint Replacement Fellowship (AIIMS)

Biographical

Birthplace : Bareta (India)
Citizenship : India
Name of Spouse: Dr. Shairy (MD, Radiology)
Children : None

Current Occupation:

Consultant Orthopedic and Spine surgeon, Sahara Apollo Hospital, Gwalior.

Career Interests :

Disc Arthroplasty (Lumbar and Cervical), Degenerative Spine, Aging Spine, Spine Deformity

Education and Training

Degree	School	Year
Pre-Medical (10+1, 10+2)	D A V College, Jalandhar, Punjab, India	May 1994 – April 1996
MBBS	All India Institute of Medical Sciences, New Delhi, India	Aug 1996 – Dec 2001
Internship	All India Institute of Medical Sciences, New Delhi, India	January 2001 – Dec 2001
MS (Orthopedics)	Seth G S Medical College and King Edward Memorial Hospital, Mumbai, India	May 2004 – April 2007
J and J(Depuy) Joint Replacement Fellowship	All India Institute of Medical Sciences, New Delhi, India	Sep 2007 – Feb 2008
Clinical Fellowship in Spine Surgery	Yale New Haven Hospital, Yale University, New Haven, Connecticut, USA	August 2008 – July 2009

Board Certification : Fellowship Trained

Licensure : Connecticut State Limited Permit, Delhi Medical Council, Maharashtra Medical Council

Honors and Awards

1. **Dr. Pandurangi Award** for the “**Best Orthopaedic Resident**” for the year 2006-07 at KEM Hospital and Seth G S Medical College, Mumbai.
2. Selected among the top 12 nominees out of 298 submissions for **All Asia Young Inventor Award** organized by Hewlett Packard (Dec 2000), for work on Homemade spacer for asthmatic patients. The work was mentioned in “Far Eastern Economic Review” (Dec, 2000).
3. Ranked 5th in All India Pre-Medical Entrance Examination (1996)
4. Ranked 2nd in Punjab Pre-Medical Test(1996)
5. Dr Hira Lal Sharma Memorial Gold Medal (1996-97) for standing first in Punjab School Education Board (Std XII) in the state of Punjab
6. Privileged to sign the college Roll of Honour (1996-97)
7. Merit Certificate and Silver medal from Punjab School Education Board
8. National Level Science Talent Search Examination Scholarship
9. Certificate of Merit for being among the top 0.1% of the successful candidates for All India Secondary School Examination in Mathematics

Professional Experience

Designation.	Consultants.	Speciality.	Hospital.	Tenure.
Consultant Orthopedic and Spine Surgeon		Spine Surgery, Orthopedic Trauma	Sahara Hospital, Gwalior, MP, India	20/8/2009--- presently working
Clinical Spine Fellow	Dr. James Yue, Dr. Jonathen Grauer, Dr. Peter Whang	Spine Surgery	Yale New Haven Hospital, Yale University	8/1/2008 – 7/31/2009
Consultant Orthopedic Surgeon		Orthopedic Trauma and Joint Replacement	Sahara Hospital, Gwalior, MP, India	5/10/2008 – 7/20/2008

Joint Replacement Fellow + Research Associate	Dr. Rajesh Malhotra	Joint Replacement	AIIMS, New Delhi, India	9/1/2007 – 2/29/2008
3 rd Year Resident. (Registrar in Orthopaedics)	Dr. Dr. S. K. Srivastava. Dr. S. S. Mohanty Dr. Binoti Vyas	Spinal Surgery, Adult Reconstructive Surgery, Paediatric Orthopaedics	KEM Hospital. Mumbai. India	11/1/2006 – 4/30/2007
3 rd Year Resident. (Registrar in Orthopaedics)	Dr. Dr. S. K. Srivastava. Dr. S. S. Mohanty Dr. Binoti Vyas.	Spinal Surgery, Adult Reconstructive Surgery, Paediatric Orthopaedics	KEM Hospital. Mumbai. India.	5/1/2006 – 10/31/2006
2 nd Year Resident. (Registrar in Orthopaedics)	Dr. P. B. Bhosale Dr Murali Poduwal	Adult Reconstructive Surgery & Trauma Surgery.	KEM Hospital. Mumbai. India	11/1/2005 - 4/30/2006
2 nd Year Resident. (Senior House Surgeon in Orthopaedics)	Dr. V. J. Laheri. Dr. Dinshaw N. Pardiwala & Dr. Mihir Bapat	Spine Surgery Sports Medicine & Arthroscopy.	KEM Hospital. Mumbai. India	2/1/2005 - 10/31/2005
1 st Year Resident. (House Surgeon in Orthopaedics)	Dr. S. V. Vaidya & Dr. Atul Panghate	Adult Reconstructive Surgery & Trauma Surgery.	KEM Hospital. Mumbai. India	8/1/2004 – 1/31/2005
1 st Year Resident. (House Surgeon in Orthopaedics)	Dr. Naushad Hussain & Dr. S. S. Mohanty	Adult Reconstructive Surgery & Trauma Surgery.	KEM Hospital. Mumbai. India	2/1/2004 – 7/31/2004
Junior Resident	Dr. S. K. Tiwari	Ophthalmology	AIIMS, New Delhi, India	7/11/2003 – 12/31/2003
Junior Resident	V. P. Gupta	Neuroradiology	AIIMS, New Delhi, India	4/1/2003 – 7/9/2003
Junior Resident	Dr. P. Aggarwal	Emergency Medicine	AIIMS, New Delhi, India	3/12/2003 – 3/31/2003
Junior Resident	Dr. S. K. Tiwari	Ophthalmology	AIIMS, New Delhi, India	1/13/2003 – 3/9/2003
Junior Resident	Dr. Prasanna	Internal Medicine (Employees Health Services)	AIIMS, New Delhi, India	7/1/2002 - 12/31/2002
Junior Resident	Dr. R. Ray	Psychiatry	AIIMS, New Delhi, India	2/2/2002 – 6/30/2002
Internee		52 weeks of internship	AIIMS, New Delhi, India	1/1/2001 -

		in medicine, surgery, paediatrics, preventive medicine and Obstetrics & gynaecology	Delhi	India.	12/31/2001
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BOOK CHAPTERS

1. Osteoplasty: The Treatment of Vertebral Body Compression Fractures using the Osseofix Device in “The Aging Spine” by Dr. James Yue

PUBLICATIONS.

1. **Mohanty SS, Bhasme VK, Garg H, Wargantiwar A.** The haemophilic pseudotumour - surgical treatment by excision and filling the defect with calcium-phosphate cement granules. (Haemophilia. 2007 Mar;13(2):217-20)
2. **Bapat M, Choudhary K, Garg H, Laheri V** : Reconstruction of Iliac Crest using autogenous rib graft (Spine 2008 Nov 1;33(23) 2570-75)
3. **Garg H Mohanty SS:** Study of the self centering mechanism of bipolar endoprosthesis (Thesis. Mumbai university)
4. **Singhal T, Garg H, Arora HS, Lodha R, Pandey RM, Kabra SK :** Efficacy of a homemade spacer with acute exacerbation of bronchial asthma : A randomized controlled trial.(Indian J Pediatr 2001; 68(1) : 37-40)
5. **Garg H Mohanty SS :** Recent advances in the management of osteoarthritis – A review article (Under review for publication in JIMA)

Abstracts

1. “ Reconstruction of complete iliac crest donor site defects using autogenous rib graft” in book of abstracts for WIROC 2006
2. “Quality of life in patients undergoing total hip replacement after fracture neck of femur – Indian scenario” in the book of abstracts for IOACON, 2006. Also published in ISTA, 2008 (International Society for technology in Arthroplasty) abstracts book. Accepted for publication in JBJS(B)

3. "Self Centering Mechanism in Bipolar Endoprosthesis – Is it effective?" Accepted for publication in JBJS(B). Published in ISTA, 2008 (International Society for technology in Arthroplasty) abstracts book

PRESENTATIONS

1. Presented a case of " Three column Fracture of L2-L3 without neurological deficit associated with burst fracture L5 in an 18 years old girl " at IMA meeting, Gwalior (Dec, 2009)
2. Presented paper on " Reconstruction of complete iliac crest donor site defects using autogenous rib graft" at WIROC 2006 (Western Indian Regional Orthopaedic Conference) held at Mumbai (Dec, 2006)
3. Presented a paper on "Quality of life in patients undergoing total hip replacement after fracture neck of femur – Indian scenario" as co-author at IOACON, 2006 (Nov 2006)
4. Presented a poster on Askin Tumour of the dorsal spine presenting as a paraplegia at ICS (Aug 2005)
5. Poster on "Quality of life in patients undergoing total hip replacement after fracture neck of femur – Indian scenario" as a co-author at ISTA, 2008, Seoul, Korea
6. Poster on "Self Centering Mechanism in Bipolar Endoprosthesis – Is it effective?" as a co-author at ISTA, 2008, Seoul, Korea
7. Presentation of interesting cases at Bi-monthly Bombay spine club meetings, monthly departmental academic meetings

SCIENTIFIC MEETS.

1. Special Training Course on Prodisc C at Synthes Spine Advancing Technologies Forum, Pennsylvania.(Jul 2009)
2. Special Training Course on Prodisc L at Synthes Spine Advancing Technologies Forum, Pennsylvania.(Jul 2009)
3. Fourth annual course on " Sharpening your spine surgery skills" (Hands on cadaveric course) at Spine Masters Institute, Burr Ridge, IL (May, 2009)
4. 2008-09 "Young Leaders in Spine" spine surgeon transition program in Las Vegas (Apr,2009)

5. 2009 Spine Fellows Deformity Education Summit in Las Vegas, NV (Feb 2009)
6. 2008 DePuy Spine Advanced Concepts in Spine Surgery Bioskills Workshop in Chicago, IL (Aug 2008)
7. Advances & Techniques in Joint Replacement Surgery - Ranawat Orthopaedic Conference 2008” at New Delhi (Jan 2008)
8. Conference on Hip Resurfacing with live demonstration and hands-on workshop held at K.E.M. Hospital, Mumbai on 16th February 2007 (Dr. J.G. Boldt, Dr. V.J. Lahiri)
9. Western Indian Regional Orthopaedics Conference (WIROC) at Mumbai (Dec 2006)
10. Pre-WIROC workshop on “Paediatric Deformity Correction” at Holy Family Hospital, Mumbai on 1st Dec, 2006 (Dr. Alaric Aroojis)
11. Basic Knee and Shoulder Arthroscopy Certification Workshop organised by Indian Arthroscopy Society in Mumbai (July 2006)
12. Orthopaedic Oncology CME on Benign bone tumours at Tata Memorial Hospital, Mumbai (March 2006)
13. Indian Orthopaedic Association conference (IOACON) in Mumbai (December 2005)
14. Basic Spine Cadaveric workshop at IOACON (December 2005)
15. International seminar on spinal surgery (CME) at Lilavati hospital and research centre Mumbai (July 2005)
16. The Spine Foundation Master Class lecture series (Dr. Shekhar Bhojraj) conducted by Spine unit at the P. D. Hinduja National Hospital and Medical Research Centre , Mumbai (Jan 2005 to April 2005)
17. An instructional lecture and demonstration course on Ilizarov treatment for complicated fractures and non-unions of femur (Dr. Suhas Shah) at K. B. Bhabha Hospital, Mumbai (June 2005)
18. CME on Paediatric fracture meeting (Dr. Alaric Aroochis) at Wadia Hospital, Mumbai (Sep 2005)
19. AO basic course and hands on workshop on Locking Compression Plate (Sep 2005)
20. Symposium on Exeter Hip (Dr. Nilen Shah & Dr.Hugh English) at Bombay Hospital, Mumbai conducted by Stryker India on 12th December 2004
21. CME on Paediatric orthopaedic infections (Dr. Alaric Aroochis) at Wadia Hospital (Nov 2006)

22. Attended all the bimonthly Post Graduate Training courses organised by Bombay Orthopaedic Society at various hospitals in Mumbai(2006)
23. Attended all the quarterly meetings of Spine Club of Mumbai (2005-06)

Other Skills

1. Organization of Basic and Advanced Spine Cadaveric Workshops at KEM hospital Mumbai
2. Completion of Artificial Disc Replacement Training at Spine Masters Institute, Burr Ridge, Chicago in 2008
3. Special Training Course on Prodisc C and Prodisc L at Synthes Spine Advancing Technologies Forum, Pennsylvania