

Healthy J Desai, MD
Orthopedic Surgery, Hand Surgery, Sports Medicine

Date of Birth : 22nd July 1978

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Career Highlights:

- **Gold Medal** for securing first position in **F.C.P.S. Orthopaedics** - Mumbai.
- Jitendra Kumar Kar **Gold Medal** for top marks in **Surgery** in University of Mumbai.
- Chapter on “Meniscal Injuries” in book “MRI-Arthroscopy Correlations: A Case-Based Atlas of the Knee, Shoulder, Elbow, and Hip; Stephen K. Brockmeier, Editor (To be published in 2015)
- Advisor for product development for Dunamis Medical LLC.
- “Association of Lesions of the Scapholunate Interval with Arthroscopic Grading of Scapholunate Instability via the Geissler Classification”. Journal of Hand Surgery(Am); 2015;40(6):1083-1087
- “Comparison of Radiographic Stress Views for Scapholunate Dynamic Instability in a Cadaver Model” in Journal of Hand Surgery (Am); Volume 36, Issue 7 , Pages 1149-1157, July 2011
- Selected Readings in Plastic Surgery – Flexor Tendons; Volume 10; Issue 30; 2013
- Selected Readings in Plastic Surgery – Fractures, Dislocations, Wrist & Congenital Anomalies. Vol 10; Issue 29; 2011
- **Podium presentation** as Author on “Comparison of Radiographic Stress Views for Scapho-lunate Instability”, ASSH, October 2010, Boston, USA
- **Podium Presentation** as Author on “Comparison of Radiographic Stress Views for Scapho-lunate Instability”, AAOS March 2010.
- **Presentation** as Author on “Percutaneous Fixation of Acute and Sub-acute Scaphoid Fractures”, AAOS Scientific Exhibit – 2008.
- **Podium presentation** as Author on “Study of Fracture Healing Status in HIV Patients” at APOA (Asia Pacific Orthopaedic Association) Trauma Meet 2006 at Kuala Lumpur, Malaysia.
- **Podium Presentation** on “Arthroscopic Evaluation of the Scapho-lunate Interval with Serial Sectioning of Supporting Ligamentous Structures: A Correlation of Anatomic Lesions with the Geissler Classification” at ASSH 2009 at San Francisco, USA.
- **Podium presentation** on “Implant Cutout In Intertrochanteric Fracture : Correlation With Osteoporosis” as a co-author at APOA (Asia Pacific Orthopaedic Association) Hip 2006 Meet at Adelaide, Australia in May 2006.
- **Podium presentation** on “Attack of Retro Virus, Does the Infection Rate Increases by the Usage of Orthopaedic Implants in Such Patients” as a co- author at APOA (Asia Pacific Orthopaedic Association) Trauma Meet 2006 at Kuala Lumpur, Malaysia.
- **Poster presentation** on “Efficacy and tolerability of FDC of Valdecoxib & Tizanidine” as a co-author at 8th World Congress on clinical pharmacology and therapeutics (CPT-2004) at Brisbane, Australia.
- **Distinction** in Preventive and Social Medicine
- Consistent top ranks throughout the educational career.
- Represented College in Cricket, Volleyball, Football, at State level competition winning awards.

Clinical Experience:

Consultant Orthopedic surgeon in California, USA (Jan 2012 – current)

Working as a consultant orthopedic surgeon at Ridgecrest Regional Hospital since January 2012. Practicing all aspects of orthopedic surgery with special emphasis on Sports medicine, Paediatric orthopedics and upper limb surgeries including Hand and microsurgery.

Fellowship in Orthopedic Sports Medicine : (1 year) (Sep 2010 – Aug 2011)

ACGME accredited fellowship from 1st September 2010 at Long Beach Memorial Medical Center in California, USA with comprehensive experience in all aspects of sports medicine surgeries.

Fellowship in Hand, Micro-vascular and Upper Limb Surgeries : (1 year) (Sep 09 – Aug 10)

ACGME accredited fellowship from 1st September 2009 at University of Texas Southwestern Medical

Center, Dallas, USA with emphasis on congenital and paediatric upper limb surgeries at Texas Scottish Rite and Children's Hospital.

Fellowship in Hand, Micro-vascular and Upper Limb Surgeries : (1 year) (Aug 08 – July 09)
ACGME accredited fellowship from 1st August 2008 at New York University Hospital for Joint Disease, New York, USA with comprehensive experience in hand, micro-vascular and upper limb surgeries.

Fellowship in Limb Lengthening, Reconstruction & Upper Limb Surgery: (6 months)(Feb 08-Jun 08)
Comprehensive experience in limb lengthening, reconstruction, upper limb surgeries in Melbourne, Australia

Orthopedic Registrar at The Epworth Hospital, Melbourne - Australia (1 year) : (Feb 07 – Feb 08)
Attending to O.P.D., Orthopaedic emergencies, Operating cases independently, as well as assisting complex and critical cases like intramedullary nailing, Arthroscopic surgeries, spine surgeries, hip and knee replacements, close reduction and similar and many routine surgical and non surgical treatments.

Orthopedic Registrar at The Northern Hospital, Melbourne - Australia (6 months):(Aug 06-Feb 07)
Attending to O.P.D., Orthopaedic emergencies, Operating cases independently, as well as assisting complex and critical cases like intramedullary nailing, Arthroscopic surgeries, spine surgeries, hip and knee replacements, close reduction and similar and many routine surgical and non surgical treatments.

Residency : Orthopedics : Sir J.J. Group of Hospitals, Mumbai, India (3^{1/2} Years): (Feb 03 – Apr 06)
Attending to O.P.D., Orthopaedic emergencies, Operating cases independently, as well as assisting complex and critical cases like intramedullary nailing, spine surgeries, hip and knee replacements, close reduction and similar and many routine surgical and non surgical treatments, Deformity correction, Limb lengthening, tendon repairs, soft tissue surgeries, tumor surgeries. Attending general Surgery O.P.D. cases, Emergencies and operating as well as assisting surgeries. Teaching students and taking lectures for students and nurses.

Postgraduate student in Radiology (1 year)
Attending to O.P.D., Conventional Radiology, C.T. Scan, M.R.I., Sonography, Intravenous Urography, Barium studies, Sinogram, Emergency procedures and similar Diagnostic tests.

Intensive Care Management Training : Bombay Hospital (1year) : (Sept 01 – July 02)
Attending to various emergency patients of 80 Bed Intensive care unit, various Emergency procedures, Ambulance Emergency Acute Trauma Management. Ventilator Management, management of Cardiac Emergency, Respiratory Emergency, Traumatic Emergencies management.

Advanced Cardiac Life Support (American Heart Association)
Training in Advanced Cardiac Life Support and Emergency Treatment.

General Surgery Training (7 months)
Attending O.P.D., Surgical emergencies, assisting surgeries, working up and discharging patients, performing various general surgical major and minor procedures.

Internship : Grant Medical College & Sir J.J. Group of Hospitals
Vene-puncture, Vene-section, Nasogastric-Intubation, Gastric Lavage, Feeding, Urinary Catheterization, ECG recording, Arterial & Venous blood collection.

Professional Affiliations:

- Advisor for product development for Dunamis Medical LLC, which is a privately held company focusing on design and manufacturing of medical devices for soft tissue reconstruction of the shoulder, elbow, wrist, hip, knee, ankle and foot.
- Editor : Journal of Medical Thesis
- Chief Reviewer : Journal of Orthopedic Case Reports : (Sports Medicine, Hand Surgery, Miscellaneous)

- Award for the Best Reviewer of “Journal of Orthopedic Case Reports” for year 2012.
- Member : Arthroscopy Association of North America (AANA)
- Member : American Association of Orthopedic Surgeons (AAOS)

Educational Qualifications:

<u>Degree</u>	<u>Board/University/Location</u>	<u>Year of Passing</u>
M.S. (Orthopedics)	Mumbai University/ India	Feb 2006
F.C.P.S. (Orthopedics)	College of Surgeons / Mumbai / India	Mar 2006 (Gold Medal)
Diploma Orthopedics	College of Surgeons / Mumbai / India	April 2006
M.B.B.S.	Mumbai University / India	Dec 2001 (Gold Medal)
D.N.B. Primary	Diplomate of National Board / India	June 2002
USMLE Step 1, 2CK, 2CS, 3	United States Medical Licensing Exam	2001 - 2008
ECFMG Certification	Certificate Number : 0-620-816-9	June 2007
AMC Advanced Standing	Certificate Number : 2062276 / Australia	May 2011
IELTS	International English Language Testing	Oct 2005 (Band 8.0)

VISA :

- US : H1B VISA
- Australian Citizen

Medical License :

• California Medical Board	License Number	A114098	2010 - Current
• Texas Medical Board	Permit Number	BP10035982	2009-2010
• New York Medical Board	Permit Number	P65752	2008-2010
• Victoria Medical Council	Registration Number	MPS366003	2006-2008
• Maharashtra Medical Council	Registration Number	2001/08/2841	2001
• EICS number	E11576-6		

Articles Published in Medical Journals and Papers Presented:

- “Association of Lesions of the Scapholunate Interval with Arthroscopic Grading of Scapholunate Instability via the Geissler Classification”. Journal of Hand Surgery(Am); 2015;40(6):1083-1087
- Selected Readings in Plastic Surgery – Flexor Tendons; Volume 10; Issue 30; 2013
- Selected Readings in Plastic Surgery – Fractures, Dislocations, Wrist & Congenital Anomalies. Vol 10; Issue 29; 2011
- “Comparison of Radiographic Stress Views for Scapholunate Dynamic Instability in a Cadaver Model” in Journal of Hand Surgery (Am); Volume 36, Issue 7 , Pages 1149-1157, July 2011
- Podium presentation as Author on “Comparison of Radiographic Stress Views for Scapho-lunate Instability”, ASSH, October 2010, Boston, USA
- Podium presentation as Author on “Comparison of Radiographic Stress Views for Scapho-lunate Instability”, AAOS March 2010, New Orleans, USA
- Podium presentation as Author on “Comparison of Radiographic Stress Views for Scapho-lunate Instability”, New York Society for Surgery of the Hand Research Symposium, May 11, 2010, New York, NY
- Publication on “Arthroscopic Evaluation of the Scapho-lunate Interval with Serial Sectioning of Supporting Ligamentous Structures: A Correlation of Anatomic Lesions with the Geissler Classification” in Journal of Hand Surgery; Volume 34, Issue 7, Supplement 1, Pages 1-56; Sep 2009
- Podium presentation on “Arthroscopic Evaluation of the Scapho-lunate Interval with Serial Sectioning of Supporting Ligamentous Structures: A Correlation of Anatomic Lesions with the Geissler Classification” at ASSH 2009 at San Francisco, USA

- Presentation as Author on “Percutaneous Fixation of Acute and Sub-acute Scaphoid Fractures”, AAOS Scientific Exhibit – 2008.
- Presentation on “The Tick Osteotomy: A New Biplanar Foot Osteotomy for Complex Deformity Correction”, co-author, AAOS Scientific Exhibit – 2008.
- Podium presentation on “Implant Cutout In Intertrochanteric Fracture : Correlation With Osteoporosis” as a co-author at “Hip Asia Pacific Orthopaedic Association 2006 Meet” at Adelaide, in May 2006.
- Poster presentation of “Efficacy and tolerability of FDC of Valdecoxib and Tizanidine” as a co-author at 8th World Congress on clinical pharmacology and therapeutics (CPT-2004) at Brisbane, Australia Aug. 2004.
- Publications in Journal of West-Bengal orthopaedic Association. (A Nationwide publication)
 - “A study of treatment of thoraco-lumbar spine fractures or fracture dislocations with harrington rod instrumentation” in journal, February 2005
 - “Primary un-reamed interlocking nailing for open fractures of tibia, a review in 30 cases” in journal, February 2005
 - “Missed Pathology Case report of Ventral Lumbar Angiolipoma” in journal Vol :17, July 2004
- “Neovascularisation in Prolapsed Intervertebral Disc” in Ortholands, Journal of Ranbaxy in 2004. (An In-house publication of leading international Pharmaceutical Company)
- Author in Paper / poster presentation at MOACON, Goa, November 2003
 - Study of Bilateral Talus #
 - Traumatic Spine – study of various fixation modalities
- Author in Poster presentation at WIROC-2004 (Western India Regional Orthopaedic Conference)
 - A Case Report of Myositis Ossificans Progressive - A rare Disease
 - Knee Arthrodesis Using Custom Made Intramedullary Mayday nail
- Podium Presentation on “Role of Stress MRI in Lumbosacral Spine” in ISSICON 2006 (International Spine Conference) as co-author in New Delhi in 2006.
- Author in Poster presentation of “A rare case of Fat Necrosis of Multiple Bones” in IOACON–2005 (Indian Orthopaedics Association Conference) December 2005.

Research & Chapters in Books:

- Chapter on “Meniscal Injuries” in book “MRI-Arthroscopy Correlations: A Case-Based Atlas of the Knee, Shoulder, Elbow, and Hip; Stephen K. Brockmeier, Editor (To be published in 2015)
- Selected Readings in Plastic Surgery – Flexor Tendons; Volume 10; Issue 30; 2013
- Selected Readings in Plastic Surgery – Fractures, Dislocations, Wrist & Congenital Anomalies. Vol 10; Issue 29; 2011
- Comparison of Radiographic Stress Views for Scapho-lunate Instability: NYU HJD, USA.
- Arthroscopic Evaluation of the Scapho-lunate Interval with Serial Sectioning of Supporting Ligamentous Structures: A Correlation of Anatomic Lesions with the Geissler Classification, NYU HJD USA.
- Fixation of Unstable Metacarpal Fractures : A Biomechanical Analysis, NYU HJD, USA.
- Clinical Trial Investigating Accuracy of Digital Templating in Total Hip Arthroplasty, Melbourne, Australia.
- A Clinical Trial Investigating the Effectiveness of a Subacromial placed “Painfree Pump” Catheter verses an Interscalene Regional Block over the Early Post-operative Period in Patients undergoing Arthroscopic Shoulder Surgery, Melbourne, Australia.
- Clinical Trial assessing advantages of Percutaneous Fixation of Acute and subacute Scaphoid fractures, Melbourne, Australia.
- Role of Stress MRI in Lumbo-Sacral Spine in 2005.
- Clinical evaluation of Rumalaya forte in Osteoarthritis.
- Post marketing surveillance study of nimesulide in Indian population.
- A Comparative study on the safety and efficacy of Rofecoxib 25 mg plus Paracetamol 500 mg fixed Dose combination (Rofiz Plus) twice Daily and Rofecoxib 50 mg (Rofiz) once daily with Paracetamol 1500 mg twice daily in patients suffering from acute pain.

- Evaluation of efficacy and tolerability of fixed dose combination of Valdecoxib 20 mg + Tizanidine 2 mg in patients with painful acute musculoskeletal conditions. A randomized, observer blind, comparative, multicentric, parallel, five-arm study.
- A randomized, double-blind comparative multicentric trial to evaluate efficacy and safety of Aceclofenac injection in the treatment of Acute Lumbago.

Seminars & Workshops Attended

- Biomet/Zimmer Oxford Partial Knee Arthroplasty Workshop, 2016, California, USA
- Biomet Revision Knee Arthroplasty Workshop, 2015, Las Vegas, USA
- Synthes Trauma Symposium, Las Vegas, USA, September 2012
- Carticel (autologous cultured chondrocyte) implantation workshop by Genzyme, January 15 2011
- Stryker Advanced Nailing & Percutaneous MIPO Techniques, Aurora, Colorado, May 14-15 2010
- ACLS - Advanced Cardiac Life Support – American Heart Association – Dallas, USA, 2010
- AO Hand and Wrist Fracture Management Workshop, Dallas, USA, January 29-30 2010
- Stryker Upper limb dissection course, Fort Lauderdale, April 2009.
- AO Basic trauma course, Brisbane, March 31-April 3 2008.
- AO Spine Basic Course, Mumbai, July 1-3 2005.
- Basic Instrumentation in Spine Surgery – NIRTAR – 2005.
- AO Seminar on Metaphyseal Fractures, LCP Plates, Mumbai, April 2005.
- Wrightington Hip Course, Mumbai, 2004.
- AO Spine Monsoon Seminar – 2004.
- Synthes Seminar & Hands-on workshop on LCP – 2004.
- Ilizarov Basic course & workshop by ASAMI – 2004.
- AO seminar on management of Humeral & Shoulder fractures – 2003.
- Basic Knee Arthroplasty Course – University of Dundee – 2002.
- ACLS – Advanced Cardiac Life Support – American Heart Association – 2001.

CME & Conferences Attended :

- AANA Knee Course Lecture & Lab 506- Instructor, June 2016, Chicago, USA
- AAOS (American Academy of Orthopedic Surgeons), 2015, Las Vegas, USA
- Orthopedics Today Hawaii, January 2013, Hawaii Big Island, Hawaii, USA
- AAOS (American Academy of Orthopedic Surgeons), 2012, San Francisco, USA
- AAOS (American Academy of Orthopedic Surgeons), 2011, San Diego, USA
- AAOS (American Academy of Orthopaedic Surgeons), 2010, New Orleans, USA
- ASSH (American Society for Surgery of the Hand) 2009, San Francisco, USA
- ASSH (American Society for Surgery of the Hand) 2008, Chicago, USA.
- APOA (Asia Pacific Orthopaedic Association) Trauma Meet 2006 at Kuala Lumpur, Malaysia.
- IOACON–2005 (Indian Orthopaedics Association Conference) December 2005, Mumbai.
- 8th World Congress on clinical pharmacology and therapeutics (CPT-2004) at Brisbane, Australia 1 – 6 Aug. 2004.
- IOACON–2004 (Indian Orthopaedics Association Conference) December 2004.
- MOACON-2004 (Maharashtra Orthopaedics Association Conference) 5 - 7 Nov. 2004 at Kolhapur.
- WIROC-2004 (Western India Regional Orthopaedic Conference) as a co-author on 27 - 28 Nov. 2004 at Mumbai, India.
- 17th Annual Conference of Association of Spine Surgeons of India (ASSICON-2004) at Pune, Maharashtra in January 2004.
- MOACON(Maharashtra Orthopaedics Association Conference), Goa – November 2003.
- Indian Orthopaedic Association (IOA) Conference 2003 at Chennai.

Extra Curricular Activities and Community Service:

- Indoor Games Sports secretary for a year in 1997-1998 in Grant Medical College & Sir J.J. Group of Hospitals, Mumbai. Successfully Organized College Week in Grant Medical College in 1997.
- Awarded Player of the Tournament in Cricket for the University in 1996.

- Sgt. At Arms in the Rotaract Club of Caduceus and an active member in Mumbai. Rotaract Club is actively involved in various social activities for helping poor & needy people of World.
- Attended course on Effective Public Speaking successfully in 1995.
- Played Cricket, Volleyball, Football, Chess, Badminton and other various sports for the school and college, winning many awards and trophies.
- Passed elementary and Intermediate exams in the art of Drawing.
- Member of medical team for Health Check-up camp at Girgaum in January 2005. Member of medical team for “Maha Arogya Melava Camp”, Mumbai.
- Organising Committee member for Bone Marrow Density camp for Osteoporosis at Raj Bhavan, Mumbai in April 2004.
- Member of medical team for Health Check-up camp in Mantralaya, Mumbai in August 2004, December 2004.
- Internship in Rural area in Primary Health Centre of Nalasopara, Thane District, Maharashtra for 03 months in 2000.