

## Curriculum Vitae



**Name** : Dr. Ashok Thomas

*MBBS, MS(Ortho)(PGI), DNB, MNAMS, M.Ch(Orth), FSS (Sweden), FNB(Spine)*

**Date of Birth** : 26-05-1980

**Nationality** : Indian

**Languages conversant in** : English, Malayalam, Hindi, Tamil, Punjabi

### **Contact Information:**

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- **Professional Qualifications**
- **Clinical Experience**
- **Awards and Honours**
- **Publications**
- **Membership in Scientific Societies**
- **Clinical Research**
- **Conferences and paper presentations**
- **State/ National level academic distinctions and scholarships**

## PROFESSIONAL QUALIFICATIONS

<u>Qualification</u>	<u>Institute/ University</u>	<u>Period</u>
<b>M.B.B.S</b> (Bachelor of Medicine, Bachelor of Surgery)	: Jawaharlal Institute of Post-Graduate Medical Education and Research ( <b>JIPMER</b> ) (Government of India) Pondicherry, India  Pondicherry University  <a href="http://www.jipmer.edu">www.jipmer.edu</a>	July 97 - Dec 02
<b>M.S( Orthopedic Surgery)</b> (Master of Surgery- Orthopedic Surgery)	: Post-Graduate Institute of Medical Education and Research ( <b>PGIMER</b> ) (Government of India) Chandigarh, India  Deemed University  <a href="http://www.pgimer.nic.in">www.pgimer.nic.in</a>	July 03 - June 06
<b>D.N.B(Orthopedics)</b> (Diplomate of National board)	<b>National Board of Examinations</b> New Delhi, India <a href="http://www.natboard.nic.in">www.natboard.nic.in</a>	Sep 09
<b>FNB( Spine Surgery)</b> <b>(Fellowship of the National Board)</b>	<b>Ganga Hospital</b> Coimbatore, India <a href="http://www.gangahospital.com">www.gangahospital.com</a>	Mar 10 - Mar 12
<b>Fellowship in Advanced Spine Surgery (IGASS fellowship) (Sweden)</b>		
<b>AO Spine Basic Principles Course- June 2010- New Delhi</b>		
<b>M.Ch (Orth) Certification (USAIM)</b>		

## Awards and Honours

1. **Fellowship of the Indo American Spine Alliance (IASA) for the year 2014:** Selected for IASA fellowship (Minimally Invasive Spine Surgery). Due to travel to **Cedar Sinai Hospital, Los Angeles, California, USA** in September 2014
2. **Fellowship of the International Group for Advancement of Spinal Sciences(IGASS, France):** at Sahlgrenska University, Gothenburg, Sweden (November2013)
3. **ASSI Clinical Research Award 2011:** by the **Association of Spine Surgeons of India**  
*for the study entitled " A Prospective Randomised Control Study comparing Lumbar Spinous Process Splitting Decompression and Conventional Midline Decompression for Degenerative Lumbar Canal Stenosis - A Clinical & Biochemical analysis"*
4. **AO Spine India Research grant :** *for the randomized controlled trial comparing Spinous Process Splitting Decompression and Conventional Decompression in Lumbar Canal Stenosis*
5. **Best Dissertation:** M.Ch(Orth) Jun 2008

## Publications

### **International (Indexed)**

1. Rajasekaran S, **Thomas A**, Kanna RM, Prasad Shetty A. Lumbar spinous process splitting decompression provides equivalent outcomes to conventional midline decompression in degenerative lumbar canal stenosis: a prospective, randomized controlled study of 51 patients. **Spine (Phila Pa 1976)**. 2013 Sep 15;38(20):1737-43
2. **Thomas A**, Shetty AP, Rajasekaran S. report. **Spine (Phila Pa 1976)**. 2012 Apr 15; 37 (8):E511-3. doi: 10.1097/BRS.0b013e3182373b95

### **Authored Text Book Chapter (Spine Topic)**

1. **Ashok Thomas**, Ajoy Prasad Shetty, S Rajasekaran. Lumbar Canal Stenosis (Chapter 9). *Mastering Orthopedic Techniques- Spine Surgery*. 1<sup>st</sup> Ed Bhavuk Garg. New Delhi: Jaypee Publishers. 2012. p 133-150.

## PROFESSIONAL REGISTRATION

Registered with **Medical Council of India: M.S ( Ortho-Surgery)**  
**Travancore Cochin Medical Council**  
**Tamil Nadu Medical council**

### CLINICAL EXPERIENCE

<b>Position</b>	<b>Institute</b>	<b>Period</b>	<b>Sub-specialties</b>
<b>Consultant Spine Surgeon</b>	SP Fort Hospital, Trivandrum Sree Gokulam Medical College	From June 2012	Spine Surgery
<b>Fellow in Spine Surgery (National Board)</b>	Department of Orthopedic And Spine Surgery Ganga hospital Coimbatore <a href="http://www.gangahospital.com">www.gangahospital.com</a>	From 16 <sup>th</sup> Mar 2010 Till 31 <sup>st</sup> Mar 2012 <b>(24 months)</b>	<b>Spine Surgery (Deformities Degenerative conditions Trauma Congenital Conditions Infections)</b>
<b>Assistant Professor</b>	Dept of Orthopedic surgery Sree Gokulam Medical College and Research Foundation, Trivandrum, Kerala	From 21 <sup>st</sup> Jan 2008 To Mar 2010 <b>(26 months)</b>	<b>Spine Surgery</b> Arthroplasty Orthopedic trauma Gen orthopedics
<b>Registrar (Senior Resident)</b>	Deptt of Orthopedic Surgery, Post-Graduate Institute of Medical Education and Research (PGIMER) Chandigarh, India <a href="http://www.pgimer.nic.in">www.pgimer.nic.in</a>	5 <sup>th</sup> Oct 2006 To 19 <sup>th</sup> Jan 2008 <b>(16 months)</b>	Spine surgery, Arthroplasty, Pediatric Orthopedics Orthopedic Trauma
<b>Junior Resident</b>	Deptt of Orthopedic Surgery, Post-Graduate Institute of Medical Education and Research (PGIMER) Chandigarh, India <a href="http://www.pgimer.nic.in">www.pgimer.nic.in</a>	1 <sup>st</sup> Jul 2003 To 30 <sup>th</sup> Jun 2006 <b>(36 months)</b>	3 year of rotation Postings in different Units during Orthopedic Residency (Arthroplasty, trauma ,tumor surgery Spine, Pediatric Ortho Arthroscopy, Gen Ortho Deformity correction)
<b>Internship</b>	Jawaharlal Institute of Post- Graduate Medical Education And Research (JIPMER) Pondicherry, India <a href="http://www.jipmer.edu">www.jipmer.edu</a>	1 <sup>st</sup> Jan 2002 To 31 <sup>st</sup> Dec 2002 <b>(12 months)</b>	1 <sup>st</sup> Jan 2002 To 31 <sup>st</sup> Dec 2002

## **Memberships in Scientific Societies**

- Member of National Academy of Medical Sciences (MNAMS)
- Association of Spine Surgeons of India( ASSI- Life Member)
- Indian Orthopedic Association ( IOA- Life member)
- AO Spine International
- Indian Medical Association
- Asian Association of Dynamic Osteosynthesis (AADO)

## **Participation in Clinical Research**

1. A Prospective Randomised Control Study comparing Lumbar Spinous Process Splitting Decompression and Conventional Midline Decompression for Degenerative Lumbar Canal Stenosis - A Clinical & Biochemical analysis"
2. Spine surgery Specific Morbidity Score
3. Analysis of pattern of disc degeneration in Indian Population
4. Evaluation of Ponseti Method in the treatment of Idiopathic CTEV (clubfoot) in children upto 2 years of age.
5. Safety of percutaneous Tendo Achilles tenotomy in equinus correction in clubfoot treated by Ponseti method in Children upto 9 months of age

## **Courses and conferences attended, paper presentation**

- ***ASSI Clinical Research Award winning paper presentation, " A Prospective Randomised Control Study comparing Lumbar Spinous Process Splitting Decompression and Conventional Midline Decompression for Degenerative Lumbar Canal Stenosis - A Clinical & Biochemical analysis , ASSICON 2012, New Delhi .***
- ***IOACON 2011, New Delhi , Dec 2011: Paper presented on “ Closing Opening Wedge osteotomy for the correction of severe post tubercular kyphosis”***
- Musculoskeletal Radiology Update, Coimbatore, July 2011
- ***Instructional Course lecture Series in Spine (ICSS) , Association of Spine Surgeons of India, Mahabalipuram, Aug 2011***

- **Annual Conference of Indian Orthopedics Association, IOACON 2011, Dec 2011**
- Delegated conference on “Advances & Techniques in Hip and Knee revision Arthroplasty” at PGIMER, Chandigarh on 25<sup>th</sup> & 26<sup>th</sup> March 2004.
- Attended workshop on Endoscopic Spinal Surgery, held at Government Medical College Hospital, Sector 32, Chandigarh on 10<sup>th</sup> April 2004.
- Attended workshops on “Techniques in Spine surgery” and “Revision hip Arthroplasty” conducted at IOACON-Agra 2004 on 14,15<sup>th</sup> December 2004.
- Delegated AO-Alumni Association Conference on “Failed Osteosynthesis” held under the aegis of AO-Alumni (India) at PGIMER, Chandigarh on 8,9<sup>th</sup> January 2005. **Paper Presentation: Failed osteosynthesis in Radius.**
- Attended the Indian Arthroscopic Society Basic arthroscopy Workshop held at Ludhiana on December 18, 2005.
- Attended the NZIOACON(North Zone Indian Orthopedic Association) conference held at Patiala, India from 17<sup>th</sup> -19<sup>th</sup> march 2006
- Attended the 30-th annual conference of the Indian society for surgery of the Hand held in Chandigarh, India from 1<sup>st</sup> - 3<sup>rd</sup> September, 2006
- Attended the Delta Foundation Instructional course on “Techniques for high performance primary TKA achieving a satisfying outcome”, held on 3<sup>rd</sup> December 2006, at Delhi, India.
- Participated in one day workshop on Intelligent Surgery Knee course( The Rotating platform knee) organized at PGIMER, Chandigarh, India, held on 08/12/2006 . (Designer surgeon Dr David Pollock, USA).
- Participated in a training programme on PROXIMA hip replacement organized at Indira Gandhi medical college, Shimla, India on 18<sup>th</sup> February, 2007, Conducted by Dr Jens Boldt, Germany.
- Participated in the IAACON-2007(Indian Arthroplasty Association conference) held on 24-25, February at Chandigarh, India
- Advances in Revision Arthroplasty, 2004 Chandigarh
- **Annual Conference of Association of Spine Surgeons of India, ASSICON 2006, Chandigarh ( organiser )**
- ACL repair workshop, GMCH, Chandigarh

- International Knee Symposia, Calicut. Kerala 16<sup>th</sup> March 2008
- Tumor Update , Trivandrum Jun 2009
- Ganga Operative Trauma Course, Coimbatore, May 2010
- **AOSpine Principles Course, New Delhi, June 2010**
- Ganga Operative Arthroplasty course, Coimbatore, May 2011
- **Ganga Operative Spine Course, Coimbatore, June-July 2011 (Organiser)**
- International Wrist Surgery Conference, Coimbatore, Jan 2010

### **Significant State/ National level academic Distinctions**

SSLC exam (Kerala state) 1995	:	14 <sup>th</sup> Rank State level.
<b>Kerala Pre Medical entrance Test 1997</b>	<b>:</b>	<b>FIRST Rank State level</b>
All India Pre Medical Test 1997	:	55 <sup>th</sup> Rank National Level
JIPMER Medical Entrance Test 1997	:	12 <sup>th</sup> Rank National Level
AIIMS Post Graduate entrance test May 2003	:	44 <sup>th</sup> Rank National Level
PGIMER Post Graduate Entrance Test June 2003	:	9 <sup>th</sup> Rank National Level
FNB Entrance Exam 2010 (Spine Surgery)	:	4 <sup>th</sup> Rank National level

### **Academic Scholarships**

Kerala State Scholarship for higher studies 1996- 2001

Universal Trust Science Talent Search Scholarship (National) 1997-2000