

ORTHO HOLLER

COCHIN ORTHOPAEDICS SOCIETY NEWSLETTER - SEPTEMBER 2024

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President's Message

Dear Friends and Fellow Members

It's a privilege to connect with you all once again and reflect on the memorable times we've shared together. Our club has always been about more than just professional collaboration; it's about fostering bonds and creating lasting experiences. As we continue to grow as a community, it's these moments that keep us united.

This past May, many of us had the opportunity to take a family trip to the breathtaking island of Langkawi, Malaysia. The peaceful surroundings, vibrant beaches, and the warmth of our families made it a perfect getaway. It was a wonderful reminder of the importance of balancing our professional lives with personal time, and I'm sure each of you felt the same joy in reconnecting with loved ones amidst the beauty of Langkawi. More recently, in August, we embarked on an unforgettable bachelor's trip to Malom, Kasargod. The trip saw 32 of our members coming together at the stunning Kannur State Beach Resort, where we enjoyed both the tranquility of the coast and the camaraderie of the group. What made this trip even more special was the medical camp we organized for the local community, including many tribal people. The turnout was incredible, with around 700 individuals attending. It was a fulfilling experience to give back and extend our services to those in need, making a meaningful impact in a region that welcomed us so warmly.

COS hosted two national conferences National pelvi acetabular meet and Indian foot ankle society meeting, both were a grand success. We conducted the first cultural fest of KOA- Osteoblast in style and I would like to congratulate each one of you for bagging first prize.

As we look forward to more such enriching experiences, I am filled with gratitude for the spirit of togetherness and service that defines our club. Let's continue this journey of growth, support, and camaraderie.

Warm regards,
Dr John Thayyil John
President, Cochin Orthopaedic Society



Secretary's Message

Dear fellow doctors,

Being able to address you all for the second time as the secretary of the Cochin orthopedic society is an honour. Your ongoing support and contributions serves as the cornerstone for our endeavours. By God's grace, we have been able to conduct monthly offline pg training sessions regularly since the past one year, with the immense support of our gifted teachers. Our PG quiz team comprising Dr.Mahesh.S and Dr.Akhil S.R has bagged the first prize in the IOACON quiz 2023 and the KOA PGCON 2023. Dr.Amrita and Dr.Rose, our UG quiz team got the third prize in the KOA UG quiz held this year.

The biennial international conference of COS, the CIOS was conducted in September 2023 and was greatly appreciated by all the delegates and faculty members. Under our aegis two National conferences (AOPAS and IFASCON) and many more CME s were also conducted. This year too, as a part of the National Bone and Joint day celebration, we conducted a medical camp in the remote areas of Malom, Kasargod in Aug '24. More than 700 patients were taken care of by 31 doctors, among which 25 patients have been offered free surgery. A bachelor's trip was also organised along with the camp, which gave us all a memorable off-roading experience, thanks to our president Dr.John.T.John.

Cochin Orthopaedic Society excel in sports and cultural activities as well. We became the first runners up in 'CALLUS', the first ever sports meet conducted by KOA at Perinthalmanna in Oct 2023. For the first time we participated as a club in the IMA sports meet and emerged as the runners up. We were so eager and excited

to host the first cultural fest/competition of KOA, 'OSTEOBLAST' in July 2024, and even more proud to emerge as the champions. It was quite wonderful to see all the COS members gathering for the event, day and night, and joining in the spirit. COS lagoon looks brand new after its long awaited renovation with a state of the art 'wall of honour'.

COVID had put a halt to our yearly family trips, but in May 2024, we explored the Langkawi island in Malaysia with our families and had the best time. It's my pleasure to let you all know that our efforts to attain the 80G has become successful. One of our senior members, Dr.Lazar Chandy sir left us in December 2023. We held a prayer service for his departed soul and provided lunch at an old age home on Dec 31st. We also visited Aswasabhavan, an orphanage in Kochi on 19th May and all the members pitched in to donate food, groceries and clothing items to the children. We continue to extend our support to members who need assistance and this year, we were able to donate Rs.50,000 to Dr T.I George, with the help of KOA benevolent fund.

Our Onam celebration is eagerly awaited on Oct 5th with interesting games and fun programmes ending with our special non veg onasadya. I'm immensely proud to say that we have all come together and have excelled as a club to win the BEST CLUB AWARD OF 2023. We've made great strides, thanks to those who came before. Let's now forge a brighter path for those who follow us.

Thanking all of you.
Dr Jiss Joseph Panakkal
Secretary, Cochin Orthopaedic Society



THE COCHIN ORTHOPAEDIC SOCIETY

Dr John T John
Hon. President

Dr. Jiss Joseph Panakkal
Hon. Secretary

Dr. Joice Varghese
Hon. Treasurer

Dr Vinod Padmanabhan
Vice President

Dr. Balu C Babu
IT Secretary

Dr. Sudheer Shareef
Chairman Long Term Planning

Executive Committee Members
Dr Binu Alex | Dr Philip K Thomas

Musings of an Orthopedic Surgeon



Dr Sabin Viswanath
Orthopaedic Consultant
Specialist Hospital

I stopped reading anything literary once I entered the world of medicine four decades ago; and writing three decades earlier when I took my baby steps as an Orthopedic surgeon. As I pen this note, I have always pondered that as a doctor: Are you Sacred or Are you Scared ?

You feel Sacred when as a doctor you give life to a human being who would have lost their life if you had not intervened. The world then looks at you as “Divine” or a part of “The Divine”. But they never realise that in the process of giving life you have given away a part of your energy force to an otherwise dying soul. You are drained of life force for a few days after any such event .

You feel Scared when with every failed attempt of yours to give life the soul has failed!. Many of the patients relatives do not realise the travails of genuine doctor and will blame it squarely on the ‘Ignorance’ of the most faithful souls of this Noble profession! The changed world is teeming with billion pandit churned out of the ‘Internet’ enlightening this ignorant world . This partial knowledge is the basis of the process of physical and mental destruction of a doctor in front of you , who has been moulded after years and years of education and personal sacrifices .

A doctor is like wine , as the wine gets better with vintage so does the doctor with age .

Yes you have destroyed these selfless beings in one stroke ! You hesitate to give protection to these very people through legislation, when in fact doctors are the last frontier and hope for you in this world from an otherwise certain death in many a situation. Society’s lack of this realisation is it’s own ‘Nemesis’.

I am reminded of a story which happened a few years back .A middle aged man on whom one of my professors had done replacement of hip and knee previously, approached me with a non union of fracture femur on the same side . My professor had already done two surgeries for the femur fracture which had failed . He insisted that I do the surgery to rectify his problem, which I reluctantly and eventually did. A year passed by and the patient on one of his regular visits informed me that he has filed a Consumer case against my professor. I was really upset with this gentleman and felt that he was being ungrateful. I told him that my skill for healing his non union femur was derived from the knowledge imparted to me by my professor and nothing less ! I requested him to withdraw the complaint and promptly informed my professor .

A year later the patient came back to me with arthritis of the same side ankle. This time a younger colleague of our fraternity had advised ankle fusion with implants . However I advised him and my younger colleague to refrain from any surgery for the time being , for I suspected it to be Charcots joint . Few months later he returned to my Opd with an x ray

confirming my earlier diagnosis. He was treated with below knee casting and an ankle foot orthosis thereafter.

Another year goes by and I get a call from my younger colleague that he has advised below knee amputation for his ankle! I was surprised. On enquiry found that an ‘enlightened prosthetist’ had decided that the Charcot joint should be made mobile and therefore had added a hinge in his ankle foot orthosis ! Promptly on mobilisation the said ankle changed the colour from pink to blue to black .Gangrenous as it had become I concurred with my younger colleague and advised amputation at his hometown itself .



Few days later I find him in my Opd insisting that I conduct the below knee amputation. Reluctant that I was, when he refused to leave my hospital; I relented. On the routine pre anesthesia check up there appeared a ‘coin shaped lesion’ in his x ray chest .He was promptly informed the possibility of the cancerous nature of the lesion and advised him to an Oncology centre for further treatment.He refused and got below knee amputation done by yours truly and left.

Few months later he come to the OPD and said that a certain doctor in one of the prestigious institution had told him that it was not malignant after confirmation with FNAC! This time around I referred him to another junior colleague of mine in the and same institution. He was ultimately diagnosed with malignancy and continued treatment for the same until one fine day he was called to the Heavenly Abode.

All our ‘Ego’s prevent us from seeing that Karma takes its own course no matter what we do.

Friends step back, let the cosmos do the rest.

Don’t burn yourself out, Live your life

"Connecting with the Community: The COS Outreach Initiative"



BLS training conducted @
Rajagiri Higher Secondary School, Kalamassery & Chinmaya Vidyalaya, Kannamali



COS Medical Camp & Bachelor's Night
at Kothamangalam



COS Medical Camp & Bachelor's Night at Kasargode



Academic Events



God's Own Country Shoulder Course 2023



IFASCON 2024 - Kochi (National)



COS PG Training Session by Dr Chandrababu K K



Kochi Spine Course



OLAA Hip Revisited 2024



AOPAS 2024 - Kochi

Recognitions & Laurels



Dr John T John of Lourdes Hospital, Pachalam won the KOA Prof. Venugopalan Nair Best Consultant Paper presentation Gold Medal for his presentation in KOACON 2024



Dr Mahesh S of Lourdes Hospital, Pachalam won the KOA Best Video Presentation Gold Medal in KOACON 2024



Dr Sreeraj Rajan won the KOA Prof. PK Surendran Best Paper Gold Medal for his presentation in KOACON 2024



Dr Aravind Sai Sathikumar of DNB trainee of VPS Lakeshore Hospital, Kochi won the Best Paper presentation award for his presentation



WINNERS of Quiz Competition held in POTCON 2023
Dr Mahesh S of Lourdes Hospital, Pachalam & Dr Akhil S R of Aster Medcity, Kochi

Winners of the KOA-PGCON quiz



Dr Mahesh S



Dr Akhil S R



Dr AMAL ANTONY PAUL has awarded as the BEST PAPER PRESENTATION in OLAA Hip Arthroplasty Revisited



Dr Shobit Joseph, MS Trainee of MOSC Hospital, Kolenchery won the KOA Prof. K.C Jacob Best Post graduate Paper presentation in KOACON 2024



Dr Mahesh S of Lourdes Hospital, Kochi & Dr Akhil S R of Aster Medcity, Kochi



COS organised OSTEOLAST (1st Cultural Program of KOA)



OSTEOLAST Overall Championship - 1st Place - COS

Recognitions & Laurels



CIOS 2023



Dr C Cheriyan Kovoor delivered the Prof SSK Marthandam Memorial Oration



Dr. V V George sir was honoured with Prof. P A Alexander Memorial Lifetime achievement award of KOA in KOACON 2024



The Best Chapter of Kerala Orthopaedic Association in 2022-23 "The Cochin Orthopaedic Society"

KOA Instructional Webinars

Based on Presidential Theme 2024

"Train to Teach and Teach to Train"
Building a Strong Association
by Academics, Friendship and Leadership

PROXIMAL TIBIA # 360°

Moderators






1ST KOA Instructional Webinar – By COS



"The Cochin Orthopaedic Society "THE GRAND FAMILY GET TOGETHER"

Achievements of C.O.S in Sports



COS won IMA Table tennis



COS in Athletics



Best Bowler Award in CALLUS Cricket – Dr Tom Jose



COS team of Dr Melvin & Athish became Badminton Doubles champion



CALLUS Badminton Champions - COS



COS won the CALLUS Cricket Runners up trophy



COS won IMA basketball Finals



Lifting the Runners up Trophy of 1st KOA Annual sports meet – CALLUS held at Perinthalmanna “COS Kochi Machans”



COS won IMA Cricket tournament



COS won IMA Football tournament

Farewell to
Beloved Soul

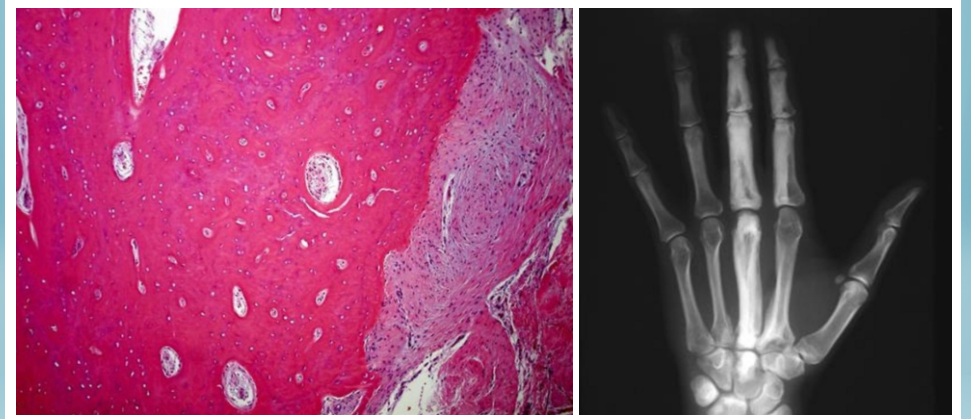


Dr Lazar Chandy



Cash prize of
₹ 2000
to the winner

Identify the condition



Please send your answer to
orthoholler@gmail.com

WINNER OF PREVIOUS QUIZ : DR NAVAMI MURALI

The Cochin Orthopaedic Society



Dr John T John
President



Dr. Jiss Joseph Panakkal
Hon. Secretary



Dr. Joice Varghese M J
Hon. Treasurer



Dr Vinod Padmanabhan
Vice President



Dr Dennis P Jose
Imm Past secretary



Dr Sujit Jos
Imm Past secretary



Dr Sudheer Shareef
Chairman Long Term Planning



Dr Balu C Babu
IT secretary



Dr Binu Alex
Executive Committee Member



Dr Philip K Thomas
Executive Committee Member

PUBLICATIONS BY COS MEMBERS

1. India becoming an emerging Diabetic Capital burdened with an explosion of unrecognized Charcot Foot by Rajesh Simon published in the Journal of Foot and Ankle Surgery (Asia –Pacific 2023)
2. A Novel Technique of Extracorporeal irradiated autograft reconstruction following distal fibula sarcoma resection was published in Journal of Orthopaedic Reports by Dr Ebin Rahman , Dr Subin Sugath
3. Axillary artery occlusion by distal biceps tendon avulsion leading to compartment syndrome in the arm: A rare case report in Journal of Orthopaedic Reports dated 21-11-2023 by Dr Abin Mohammed, Dr Jose T Pappanachery & Momin Zakir
4. An all arthroscopic supra-pectoral double row technique of long head of biceps tenodesis using all suture anchors and maintaining inherent length and tension of the tendon - a comprehensive step by step technical note with illustrations in Global Journal for Research Analysis- Volume-12, Issue 11– November - 2023 • Print ISSN No. 2277 - 8160 • Doi : 10.36106/Gjra by Dr Prince Shanavas Khan and Dr Ayyappan V Nair
5. Acetabular cup positioning in primary routine total hip arthroplasty—a review of current concepts and technologies in BioMed Central Ltd © 2023 - Springer Nature dated 01-12-2023 by Dr Aravind Sai Sathikumar, Dr George Jacob , Dr Appu Benny Thomas, Dr Jacob Varughese
6. All Arthroscopic Salvage Technique for Intraoperative Vertical Split Coracoid Graft Fracture in Latarjet Procedure—Technical Note in The Journal of Arthroscopic and related Surgeries dated 04-12-2023 by Dr Ayyappan V Nair
7. A short term analysis of external rotation deficit following a combined arthroscopic bankart with remplissage and rotator interval closure for antero-inferior instability with subcritical bone loss in International Journal of Research in Orthopaedics dated 16-12-2023 by Dr Prince Shanavas Khan, Dr Ayyappan V Nair
8. An unusual presentation of solid variant ABC: A case report in the Journal of Orthopaedic Reports -<https://doi.org/10.1016/j.jorep.2024.100336> by Dr Akhil S R, Dr Sreeraj Rajan, Dr Subin Sugath
9. Arthroscopic Double row rotator cuff repair with biceps augmentation in The Journal of Arthroscopic and Related surgeries dated January 01, 2024 by Dr Jiss Joseph Panakkal, Dr Prince Shanavas Khan and Dr Ayyappan V Nair
10. Arthroscopic technique for management of unusual cartilage defect in the shoulder with BMAC (Bone Marrow Aspiration Concentrate) a case report was published in Journal of Orthopaedic Reports on 20-01-2024 . Ref Volume 3, Issue 1, March 2024, 100311 by Dr Ayyappan V Nair & Dr Prince Shanavas Khan
11. Arthroscopic double row partial articular supraspinatus tendon avulsion bridge repair technique for shoulder: A transtendinous approach was published in Journal of ISAKOS on 05-03-2024 by Dr Ajayakumar Thankappan, Prof. Yon-Sik Yoo, Dr Ayyappan V Nair, Dr Prince Shanavas Khan, Dr Aebel Raju, Dr Jimmy Joseph M Meleppuram
12. Arthroscopic Lasso-Loop Technique for Subscapularis Repair with Anterolateral Viewing Portal Yields Better Clinical Outcomes for Lafosse Grade 3 and 4 Tears : A prospective study with minimum 2 years follow-up was published in Journal of Shoulder & Elbow Surgeons of North America, Europe & Japan (JSES International) on 01-04-2024 by Dr Prince Shanavas Khan, Dr Ayyappan V Nair , Dr Ajayakumar T, Dr Azad Sait, Dr Arun M, Dr Aebel Raju
13. Biologic Therapies in Stress Fractures: Current Concepts was published in Journal of ISAKOS dated 15-04-2024. by Dr George Jacob
14. Diagnosis and treatment approach of delayed presentation of anterior branch axillary nerve injury following shoulder dislocation published in Journal of ISAKOS on -10-05-2024 by Dr Ajayakumar T, Dr Prince Shanavas Khan, Dr Azad Sait, D Anbel Raju & Dr Arunkumar C
15. A rare presentation of a large suprascapular fossa lipoma causing suprascapular nerve traction injury leading to massive rotator cuff tear, treated arthroscopically published in Journal of ISAKOS on -11-05-2024 Dr Sujit Jos, Dr Bobby Paulose, Dr Vyas Vijaykumar and Dr Ush Poothode
16. Chronic Distal biceps tendon rupture: A case report of single incision repair with tightrope and flexor carpi Radialis autograft augmentation published in CUREUS –Part of Sprigler Nature on 20-05-2024 by Dr Ayyappan V Nair, Dr Azad Sait, Dr Prince Shanavas Khan, Yonsik Yoo
17. Coracoid Fracture with anterior Instability treated with staged coracoid fixation and Latarjet procedure in a young fisherman: A Case report – published in Journal of Orthopaedic reports on 31-05-2024 -100394, ISSN 2773-157X, <https://doi.org/10.1016/j.jorep.2024.100394> <https://www.sciencedirect.com/science/article/pii/S2773157X24000894> by Dr Sujit Jos, Dr Rakshit J, Dr Vyas Vijayakumar and Dr Bobby Paulose
18. Clinical and Radiological outcome following arthroscopic latarjet with cerclage tape fixation with a minimum 1 year follow up published in JSES International on 03-06-2024 Dr Ayyappan V Nair, Dr Jiss Joseph Panakkal, Dr Prince Shanavas Khan
19. Lateral extra articular tenodesis does not enhance ACL graft healing, however, does reduce graft tunnel widening published in Knee Surgery Sports Traumatology Arthroscopy on -11-06-2024 by Dr George Jacob, Dr Yoong Ping Lim, Dr David A Parker
20. Outcomes following gel based autologous chondrocyte implantation for articular cartilage defects of the knee was published in The KNEE Journal on 12-06-2024 by Dr Jacob Varughese, Dr Dinsjaw , Dr Sachin Tapasvi, Dr Ashish Babulkar
21. Malignant Transformation of a Solitary Osteochondroma of Proximal Humerus: A Rare Case Report was published in Journal of Current Oncology on May 2024 by Dr Abin Sebastian, Dr Hari S, Dr Ebin Rahman and Dr Lazar Chandy
22. Management of type III acromioclavicular joint dislocation: A Delphi consensus survey by Shoulder & Elbow Society, India (SESI) published in International Journal of the care of the injured – INJURY on June 2024 by Dr Sujit Jos , Dr KR Prathap Kumar and SESI officials
23. Expert consensus on the significance of intravenous iron using ferric carboxymaltose perioperatively and in elective major orthopedic surgeries was published in Journal of Clinical Orthopaedics 2024 on June 2024 by Dr K R Prathap Kumar along with Dr Ashish Arbat, Dr Sathish Sonar
24. Midterm Results after Tibiotalar or Tibiotocalcaneal Fusion Using an Ilizarov External Fixator published in CIOS -Clinics in Orthopedic Surgery on Jun 26, 2024 by Dr Cherian Kovoov , Dr Jiss Joseph Panakkal, Dr Satheesh Kannan , Dr Jahyung Kim, Dr Sang-Soo Lee and Dr Jaeho Cho
25. Fourteen-Year Follow-Up of a Patient With a Hydroxyapatite Ceramic Matrix Reconstruction of a Bone Graft for a Critical-Size Cortical Bone Defect: A Case Report in Cureus Journal of Medical Science on 5th July 2024 ,(Cureus 16(7): e63901. doi:10.7759/cureus.63901) by Dr Jaithilak, Dr Venugopal Menon, Dr Adarsh Venugopal
26. Arthroscopic V Configuration Anatomic Reconstruction of Chronic Acromioclavicular Joint Dislocations Using Double-Bundled Autogenous Gracilis Tendon Graft Reinforced With FiberTape Internal Brace published in Arthroscopic Techniques on July 27, 2024) by Dr Ayyappan V Nair and Dr Prince Shanavas Khan
27. Anterior approach to retracted anterosuperior cuff tear with biceps superior capsular reconstruction and subscapularis release and repair with transosseous equivalent double row repair published in Journal of Arthroscopic Techniques -27-05-2024 by Dr Ayyappan V Nair, Dr Prince Shanavas Khan, Dr Sreejith Thampy
28. Arthroscopic autologous minced cartilage implantation for one stage reconstruction of chondral lesion of the femoral condyle of the knee joint: Surgical decision making and short term outcome with review of literature- Case report published in Journal of Orthopaedic Reports, 2024, 100414, ISSN 2773- 157X, <https://doi.org/10.1016/j.jorep.2024.100414> by Dr Sujit Jos, Dr Vyas Vijayakumar, Dr Bobby Paulose, Dr Kiran Benny, Dr Athish James
29. A book on Paediatric Scoliosis - Springer by Dr Jim F Vellara along with Dr Balaji Zachariah