

CURRICULUM VITAE



DR. AMIT MEENA [MBBS, MS (Orthopedics), DNB (Orthopedics), MNAMS]

- Fellowship in Arthroplasty and Arthroscopy at Rizzoli Orthopedic Institute, University of Bologna, Italy.
- Fellowship in Arthroplasty and Reconstructive Joint Surgery at the “Gelenkpunkt – Sport and joint surgery Innsbruck FIFA Medical Centre of Excellence Innsbruck, Austria.
- Fellowship in Joint Reconstruction and Sports injuries at Fowler Kennedy Sport Medicine Clinic, Western University, London, Ontario, Canada

PERSONAL DETAILS

Gender: Male Date of Birth: 11-07-1991. Marital status: Married
Registration: Delhi Medical Council, CPSO (College of Physicians and Surgeons of Ontario)
Language Proficiency: English, Hindi.
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PROFESSIONAL SUMMARY

Being an alumnus of one of the largest orthopedic centers in India (Central Institute of Orthopedics, Safdarjung Hospital, New Delhi), I have acquired an immense amount of hands-on clinical experience performing orthopedic surgeries which include orthopedic traumatology, arthroplasties, and arthroscopies. Later on, I was trained at the world-famous Rizzoli Orthopedic Institute, Italy; Gelenkpunkt – Sports and Joint Surgery, Innsbruck, Austria; and Fowler Kennedy Sports Medicine Clinic, Western University, London, Ontario, Canada. I am a very keen researcher and dedicated young orthopedic surgeon with excellent surgical and communication skills. I am technically savvy with outstanding relationship-building, training, and presentation skills.

CAREER OBJECTIVE

- I believe in the continuous progress of my professional skills and finding out my lacunae to improve upon them to be one of the best orthopedic surgeons and use that skill for the betterment of society and humanity.

EDUCATIONAL QUALIFICATIONS

1. **M.B.B.S.** from Vardhman Mahavir Medical College & Safdarjung Hospital, New Delhi
2. **Master of Orthopedic Surgery (MS Ortho)** from Vardhman Mahavir Medical College & Safdarjung Hospital New Delhi
3. **DNB Orthopedics**, conducted by the National Board of Examination

FELLOWSHIPS

1. **Zimmer Biomet Surgeon to Surgeon Fellowship** in complex trauma & fracture fixation under the guidance of **Dr. Avtar Singh at Amandeep Hospital, Amritsar**, in 2019.
2. **Johnson & Johnson Hip and Knee Fellowship** Under the guidance of **Dr. SKS Marya at Max Hospital, New Delhi**, in 2019.

3. **Fellowship in Arthroplasty and Arthroscopy at Rizzoli Orthopedic Institute, University of Bologna, Italy, with Prof. Stefano Zaffagnini in 2020.**
4. **Fellowship in Arthroplasty and Reconstructive Joint Surgery at the “Gelenkpunkt - Sports and Joint Surgery, FIFA Medical Centre of Excellence” of Innsbruck, Austria with Prof. Christian Fink and Dr. Christian Hoser in 2021-2022.**
5. **Fellowship in Joint Reconstruction and Sports injuries at Fowler Kennedy Sport Medicine Clinic, Western University, London, Ontario, Canada, with Dr Alan Getgood 2022-2023**

WORK EXPERIENCE

1. **Internship** for one year in various specialities at Vardhman Mahavir Medical College & Safdarjung Hospital New Delhi. (2014)
2. **Post Graduate Resident** Orthopedics, Central Institute of Orthopedics, VMMC & Safdarjung Hospital, New Delhi (2014-2017)
3. **Senior Resident/Registrar** in Central Institute of Orthopedics & Sports Injury Centre, VMMC & Safdarjung Hospital, New Delhi (2017-2020).
4. **Clinical Fellow** in Arthroplasty and Arthroscopy at Rizzoli Orthopedic Institute, University of Bologna, Italy, (2020).
5. **Clinical Fellow** in Arthroplasty and Reconstructive Joint Surgery at the “Gelenkpunkt - Sports and Joint Surgery, FIFA Medical Centre of Excellence” of Innsbruck, Austria (2021-2022).
6. **Clinical Fellow** in Orthopaedic Sports Medicine at Fowler Kennedy Sport Medicine Clinic, Western University, London, Ontario, Canada (August 2022-Jan 2023).
7. **Consultant Knee Surgeon** in Shalby Hospital, Jaipur (Jan 2023 till present)

AWARDS AND RECOGNITION

1. **Awarded as the best reviewer of the year for the JEO-Journal of Experimental Orthopedics** which is an official Journal of ESSKA - European Society of Sports Traumatology, Knee Surgery & Arthroscopy during ESSKA Congress 2022, Paris, France
2. **K.T. Dholakia Award** -Below 40-year category for best Arthroplasty paper at **Ranawat Orthopaedic Congress 2023**, Mumbai, India
3. **ISAKOS John J. Joyce Award Finalist** *ISAKOS Congress 2023 Boston, Massachusetts, USA*
4. **ISAKOS Paolo Aglietti Award Finalist** *ISAKOS Congress 2023 Boston, Massachusetts, USA*

PUBLICATIONS

1. No difference in patient reported outcomes, laxity, and failure rate after revision ACL reconstruction with quadriceps tendon compared to hamstring tendon graft: a systematic review and meta-analysis **Amit Meena**, Stefano Di Paolo, Alberto Grassi, Akshya Raj, Luca Farinelli, Christian Hoser, Sachin Tapasvi, Stefano Zaffagnini, Christian Fink *Knee Surg Sports Traumatol Arthrosc* (2023). <https://doi.org/10.1007/s00167-023-07380-5>
2. Quadriceps autograft is a viable graft choice for arthroscopic ACL reconstruction in patients over 50 years of age **Amit Meena, MS, DNB**; Luca Farinelli, MD; Christian Hoser, MD; Elisabeth Abermann, MD; Akshya Raj, MS; Caroline Hepperger, PhD; Mirco Herbort, MD; Christian Fink, MD *Knee Surg Sports Traumatol Arthrosc* (2023). <https://doi.org/10.1007/s00167-023-07367-2>

3. Return to Play and Pattern of Injury After ACL Rupture in a Consecutive Series of Elite UEFA Soccer Players Luca Farinelli MD; Elisabeth Abermann MD; **Amit Meena MS, DNB**; Peter Uebliacker MD; Jochen Hahne MD; Christian Fink MD *Orthopaedic Journal of Sports Medicine*. 2023;11(3). doi:10.1177/23259671231153629
4. Quadriceps tendon autograft with or without bone block have comparable clinical outcomes, complications and revision rate for ACL reconstruction: a systematic review **Amit Meena**; Riccardo D'Ambrosi; Armin Runer; Akshya Raj; Manish Attri; Christian Hoser; Elisabeth Abermann; Christian Fink *Knee Surg Sports Traumatol Arthrosc* (2022). <https://doi.org/10.1007/s00167-022-07281-z>
5. Revision ACL reconstruction using quadriceps, hamstring and patellar tendon autografts leads to similar functional outcomes but hamstring graft has a higher tendency of graft failure **Amit Meena**, MS, DNB; Luca Farinelli, MD; Christian Hoser, MD; Elisabeth Abermann, MD; Akshya Raj, MS; Caroline Hepperger, PhD; Mirco Herbort, MD; Christian Fink, MD *Knee Surg Sports Traumatol Arthrosc* (2022). <https://doi.org/10.1007/s00167-022-07200-2>
6. No difference in sports participation and patient-reported functional outcomes between total knee arthroplasty and unicompartmental knee arthroplasty at minimum 2-year follow-up in a matched control study **Amit Meena**, Christian Hoser, Elisabeth Abermann, Caroline Hepperger, Christian Fink *Knee Surg Sports Traumatol Arthrosc* (2022). <https://doi.org/10.1007/s00167-022-07166-1>
7. Multiple revision anterior cruciate ligament reconstruction: not the best but still good Riccardo D'Ambrosi; **Amit Meena**; Akshya Raj; Nicola Ursino; Matteo Formica; Mirco Herbort; Christian Fink *Knee Surg Sports Traumatol Arthrosc* (2022). <https://doi.org/10.1007/s00167-022-07197-8>
8. *CORR* Insights®: Machine-learning Models Predict 30-day Mortality, Cardiovascular Complications, and Respiratory Complications After Aseptic Revision Total Joint Arthroplasty **Meena Amit** Clinical Orthopaedics and Related Research: July 15, 2022 - Volume - Issue - 10.1097/CORR.0000000000002325 doi: 10.1097/CORR.0000000000002325
9. Total knee arthroplasty improves sports activity and the patient-reported functional outcome at mid-term follow-up **Amit Meena**, Christian Hoser, Elisabeth Abermann, Caroline Hepperger, Akshya Raj, Christian Fink. *Knee Surg Sports Traumatol Arthrosc* (2022). <https://doi.org/10.1007/s00167-022-07025-z>
10. Objective Assessment Scores and the Development of Efficient Health-Care Systems in Arthroplasty Commentary on an article by Matthew J. Hadad, MD, et al.: “PLAN and AM-PAC “6-Clicks” Scores to Predict Discharge Disposition After Primary Total Hip and Knee Arthroplasty” **Meena, Amit, MBBS, MS, DNB** The Journal of Bone and Joint Surgery - Commentary and Perspective: 16 February 2022 - Volume 104 - Issue 4 - p. e12 10.2106/JBJS.21.01255
11. Anterior Knee Pain: State of the Art Riccardo D'Ambrosi; **Amit Meena**; Akshya Raj; Nicola Ursino; Timothy E Hewett. *Sports Med - Open* 8, 98 (2022). <https://doi.org/10.1186/s40798-022-00488-x>
12. Good results after treatment of RAMP lesions in association with ACL reconstruction: a systematic review Riccardo D'Ambrosi; **Amit Meena**; Akshya Raj; Riccardo Giorgino; Nicola

- Ursino; Laura Mangiavini; Jon Karlsson *Knee Surg Sports Traumatol Arthrosc* (2022).
<https://doi.org/10.1007/s00167-022-07067-3>
13. In elite athletes with meniscal injuries, always repair the lateral, think about the medial! A systematic review Riccardo D'Ambrosi; **Amit Meena**; Akshya Raj; Nicola Ursino; Laura Mangiavini; Mirco Herbort; Christian Fink *Knee Surg Sports Traumatol Arthrosc* (2022).
<https://doi.org/10.1007/s00167-022-07208-8>
 14. Complications and downsides of the robotic total knee arthroplasty: a systematic review Christian Nogalo, **Amit Meena**, Elisabeth Abermann, Christian Fink *Knee Surg Sports Traumatol Arthrosc* (2022). <https://doi.org/10.1007/s00167-022-07031-1>
 15. Does Implant Design Influence Failure Rate of Lateral Unicompartmental Knee Arthroplasty? A Meta-Analysis Stefano Fratini, MD **Amit Meena, MBBS, MS, DNB** Domenico Alesi, MD, Eugenio Cammisa, MD, Stefano Zaffagnini, MD, Giulio Maria Marcheggiani Muccioli, MD, PhD DOI:<https://doi.org/10.1016/j.arth.2022.01.068> [Journal of Arthroplasty]
 16. Posterior Cruciate Ligament Reconstruction Using Flat Soft-Tissue Grafts Christian Fink, MD, Luca Farinelli, MD, Elisabeth Abermann, MD, Amit Meena, MS, DNB, Robert Smigielski MD, Mirco Herbort, MD *Arthroscopy Techniques*, Vol -, No - (Month), 2022: pp e1-e11 DOI:
<https://doi.org/10.1016/j.eats.2022.10.016>
 17. Management of type 3 Kienbock's disease in manual workers by Scaphocapitate fusion with minimum 7-year follow-up **Amit Meena**, Sandeep Shaina, Sumon Singphow Saikia, Akshya Raj A, Nilesh Verma, Manish Attri *Journal of Clinical Orthopaedics and Trauma*,
<https://doi.org/10.1016/j.jcot.2022.101854>
 18. An atypical case of calf pain: Plantaris tendon axial instability Adrien J.-P. Schwitzguébel, Emilie Nicodème Paulin, **Amit Meena** *Journal of Clinical Orthopaedics and Trauma* (2022),
doi.org/10.1016/j.jcot.2022.101985.
 19. Mid Term Outcome of Arthroscopic TightRope Fixation of Displaced Lateral End Clavicular Fractures: Average follow-up 6.1 years **Amit Meena**, Akshya Raj A, Sumon Singphow Saikia, B P Sharma, *Chinese Journal of Traumatology*, <https://doi.org/10.1016/j.cjte.2022.04.005>
 20. *CORR Insights®*: Does a Prescription-based Comorbidity Index Correlate with the American Society of Anesthesiologists Physical Status Score and Mortality After Joint Arthroplasty? A Registry Study **Meena Amit** *Clinical Orthopaedics and Related Research*: August 26, 2021. <https://doi.org/10.1097/CORR.0000000000001959>
 21. Causes of stiffness after total knee arthroplasty: a systematic review Stefano Zaffagnini, Stefano Di Paolo, **Amit Meena**, Domenico Alesi, Raffaele Zinno, Giuseppe Barone, Nicola Pizza & Laura Bragonzoni *International Orthopaedics (SICOT)* (2021). <https://doi.org/10.1007/s00264-021-05023-3>
 22. Total knee arthroplasty in valgus knee deformity: is it still a challenge in 2021? MUSCULOSKELETAL SURGERY Alesi, D., **Meena, A.**, Fratini, S. et al. Total knee arthroplasty in valgus knee deformity: is it still a challenge in 2021? *Musculoskelet Surg* (2021). <https://doi.org/10.1007/s12306-021-00695-x>

23. Understanding Osteotomy: A narrative review; Journal of Clinical Orthopaedics | Vol 5 | Issue 1 | Jan-Jun 2020 | page: 21-30 | Domenico Alesi, Vito Gaetano Rinaldi, **Amit Meena**, Giulio Maria Marcheggiani Muccioli, Stefano Zaffagnini.
24. Overcoming the Technical Challenges of Total Knee Arthroplasty in Patients Affected by Hereditary Multiple Exostoses: a Case Report and Literature Review Eugenio Cammisa, MD; Domenico Alesi, MD; **Amit Meena, MBBS, MS, DNB**; Giada Lullini, MD, PhD; Stefano Zaffagnini, MD, Full Professor; Giulio Maria Marcheggiani Muccioli, MD, PhD. *SN Compr. Clin. Med.* **4**, 254 (2022). <https://doi.org/10.1007/s42399-022-01333-8>
25. A novel technique of stabilization of supracondylar femoral dome osteotomy with proximal humeral locking plate for surgical management of genu valgum deformity. Mohindra Mukul, Gautam V K, **Meena Amit**, Gupta Navdeep, Desai Jagannath, Saikia Sumon Singphow. January 2021. *Journal of Orthopedics Traumatology and Rehabilitation* 13(1):32.
DOI: 10.4103/jotr.jotr_47_20
26. Application of Henna as a Durable Skin Marker in Orthopedic Surgery. *Cureus* 12(9): e10631. doi:10.7759/cureus.10631 Mohindra M, **Meena A**
27. Over-Constraint Varus-Valgus Laxity Leads to Worse Clinical Outcomes at Long-Term Follow-Up in Total Knee Arthroplasty: Intraoperative Assessment through Surgical Navigation System Stefano Di Paolo, Stefano Fratini, **Amit Meena**, Simone Bignozzi, Giulio Maria Marcheggiani Muccioli, Stefano Zaffagnini [KSSTA, Accepted]
28. Quadriceps autograft is a viable graft choice for both primary and revision ACL reconstruction: A matched control cohort study **Amit Meena**, Luca Farinelli, Christian Hoser, Elisabeth Abermann, Caroline Hepperger, Mohit Kumar Patralekh, Mirco Herbort, Christian Fink [OJSM, Accepted]
29. Concomitant injuries associated with ACL ruptures in Elite Professional Alpine Ski Racers and Footballers: A Comparative study with Propensity score matching analysis Luca Farinelli, Robert Csapo, **Amit Meena**, Elisabeth Abermann, Christian Hoser, and Christian Fink [OJSM, Accepted]
30. Reconstruction of the anterior cruciate ligament: a historical view Riccardo D'Ambrosi, **Amit Meena**, Ekjot Singh Arora, Manish Attri, Luise Schäfer, Filippo Migliorini *Ann Transl Med* 2023. doi: 10.21037/atm-23-87

ROLE AS A REVIEWER

1. Reviewer of **AJSM** (The American Journal of Sports Medicine) which is the official publication of the American Orthopaedic Society for Sports Medicine.
2. Reviewer of **JBJS** (The Journal of Bone & Joint Surgery) which is an official journal of The American Orthopaedic Association
3. Reviewer of **Arthroscopy: The Journal of Arthroscopic and Related Surgery** which is an official journal of AANA (Arthroscopy Association of North America)
4. Reviewer of **CORR** (Clinical Orthopedics and Related Research) which is an official journal of The Association of Bone and Joint Surgeons.
5. Reviewer of **KSSTA** (Knee Surgery, Sports Traumatology, Arthroscopy) which is an official journal of ESSKA - European Society of Sports Traumatology, Knee Surgery & Arthroscopy.

6. Reviewer of **OJSM** (Orthopedic Journal of Sports Medicine) which is the official publication of the American Orthopedic Society for Sports Medicine.
7. Reviewer of the **Journal of ISAKOS** which is an official journal of ISAKOS
8. Reviewer of **JEO** (Journal of Experimental Orthopedics) which is an official Journal of ESSKA - European Society of Sports Traumatology, Knee Surgery & Arthroscopy.
9. Reviewer of **IJO** (Indian Journal of Orthopedics) which is an official journal of the Indian Orthopedic Association.

MEMBERSHIP

1. Member of the National Academy of Medical Science (**MNAMS**) in October 2019.
2. Arthroscopic Association of North America (**AANA**), Associate Member
3. Member of European Society of Sports Traumatology, Knee Surgery & Arthroscopy (**ESSKA**)
4. International Society of Arthroscopy, Knee Surgery and Orthopedic Sports Medicine (**ISAKOS**)
Active member
5. Indian Arthroscopy Society (**IAS**), life member.

CERTIFICATIONS AND COURSES

1. BLS course at New Delhi in 2015.
2. Delhi Fracture Fixation course, New Delhi in 2016.
3. "JOINTS" Nashik PG Course in 2017.
4. 19th MAMC PG Orthopedics instructional course, New Delhi 2017
5. KEM PG Orthopedics instructional course, Mumbai 2018.

RESEARCH PRESENTATIONS

1. Podium paper presented at DOACON annual conference in 2015.
2. Poster presented in annual DOACON, 2015.
3. Podium paper presented at DOACON annual conference in 2018.
4. Poster presented in the annual DOACON, 2018.
5. Podium paper presentation in Ranawat Orthopedic Conference on Advances & Techniques in Joint Replacement & Arthroscopy, Mumbai, January 2023
6. Three poster presentations in *ISAKOS Congress June 2023 Boston, Massachusetts, USA*
7. Podium paper presentation in *ISAKOS Congress June 2023 Boston, Massachusetts, USA*

SEMINARS AND CONFERENCES ATTENDED

1. Attended annual conference-DOACON of Delhi Orthopedic Association, Delhi, Nov 2015.
2. Attended Annual Conference of 5th Musculoskeletal Imaging, New Delhi 2016.
3. Attended Current Concepts in Arthroplasty in AIIMS, New Delhi 2016.
4. Attended Upper Extremity Trauma Update, New Delhi in Jan 2017.
5. Attended Annual Conference of 6th Musculoskeletal Imaging, LHMC, New Delhi 2017.
6. Attended Current Concepts in Arthroplasty in AIIMS, New Delhi 2017.
7. Attended annual conference-DOACON of Delhi Orthopedic Association, Delhi, Nov 2017.
8. Attended 5th American Academy of Orthopedic Surgeons (AAOS) Orthopedic Trauma Conclave, New Delhi, India, 2018.
9. Attended Current Concepts in Arthroplasty at AIIMS, New Delhi 2018.

10. Attended the 6th International Geriatric Orthopedic Society of India Conference 2018 in AIIMS, New Delhi.
11. Attended Current Concepts in Trauma (CCT 2019), 22nd Annual Conference of Trauma Society of India, New Delhi 2019.
12. Attended 4th Basic Arthroplasty Course at Joint Replacement Centre, Sir Gangaram Hospital, New Delhi 2019.
13. Attended 18th **Ranawat Orthopedic Conference** on Advances & Techniques in Joint Replacement & Arthroscopy, Mumbai, January 2020.
14. Attended Indian Orthopedic Association annual conference (IOACON), Jaipur, March 2021.
15. Attended **38th AGA Congress Innsbruck, Austria, September 2021.**
16. Attended **20th ESSKA Congress, Paris, April 2022.**
17. Attended 19th **Annual conference of Indian arthroscopy society (IASCON)**, Coimbatore, September 2022.
18. Attended 19th **Ranawat Orthopedic Conference** on Advances & Techniques in Joint Replacement & Arthroscopy, Mumbai, January 2023.
19. Attended **Pune Knee Course**, Pune, April 2023.
20. Attended **ISAKOS Congress** June 2023 Boston, Massachusetts, USA

COMPETENCY AND PROCEDURAL SKILL

1. All kinds of primary trauma and complex trauma surgery (especially Intra-articular trauma).
2. Primary and revision Arthroplasty
3. Advanced Arthroscopy procedures

HOBBIES

Football, Reading, Photography, travelling and exploring new places & countries.

DR. Amit Meena

MBBS, MS, DNB, MNAMS