

CURRICULUM VITAE

PERSONAL INFORMATION

Family Name: Zou
Given Name: Tao
Sex: Male
Date of Birth: Nov. 4, 1995
Nationality: China
Address: No.98 Nantong West Road,
Yangzhou city, Jiangsu province, PR China
E-mail: mz120201657@yzu.edu.cn
Specialized: Spine surgery



EDUCATION

2020 - 2023 Yangzhou University Medical College (Master of Spinal Surgery)

(Proficiency in clinical and research skills, imaging diagnosis of spinal surgery related diseases, cervical traction, and participation in PVP, PLIF, OLIF, ACDF, MIS-PCF surgery as an assistant under the guidance of teachers, won scholarship three times GPA:3.77)

2014 - 2019 Yangzhou University Medical College (Bachelor of Clinical Medicine)

(Won scholarship four times, responsible for daily affairs of the class as monitor, GPA:2.86)

RESEARCH EXPERIENCES

Project 1. Predictive Factors for Residual Leg Numbness after Decompression Surgery for Lumbar Degenerative Diseases. Clinical trial

(Funded by the *Lvyang Jinfeng Talent Project of Yangzhou City* and *Jiangsu Innovative and Entrepreneurial Talent Programme*)

Supervisor:

Prof. Xin-Min Feng, Department of Orthopedics, Clinical Medical College of Yangzhou University, Yangzhou University, Yangzhou, China;

Dr. Hui- Hui Sun, Department of Orthopedics, Clinical Medical College of Yangzhou University, Yangzhou University, Yangzhou, China.

Duration: 08. 2020 - 09. 2022

Objective: To evaluate the change patterns of leg numbness after lumbar decompression surgery and to find the predictive factors that affect the recovery of leg numbness.

Methods: Patients who underwent lumbar decompression surgery in our institution between August 2020 and July 2021 were prospectively enrolled in this study, and were followed by a 12-month follow-up. The degree of leg numbness, leg pain and the disability were assessed using the visual analog scale (VAS) and oswestry disability index (ODI).

Main works: Material preparation, follow-up data collection and analysis, first draft writing.

Project 2. Minimally Invasive Posterior Cervical Foraminotomy Versus Anterior Cervical Discectomy and Fusion for Cervical Radiculopathy: A Meta-Analysis

(Funded by the *Lvyang Jinfeng Talent Project of Yangzhou City* and *Jiangsu Innovative and Entrepreneurial Talent Programme*)

Supervisor:

Prof. Xin-Min Feng, Department of Orthopedics, Clinical Medical College of Yangzhou University, Yangzhou University, Yangzhou, China;

Dr. Hui- Hui Sun, Department of Orthopedics, Clinical Medical College of Yangzhou University, Yangzhou University, Yangzhou, China.

Duration: 10. 2021-04. 2022

Objective: The purpose of this study is to evaluate the therapeutic effects of minimally invasive posterior cervical foraminotomy (MIS-PCF) and anterior cervical discectomy and fusion (ACDF) on unilateral cervical radiculopathy without myelopathy

Methods: We searched PubMed, Embase, the Cochrane Library, and Scopus comprehensively using the terms related to MIS-PCF. Two reviewers independently evaluated the potential studies, analyzed the data of operation time, hospital stay, neck disability index (NDI), visual analogue score (VAS)- neck and VAS- arm, reoperation rate and complications.

Main works: Literature retrieve, data collection and analysis, application of selected criteria apply selection criteria, data extract, study quality evaluation, first draft writing.

Project 3. Incidence of Spontaneous Resorption of Lumbar Disc Herniation: A Meta-Analysis

(Funded by the *Lvyang Jinfeng Talent Project of Yangzhou City* and *Jiangsu Innovative and Entrepreneurial Talent Programme*)

Supervisor:

Prof. Xin-Min Feng, Department of Orthopedics, Clinical Medical College of Yangzhou University, Yangzhou University, Yangzhou, China;

Dr. Hui- Hui Sun, Department of Orthopedics, Clinical Medical College of Yangzhou University, Yangzhou University, Yangzhou, China.

Duration: 04. 2022-08. 2022

Objective: To analyze the incidence of spontaneous resorption of lumbar disc herniation after conservative treatment through meta-analysis of cross-sectional studies.

Methods: We strictly refer to the standard established in PRISMA statement, comprehensively searched electronic databases using the terms related to the spontaneous resorption of LDH. Two reviewers independently evaluated the potential studies, analyzed the enrolled data.

Main works: Data collection and analysis, application of selected criteria apply selection criteria, data extract, study quality evaluation, first draft writing.

EXPERIMENTAL SKILLS

Basic skills

Cell culture

PCR

Western blot

CLINICAL EXPERIENCES

2020-2023 Resident, department of Orthopedics, Northern Jiangsu People's Hospital

2018-2019 Clinical rotations (intern), Northern Jiangsu People's Hospital

ENGLISH

College English Test Band 6

College English Test Band 4

QUALIFICATIONS

2021 Medical Practitioners Qualification of PR China

AWARDS

2022-2023	Graduate Second Class Scholarship
2021-2022	Graduate Second Class Scholarship
2020-2021	Graduate Second Class Scholarship
2018-2019	Second Prize Scholarship
2017-2018	Second Prize Scholarship
2016-2017	Second Prize Scholarship
2015-2016	Second Prize Scholarship

PUBLICATIONS

1. Tao Zou, Hao Chen, Ping-Chuan Wang, Hui-Hui Sun and Xin-Min Feng. Predictive factors for residual leg numbness after decompression surgery for lumbar degenerative diseases. *BMC musculoskeletal disorders*. Oct 13 2022;23(1):910.<https://doi.org/10.1186/s12891-022-05848-y>
2. Tao Zou, Ping-Chuan Wang, Hao Chen, Hui-Hui Sun and Xin-Min Feng Minimally invasive posterior cervical. foraminotomy versus anterior cervical discectomy and fusion for cervical radiculopathy: a meta-analysis. *Neurosurgical Review*. Oct 18 2022.
3. Tao Zou, Xue-Yang Liu, Ping-Chuan Wang, Hao Chen, Sun HH, Feng XM. Incidence of Spontaneous Resorption of Lumbar Disc Herniation: A Meta-Analysis. *Clin Spine Surg*. Jul 31 2023.