

Curriculum vitae

DR. NITIN BITHER

MS (Ortho), DNB (Ortho)

Fellowship in Shoulder and Elbow Surgery

Contact: +91 9646002584; **Email:** dr.nitinbither@gmail.com ; **Date of Birth:** 16 November 1982

Status: Married **Wife:** Anaesthetist

Permanent Address: Bither Hospital, New Anaj Mandi Road, Sirhind, Fatehgarh Sahib, Punjab 140406

PROFESSIONAL EXPERIENCE

- **Junior Resident** in Christian Medical College And Hospital, Ludhiana from 2006/02/15 – 2009/08/13
- **Senior Resident** in Government Medical College and Hospital, Chandigarh from 2009/08/24 to 2012/08/23.
- **Clinical and Research fellow**, Shoulder and Elbow unit, South Korea from 2012/11/01 to 2013/01/28
- **CONSULTANT** BITHER Hospital , SIRHIND till date
- Gained expertise in simple and complex trauma cases, Independent decision making and handling of Emergency and elective trauma cases.
- Supervised exposure to sub specialty cases like Ctev (Ponseti casting, Tenotomies, Releases), Hemi arthroplasty hip, knee menisectomies and diagnostic arthroscopies, spinal trauma, orthopaedic oncology.
- Assisted in hip and knee arthroplasty, knee arthroscopic procedures, resections and endoprosthetic management in musculoskeletal oncology, paediatric orthopaedics and complex spine cases.
- Academic responsibilities of undergraduate and post graduate teaching. Presenting Journal clubs.
- Managing outpatient and inpatient duties.

EDUCATIONAL CREDENTIALS

DNB (Orthopaedics), 2010

National Board, New Delhi

MS (Orthopaedics), 2009

Christian Medical College and Hospital, Ludhiana, Punjab, India

MBBS, 2005

Christian Medical College and Hospital, Ludhiana, Punjab, India

ACADEMIC AWARDS

- Faculty Award For Best Outgoing Orthopedic Resident 2009-2010
- College Topper For 17th IAP Pediatric Quiz 2004

MEMBERSHIPS

- INDIAN ORTHOPEDIC ASSOCIATION
- AO TRAUMA
- INDIAN ARTHROSCOPY SOCIETY
- PUNJAB ORTHOPEDIC ASSOCIATION
- CHANDIGARH ORTHOPEDIC SOCIETY
- NORTH ZONE CHAPTER OF INDIAN ORTHOPEDIC ASSOCIATION
- INDIAN MEDICAL ASSOCIATION: CHANDIGARH CHAPTER
- INTERNATIONAL SOCIETY FOR KNOWLEDGE FOR SURGEONS ON ARTHROSCOPY AND ARTHROPLASTY

PUBLICATIONS

TOTAL: 10

INTERNATIONAL	NATIONAL	INDEXED	NON INDEXED
07	03	07	03

- Pediatric Radial Neck Fractures: Retrospective results of modified Metaizeau technique. **Bithar N**, Gupta P, Jindal N. Eur J Orthop Surg Traumatol. 2014 Apr.
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- Ilizarov in relapsed clubfoot: a necessary evil? Gupta P, **Bithar N**. J Pediatr Orthop B. 2013 Nov; 22(6): 589-94.
- Can Ulnar Variance Be Used to Detect Overstuffing After Radial Head Arthroplasty? Moon JG, Hong JH, **Bithar N**, Shon WY. Clin Orthop Relat Res. 2013 Sep 13.
- Non-surgically managed anteromedial coronoid fractures in posteromedial rotatory instability: three cases with 2 years follow-up. Moon JG, **Bithar N**, Jeon YJ, Oh SM. Arch Orthop Trauma Surg. 2013
- Atypical forearm fractures associated with long-term use of bisphosphonate. Moon J, **Bithar N**, Lee T. Arch Orthop Trauma Surg. 2013
- Repair of the torn distal biceps tendon by endobutton fixation. Gupta RK, **Bithar N**, Singh H, Kapoor S, Chhabra A, Garg S. Indian J Orthop. 2012 Jan; 46(1): 71-6
- A new low cost universal interlocking nail extractor (UNILEX System). RL Mittal, Ravi Gupta, **Nitin Bithar**, Gladson David Masih, Ankush Jindal. PJO, 2012
- Monteggia variant: An unusual presentation. **Bithar N**, Gupta P, Jindal N. Hard Tissue 2013 Mar 09;2(2):18.

- Gupta R, Singh J, Khatri K, **Bithar** N. Common Peroneal Nerve Laceration in Closed Fibular Head Avulsion Fracture: A Case Report. Journal of Orthopedic Case Reports 2016 Sep-Oct; 6(4): 1-4.
- Gupta R, Singh J, **Bithar** N. Arthroscopic Acl reconstruction: average rate blood loss in postoperative drainage in 210 patients in 24-hour duration. International Journal of Current Advanced Research Vol 6, Issue 01, 1696-1698, January 2017.

BOOKS

- Co author for chapter on “External Fixation in distal Radius fractures” in book Titled Mastering Orthopedic Techniques in Intraarticular fractures.
- As a contributor to book titled. Ethical and Legal Issues in Dentistry.

RESEARCH

- Concluded thesis on “Functional Outcome Following Operative Treatment Of Ankle Fractures”

PRESENTATIONS AND POSTERS

- Posterior Ulna Dislocation with Ipsilateral Isolated Radial Shaft Fracture- A Rare Case Report. Presented Poster --Nzioacon, 2010
- Ilizarov in Ctev- A Necessary Evil. Paper Presentation in Nzioacon 2012
- Pcl Cyst—paper presentation ISKSAA 2013.
- Delivered lecture on Shoulder Rehabilitation after Arthroscopic Rotator Cuff in PGIMER ortho Alumni Conference, 2015

- Faculty for Shoulder Arthroscopy workshop, NZOA 2016

Workshops Attended

1. Dynamic External Fixator (Ilizarov) Course 2008
2. AO Pre Basic Introductory Course 2008
3. AASI Basic And Advanced Fracture Fixation Course 2008
4. ISSH Basic Hand Course 2009
5. Basic Knee Arthroscopy 2010
6. Pelvic Acetabular Fractures 2010
7. AO Principles Course 2010
8. Zimmer Trauma Course 2010
9. Basic Knee Arthroscopy 2011
10. AO Advanced Trauma Course 2012
11. Cadaveric Advanced Shoulder Arthroscopy course 2015
12. Knee arthroscopy workshop Iascon 2016 Kolkata

Conferences Attended

1. Cme On Acetabular Fractures 2006
2. North Zone Chapter Of Indian Orthopedic Association Conference 2007
3. Cme On Recent Advances In Orthopedics 2008
4. AO Symposium On Complex Fracture Management 2009
5. International Spine And Spinal Injuries Conference 2009
6. North Zone Chapter Of Indian Orthopedic Association Conference 2010
7. Symposium Indian Arthroplasty Association: Updates in New Modalities of Joint Replacement 2012.
8. Lobo Conference On Updates In Neglected Trauma 2012

9. Synthes Symposium on Upper Limb Trauma Workshop 2012.
10. ISKSAA, 2013
11. PGI Ortho Alumni Meet, 2015
12. NZOA 2016
13. IASCON 2016, Kolkata
14. Delhi Arthroscopy Course, 2017
15. All Around Shoulder Symposium, Kuala Lumpur 2017
16. Pune Knee Course 2017