



DEPARTMENT OF ORTHOPAEDICS &amp; TRAUMATOLOGY

# ORTHO MESSENGER

NEWS LETTER FROM THE DEPARTMENT



## LIFE IS AN ECHO.

What you send out - comes back, What you sow - you reap. What you give - you get.  
 What you see in others - exists in you. Do not judge o so you will NOT be judred.  
 Radiate and give LOVE and Loves comes back to you.

### Editorial Board

#### Editor in Chief:

Dr Sudhir K A M Shandilya

#### Editors:

Dr. R.M. Mallikarjun Reddy

Dr. I Suresh

Dr. Y Srinivas

#### Co-editors:

Dr. K Aditya

Dr. Vijaya Shankar

Dr. Tajuddin

Dr. Shravya Teja

Dr. Vasanth Kumar

Dr. Rohith

#### Members:

Surendra

Yesoph

Rahul reddy

Pavan

Subbarayan

Avinash

Koushik

Naresh

Chandhrashekar

Meghana

Praveen

Tirumalesh

Lavanya

Rajan

Sashikanth

### Editor's Message

Dear friends, We have all witnessed the election of democratic government of India. The results have once again proved the importance of practising sincerity in working.

The people of India have upheld the pure and sincere intentions of Narendra Modi to raise the status of the country in the world. We must learn the lesson from him and strive sincerely to develop our department. Recently twelve new pgs in our department. For them we are planning to arrange orientation classes on every Tuesday for three weeks. It will help them understand about various competencies they must learn and acquire to qualify as an Orthopaedic Surgeon.

MCI has suggested lots of new changes in teaching learning methodology. We will try to implement it regularly in our department. In last one year, we have been able to publish more than 12 research articles. We hope to continue the same trend in this New Academic year as well.

### Thought for the month

#### SAVE YOUR MIND, NOT YOUR BODY !

When you focus too much on the body, the mindset becomes weary.

So many times have produced so many great men who have had rough beginnings and tough upbringings. But, guess what, it never defined their path negativity. Do you know that the most powerful tool of all is the MIND? You are also aware that the obstacles that hits you on the face is a building block to the success that will sway you away with happiness and greatness. Aren't you?

If you do know just how much you can accomplish by just believing in you and knowing that you can never go through life without scratches, then you will stop paying serious attention to the hates, pains, backbites, failures, falls, deceits, and unimaginable sadness that adorn the road to success.

Rather, you will take in everything thrown at you as your building blocks as you toil your path to success.

Let the achievements do the talking, let them listen in total and absolute humbleness and respect.

Your now is a child's play compare to your later.

Keep getting hit and keep standing up.

Greatness is no joke!

Positive thinking Positive Life

### KNOW YOUR FACULTY



#### Dr. Kota Aditya, MS (Ortho),

AO Trauma Member,

Fellow in Ilizarov Surgery,

Fellow in Sports medicine, Assistant Professor,  
ASRAM Medical College, Eluru.

## Felicitation to Dr. Srinivas

Dr. SRINIVAS sir orthopedics Professor and chief 2nd unit was felicitated in department on his fare well party.



Second issue of news letter "ortho messenger" was released by Dr. SRINIVAS sir professor, ASRAM medical college. On 16 th april 2019



## CROP

CROP Presentation on a case of GCT of Lower end of left femur was discussed on 29-05-2019 . There was a detailed discussion amongst the Professors of Orthopaedics, Radiology, Pathology and all pg students.



## FINAL YEAR EXAMS

We successfully conducted University Practical examinations on 15,16th May.



## CSIP PROGRAMME

Dr Sudhir K.A.M Shandilya Professor and HOD Orthopaedics attended the CSIP training programme held on 22,23,24th of May at Sushrutha Gallery, ASRAM Medical College Eluru.



## CAP MEETING

Dr Sudhir K.A.M Shandilya, Professor and HOD Orthopaedics delivered a talk on "Intermittent Fasting" at CAP Meeting on 25th May at ASRAM Medical College, Hippocrates Hall. It was appreciated by one and all.



## BHIMAVARAM ORTHOPAEDIC ASSOCIATION

Dr Sudhir K.A.M Shandilya was invited for delivering a lecture on Intermittent Fasting at Bhimavarm Ortho Association on 11th May evening. Bhimavarm Ortho Association president felicitated Dr Sudhir K.A.M Shandilya.



## Surgeries of the Month

### POLLICISATION:

by Dr. Suresh irinki and team

A 50 years male came with complaint of traumatic amputation of fingers while hand was struck in grass cutting machine initially primary wound debridement and suturing done. At second stage index finger was pollicised to create thumb by osteotomising the base of 2nd metacarpal and transposed it to the base of thumb metacarpal along with its vascularity and fixed it with a k-wire and raw areas were closed with SSG.

### PREOP:



### AFTER 1ST DEBRIDEMENT



### AFTER POLLICISATION:



## Achilles tendon repair

by Krackow sutures

Dr Sudhir K.A.M Shandilya and team

43 y female patient who had a fall into ditch 3 weeks back came to ASRAM hospital with pain and difficulty in walking was admitted and evaluated. she had TA tear for which Krackow sutures were applied and thus TA repair was done.



### SCAPHOID FRACTURE NONUNION:

treatment by herbert screw fixation with pronator quadratus graft By Dr suresh irinki and team

A 28 yrs male patient who met with RTA 6 months back came with complaint of wrist pain. He was treated conservatively with scaphoid cast for 6 months without any significant pain relief. Later he was given bone marrow injection locally at outside hospital. Due to persistent complaint patient came to ASRAM hospital. He was evaluated and diagnosed to have scaphoid nonunion for which herbert screw fixation with pronator quadaratus graft was done.



## Today in History

**Gavriil Abramovich Ilizarov** (Russian)  
(15 June 1921 – 24 July 1992)

was a Soviet orthopaedician, known for inventing the Ilizarov apparatus for lengthening limb bones and for the method of surgery named after him, the Ilizarov surgery



### Life and work:

Ilizarov was born a sixth child to a poor Jewish peasant family in Białowieża, Poland. His father, Abram Ilizarov, was a Mountain Jew from Qusar, while the mother, Golda Ilizarova, was of Ashkenazi Jewish ancestry. He graduated from Buynaksk Medical Rabfac in 1939 and entered the Crimea Medical School in Simferopol. After finishing the school in 1944 Ilizarov was sent to a rural hospital in Dolgovka, a village in Kurgan Oblast in Siberia. In 1950 he obtained a position within a General Surgery Department of the Kurgan Regional Hospital which included a duty as a surgeon with the air ambulance. In 1955 he became Chief of the Department of Trauma and Orthopaedics in the Regional Hospital for War Veterans in Kurgan.

### Bone experiments:

An Ilizarov apparatus treating a fractured tibia and fibula  
Ilizarov developed an external fixator system (1951). He discovered that by carefully severing a bone without severing the periosteum around it, one could separate two halves of a bone slightly and fix them in place, and the bone would grow to fill the gap. These experiments led to the design of what is known as an Ilizarov apparatus, which holds a bone so severed in place, by virtue of a framework and pins through the bone. Originally bicycle parts were used for the frame.

For long time, Ilizarov faced skepticism, resistance and political intrigues from the medical establishment in Moscow which tried to defame him as a "quack". However, the steadily increasing statistics of successful treatments of patients led to a growing fame of Ilizarov throughout the country. He became known among patients as the "magician from Kurgan".

A breakthrough came in 1968 when Ilizarov successfully operated on Valeriy Brumel, the 1964 Olympic champion and a long-time world record holder in the men's high jump, who injured his right leg in a motorcycle accident. Before coming to Ilizarov, Brumel spent about three years for unsuccessful treatments in various clinics and underwent seven invasive and 25 non-invasive surgeries.

### The Ilizarov Center

In 1971 the Kurgan Research Institute for Experimental and Clinical Orthopaedics and Traumatology (KNIIEKOT) was established in Kurgan. Ilizarov was the head of this center until 1991.

### International recognition

In 1980 during the Cold War era, Carlo Mauri, an Italian mountaineer, travelled to Kurgan, in the Soviet Union. He was to be treated by Ilizarov for a tibial fracture that healed incorrectly after a skiing accident ten years earlier. Italian doctors had long given up hope of any surgical improvement to the leg. Ilizarov distracted the stiff non-union in his tibia by 2 cm, healing the pseudarthrosis, corrected an equinus deformity by distraction and lengthened his leg. Mauri dubbed Ilizarov "the Michelangelo of Orthopaedics". On his return to Italy, the healing of Mauri's leg amazed orthopaedic surgeons.

### Later life and death

Ilizarov died of heart failure in 1992, at the age of 71

### Awards and honours

Portrait of Ilizarov by Israel Tsvaygenbaum

Soviet and Russian Honoured Medical Doctor of RSFSR (1965)

Order of the Red Banner (1966),

Lenin Prize (1978),

Hero of Socialist Labour (1981)

Honoured Inventor of the USSR (1985)

Order of Lenin (3 times)

Full member of the Russian Academy of Sciences (1991)

International Order of the Smile (1978)

Commander of the Order of Merit of the Italian Republic (1984)

Order of Independence (Jordan, 1985)

Order of the Polar Star (Mongolia, 1985)

Order of the Yugoslav Flag with Golden Wreath (1987)

Robert Danis Prize of the International Society of Surgery (1987)

Honorary citizen of Milan, Lecco, Rufina, Florence and Nancy

A minor planet 3750 Ilizarov was named after him in 1982

## Let's Celebrate



Department celebrated Birthdays of following faculty and postgraduates

Dr Ravindra, Assistant Professor on 15 th May 2019

Dr Pavan, Post graduate on 16 th april 2019



## Ready for a quiz?



## Diagnosis



Answer to the Quiz in last Issue:

**Gorham Vanishing Bone Disease**  
(Phantom bone disease)



Department of Orthopaedic Surgery

