

APSS - GANGA HOSPITAL FELLOWSHIP 2023

Fellow

DR. MD. MONOWAR TARIK

MBBS, D-Ortho, MS (Ortho), FACS (USA)

Assistant Professor (Spine Surgery)

Rajshahi Medical College, Bangladesh.

Host

Prof. S. Rajasekaran,

MS, DNB, FRCS (Ed), M.ch (Liv), FACS, FRCS (Eng.), Ph.D

Chairman-Dept. of Orthopaedic and Spine Surgery, Ganga Medical Centre (Pvt.) Ltd

Coimbatore, Tamilnadu , India.

Adjunct Professor, The Tamilnadu Dr. M.G.R. Medical University.

Hunterian Professor , Royal College of Surgeons of England, 2011-2012.

Past President , APSS

Past President, SICOT

Past Chair, AO Spine International Board

Past Chair, AO Spine International Research Commission

Past President, CSRSAP

Past President , Indian Orthopedic Association

Past President, Associations of spine Surgeons of India



Ganga Medical Centre (Pvt.) Ltd

Fellowship Centre

Ganga Medical Centre (Pvt.) Ltd, Coimbatore, Tamilnadu , India

313, Mettupalayam Road, Coimbatore-641 043

Duration of Fellowship

12 June 2023-2 July 2023

The APSS, also known as the Spine Section of the APOA, is an educational and scientific forum for the advancement of knowledge in the field of spine surgery, for the education of the patients, the clinicians and researchers.

The APSS Ganga hospital clinical fellowship is an excellent opportunity for spine surgeons in the Asia pacific region. I would like to pay my gratitude and thanks to APSS for selecting me for the above said fellowship at spine surgery unit of Ganga Hospital Coimbatore, Tamilnadu, India that is headed by professor S. Rajasekaran. I also pay my thanks to my mentor Prof. S. Rajasekaran Sir and other surgeons of Ganga hospital .Special thanks to Jennifer Matthew, executive of APSS secretariat for arranging such a hassle free fellowship.

Ganga is a well-known excellent spine Centre in India. It was established in 1978. It is a 650 bedded hospital with 38 operation theatre. Ganga hospital has played a dedicated role in the field of orthopedics, spine surgery, plastic surgery and trauma care. I was very happy after selection for Ganga hospital as India is neighbor country of Bangladesh.



With Ganga Spine Team

The Asia Pacific Spine Society (APSS) Ganga Hospital fellowship 2023 was scheduled for me from 12th June 2023 to 2nd July 2023 at Ganga hospital Coimbatore, Tamilnadu ,India. I was delighted to have 3 weeks Fellowship. I started my journey from Hazrat Shahjalal International Airport, Dhaka on 11/06/2023 by US Bangla airlines at 11.30 AM via Chennai and reached at Coimbatore at 5.00PM. Driver of Ganga hospital received me and safely dropped me at CPC guest house, Cheran Nagar. On 12/06/2023 at 6.30 AM I and Dr. Mengistu went to hospital by hospital bus. Then I went to operation theatre at 6.30 AM and meet with my mentor Prof. S RAJASEKARAN Sir. He introduced me with other consultants and fellows. After that I regularly start my journey at 6.30 AM and reached in to hospital at 6.45 AM and observed a lot of spine surgery (6 to 12) in a day. Hospital was 3 km from the guest

house. Environment of guest house was fine and all the staffs were disciplined and cooperative. I took my breakfast and lunch from hospital canteen. Food was healthy, tasty and cheap.

During my fellowship I participated and observed various surgical procedures. Large number of surgeries were done every day. The Centre is rich with navigation system (ARIO), operative microscope endoscope facility that was new for me.



With Prof. S. Rajasekaran

My mentor Professor S RAJASEKARAN is a nice person with strong personality. He used to show me what he was doing. Sir is excellent in all types of complicated surgeries. There was clinical presentation, pre-op and post-op case presentation, presentation of interesting cases and surgical technique. I learned a lot about taking decision for every cases.

Undoubtedly, the spine centre in Ganga hospital is an ideal place for fellowship and I would like to recommend every spine surgeon should come here once in his lifetime.

I am grateful to Prof. S. Rajasekaran Sir and entire spine team of Ganga hospital for their cordial hospitality.

Finally I would like to thank APSS for selecting me for the fellowship program and also pay my gratitude and thanks to Government of Bangladesh for giving me permission to visit Ganga.

Spine Log Book

Serial No.	Date	Diagnosis	Name of Surgery	Surgeon	Role	Remarks
1	12/6/23	ARNOLD CHIARI TYPE I with C ₂ -T ₁₁ Syrinx	Foramen Magnum Decompression	DR. S Rajasekeran	Observer	Not Seen Before
2		C ₃ -C ₆ Primary Canal Stenosis with nurick grade 4 myelopathy	C ₃ -C ₆ Posterior instrumented laminectomy with C7 undercutting	Dr. Rishi M. Kanna	Observer	
3		L ₃ -L ₄ ,L ₄ -L ₅ Degenerative stenosis Grade -I	L ₃ -L ₅ Fusion	DR. S Rajasekeran	Observer	
4		L ₅ -S ₁ lytic listhesis	L ₅ -S ₁ Fusion/Delta fixation	DR. S Rajasekeran	Observer	Not Seen Before
5		L ₄ -L ₅ Disc prolapse with caudal migration and (Rt) radiculopathy	L ₄ -L ₅ Micro decompression and Micro discectomy	DR. S Rajasekeran	Observer	
6		L ₄ -L ₅ Spondylo discitis with peri implant infection	Debridement+revision instrumentation	Dr. Rishi M. Kanna	Observer	
7	13/6/23	L ₃ -L ₄ Grade I Degenerative Listhesis with severe stenosis and left radiculopathy	L ₃ -L ₄ Decompression and Fusion	Dr. Rishi M. Kanna	Observer	
8		L ₄ -L ₅ Grade 1 Lytic Listhesis with Left Radiculopathy	L ₄ -L ₅ TLIF (? MIS)	Dr. Rishi M. Kanna	Observer	
9		Congenital Right Thoracolumbar Scoliosis with T ₁₀ Hemivertebra	T ₇ -L ₃ Deformity correction and Fusion+Hemivertebra excision	Prof. S Rajasekaran	Observer	
10	14/6/23	L ₄ -L ₅ Disc Prolapse with B/L Radiculopathy(R>L)	L ₄ -L ₅ Discectomy	Prof. S Rajasekaran	Assistant	
11		T ₃ -T ₇ Multifocal Tubercular Spondylodiscitis with neurodeficit	Posterior instrumented decompression and debridement	Prof. S Rajasekaran	Observer	
12		L ₄ -L ₅ Disc Protrusion with Left L ₅ Radiculopathy	L ₄ -L ₅ Endoscopic Discectomy	Prof. S Rajasekaran	Observer	
13		C ₃ -C ₄ Cervical Stenosis with Nurick Grade 3 Myelopathy	C ₃ -C ₄ ACDF	Prof. S Rajasekaran	Assistant	

Serial No.	Date	Diagnosis	Name of Surgery	Surgeon	Role	Remarks
14	14/6/23	AIS LENKE Type 1C	T ₄ -L ₄ Deformity Correction and Fusion	Prof. S Rajasekaran	Observer	
15		T ₅ -T ₆ Extradural Cystic Lesion with Thoracic Compressive Myelopathy	Cyst Excision and Biopsy	Prof. S Rajasekaran	Observer	
16		T ₁₂ Osteoporotic Fracture with Pseudoarthrosis	Posterior Instrumented Stabilisation and T ₁₂ Vertebroplasty	Prof. S Rajasekaran	Observer	
17	15/6/23	Right Thoracic Scoliosis	T ₂ -L ₂ Posterior Instrumented Deformity Correction and Fusion	Dr. Rishi M. Kanna	Observer	
18		L ₄ -L ₅ Grade I Degenerative Listhesis with Stenosis and B/L (L>R)Radiculopathy	L ₄ -L ₅ Decompression and Fusion	Dr. Rishi M. Kanna	Assistant	
19		C ₄ -C ₅ ;C ₅ -C ₆ SpondyloticNurick 3 Myelopathy	C ₄ -C ₅ ,C ₅ -C ₆ ACDF	Dr. Rishi M. Kanna	Observer	
20	17/6/23	Achondroplasia C ₁ -C ₂ Instability and Stenosis	C ₁ -C ₂ Fusion	Dr. Ajoy P. Shetty	Observer	
21		Neuromascular Scoliosis	T ₃ to L ₃ Posterior Instrumented Deformity Correction and Fusion	Dr. Ajoy P. Shetty	Observer	
22		L ₄ -L ₅ Grade I Lytic Listhesis with Bilateral Neurodeficit	L ₄ -L ₅ Decompression and Fusion	Dr. Ajoy P. Shetty	Assistant	
23		L ₅ -S ₁ Disc Prolapse with left Radiculopathy	L ₅ -S ₁ Endoscopic Discectomy	Dr. Ajoy P. Shetty	Observer	
24		C ₃ -C ₄ Disc Osteophyte Complex Traumatic Cord Contusion with Asia C Neurology	C ₃ -C ₄ ACDF	Dr. Ajoy P. Shetty	Observer	

Serial No.	Date	Diagnosis	Name of Surgery	Surgeon	Role	Remarks
25	19/6/23	AIS LENKE 5C	Posterior instrumented deformity correction Fusion	Prof. S Rajasekaran	Observer	
26		L ₄ -L ₅ Disc prolapse with left radiculopathy	L ₄ -L ₅ Microdiscectomy	Prof. S Rajasekaran	Observer	
27		L ₅ -S ₁ Calcified disc prolapse with left radiculopathy	L ₅ - S ₁ Microdiscectomy	Prof. S Rajasekaran	Observer	
28		L ₄ -L ₅ Degenerative Listhesiswith Stenosis with B/L radiculopathy	L ₄ -L ₅ Fusion	Prof. S Rajasekaran	Assistant	
29		C ₅ -C ₆ Locked Facet,C ₆ right pedicle ,left Pars fracture with subluxation with ASIA D Neurology	C ₅ -C ₆ ,C ₆ - C ₇ ACDF	Dr. Rishi M. Kanna	Observer	
30		L ₁ A0 B ₁ injury with normal neurology	Posterior Instrumented Stabilisation	Dr. Rishi M. Kanna	Assistant	
31	20/6/23	L ₄ -L ₅ Grade I Degenerative Listhesis with Stenosis.	L ₄ -L ₅ Decompression	Prof. S Rajasekaran	Observer	
32		C ₆ -C ₇ Traumatic Disc Prolapse with C ₇ Injury	C ₆ -C ₇ ACDF	Prof. S Rajasekaran	Observer	
33		T ₁₂ -L ₁ A0 type C injury with ASIA A neurology	Posterior instrumented Decompression and Stabilisation.	Prof. S Rajasekaran	Observer	
34		T ₅ -T ₆ A0 B ₂ ,T ₅ ,T ₆ A ₃ with normal neurology Right pneumothorax.	Posterior instrumented stabilisation.	Prof. S Rajasekaran	Assistant	
35		Two year old operated case of T ₁₂ -L ₁ A0 B ₂ ,L ₁ A0 A4 injury with Conus Medularis Syndrome	posterior instrumented decompression and stabilization Implant removal	Dr. Rishi M. Kanna	Observer	

Serial No.	Date	Diagnosis	Name of Surgery	Surgeon	Role	Remarks
36	21/06/23	T ₉ -T ₁₀ OLF with compressive thoracic Myelopathy.	T ₈ -T ₁₁ Instrumented Decompression.	Prof. S Rajasekaran	Observer	
37		L ₄ -L ₅ Degenerative Listesis with LCS.	L ₄ -L ₅ TLIF	Prof. S Rajasekaran	Observer	
38		L ₁ -L ₂ Post TB Kyphosis with normal Neurology.	Deformity Correction and Fusion	Prof. S Rajasekaran	Observer	
39		L ₄ -L ₅ Canal Stenosis with Claudication	L ₄ -L ₅ Micro Decompression	Dr. Ajoy P. Shetty	Assistant	
40		L ₅ -S ₁ Recurrent Disc Prolapse with Right Lower Limb Radiculopathy	L ₅ -S ₁ Discectomy	Dr. Ajoy P. Shetty	Assistant	
41	22/6/23	C ₅ -C ₆ Myelomalacia T ₁₂ IDEM (Epidermoid cyst) with compressive myelopathy	C ₅ -C ₆ ACDF	Dr. Rishi M. Kanna	Observer	
42		L ₅ -S ₁ Disc prolapse with left radiculopathy and neurodeficit	L ₅ -S ₁ Discectomy	Dr. Rishi M. Kanna	Observer	
43		L ₂ AO A4 injury with ASIA C neurology	Posterior instrumented Stabilisation and decompression	Dr. Rishi M. Kanna	Observer	
44		L ₄ -L ₅ Degenerative Listhesis with stenosis	L ₄ -L ₅ Decompression and fusion.	Dr. Rishi M. Kanna	Assistant	
45		C ₆ -C ₇ AO type C Facet F4 Injury with Asia C Neurology	C ₆ -C ₇ ACDF + Posterior instrumented stabilisation.	Dr. Rishi M. Kanna	Observer	
46	23/6/23	T ₁₁ -T ₁₂ Post TB Kyphosis	T ₈ -L ₃ Posterior instrumented deformity correction and fusion	Prof. S Rajasekaran	Observer	
47		L ₃ -L ₄ ,L ₄ -L ₅ Disc prolapse bilateral lower radiculopathy(L>R)	L ₃ -L ₄ &L ₄ -L ₅ Microdiscectomy	Prof. S Rajasekaran	Observer	
48		Tandem Stenosis with L ₄ -L ₅ Grade I degenerative listhesis with bilateral lower limb radiculopathy	L ₄ -L ₅ Fusion	Prof. S Rajasekaran	Observer	
49		C ₃ -C ₄ Cervical Spondylotic Myelopathy NURICK 3	C ₃ -C ₄ ACDF	Prof. S Rajasekaran	Observer	
50		Congenital Thoracolumbar Kyphoscoliosis with instability	Posterior instrumented deformity correction and fusion	Prof. S Rajasekaran	Observer	

Serial No.	Date	Diagnosis	Name of Surgery	Surgeon	Role	Remarks
51	24/6/23	Right Thoracic Scoliosis	Posterior Instrumented Deformity correction and fusion	Dr. Ajoy P. Shetty	Observer	
52		L ₃ -L ₄ ASD with Grade 1 Degenerative Listhesis with LCS	Extention of instrumentation and fusion TO L ₃ (OLIF)	Prof. S Rajasekaran	Observer	
53		T ₈ Pathological Collapse with T ₈ -T ₉ Infective Spondylodiscitis with epidural Abscess	Posterior instrumented Stabilisation with Decompression with Biopsy	Dr. Ajoy P. Shetty	Observer	
54	26/6/23	Post- TB Kyphosis	T ₁₀ -L ₄ Posterior instrumented Deformity Correction and Fusion	Prof.S Rajasekaran	Observer	
55		L ₅ -S ₁ Disc Prolapse with Right Radiculopathy with Cauda Equina Syndrome	L ₅ -S ₁ Microdiscectomy	Prof.S Rajasekaran	Observer	
56		Tandem Stenosis, C ₃ -C ₄ DOC with Grade 1 Listhesis with Compressive Cervical Myelopathy C ₄ , C ₅ Block Vertebra	C ₃ -C ₄ ACDF	Prof.S Rajasekaran	Observer	
57		L ₃ -L ₄ , L ₄ -L ₅ Degenerative Listhesis with Bilateral Radiculopathy (R=L) T12 Pseudoarthritis with Post Traumatic Kyphosis	L ₃ -L ₅ Fusion	Prof.S Rajasekaran	Observer	
58		L ₄ -L ₅ Lytic Listhesis Grade 2 with right radiculopathy	L ₄ -L ₅ Fusion	Prof.S Rajasekaran	Observer	
59		L ₅ -S ₁ Left Paracentral Disc Extrusion with Radiculopathy	L ₅ -S ₁ Endoscopic Discectomy	Prof.S Rajasekaran	Observer	
60		L ₃ -L ₄ Grade 1 Degenerative Listhesis with Stenosis.	L ₃ -L ₄ Decompression and Fusion	Prof.S Rajasekaran	Observer	
61	27/6/23	Adolescent Idiopathic Scoliosis LENKE 6N	T4-L3 Posterior Instrumented Deformity Correction and Fusion	Dr. Rishi M. Kanna	Observer	
62		C ₅ -C ₆ DOC with Myelomalacia(Asymptomatic) with Epidermoid cyst.	Tumour Excision and Biopsy	Prof.S Rajasekaran	Observer	
63		C ₆ -C ₇ AO B3 Injury with ASIA C Neurology	C ₆ -C ₇ ACDF+ Anterior Cervical Plating.	Dr. Rishi M. Kanna	Observer	

Serial No.	Date	Diagnosis	Name of Surgery	Surgeon	Role	Remarks
64	28/6/23	Congenital scoliosis	T ₄ -L ₃ Posterior Instrumented Deformity Correction and Fusion	Prof.S Rajasekaran	Observer	
65		L ₄ -L ₅ Grade 1 Degenerative Listhesis with L ₃ -L ₄ ,L ₄ -L ₅ Canal Stenosis and Neurogenic Claudication	L ₃ -S ₁ Fusion	Prof.S Rajasekaran	Assistant	
66		DISH with L ₄ -L ₅ Grade 1 Listhesis with Canal Stenosis	L ₄ -L ₅ Fusion	Prof.S Rajasekaran	Observer	
67		C ₃ -C ₆ Spondylotic Myelopathy (NURICK Grade 3)	C ₃ -C ₆ Posterior Instrumented Laminectomy/Laminoplasty	Prof.S Rajasekaran	Observer	
68		L ₄ -L ₅ Disc Prolapse with Bilateral Radiculopathy	L ₄ -L ₅ Microdiscectomy	Prof.S Rajasekaran	Observer	
69		T ₁₁ Osteoporotic Fracture (DG OU 5) with Pseudoarthrosis and Thoracolumbar Kyphosis TB	L ₂ Stabilisation , T ₁₀ -T ₁₁ Decompression and Anterior Reconstruction	Prof.S Rajasekaran	Observer	
70	29/6/23	L ₄ -L ₅ Disc Prolapse with left radiculopathy	L ₄ -L ₅ Microdiscectomy	Dr.Rishi M. Kanna	Assistant	
71		L ₄ -L ₅ Disc Prolapse with cauda equina syndrome	L ₄ -L ₅ Microdecompression with discectomy	Dr.Rishi M. Kanna	Observer	
72		C ₅ -C ₆ AO Type C injury with ASIA A neurology	C ₅ -C ₆ ACDF+ Anterior cervical plating	Dr.Rishi M. Kanna	Observer	
73		L ₄ -L ₅ Disc Prolapse with Right L5 neurodeficit .	L ₄ -L ₅ Microdiscectomy	Dr. Rishi M. Kanna	Observer	
74	30/6/23	Early onset Left Thoracic Scoliosis	Posterior instrumented Deformity correction and fusion	Dr. Ajoy P.Shetty	Observer	
75		L ₅ -S ₁ Disc extrusion with right radiculopathy	Endoscopic Discectomy	Dr. Ajoy P.Shetty	Observer	
76		L ₄ -L ₅ grade 2 lytic listhesis	L ₄ -L ₅ fusion	Dr. Ajoy P.Shetty	Assistant	

Serial No.	Date	Diagnosis	Name of Surgery	Surgeon	Role	Remarks
77	30/7/23	C ₂ -C ₇ OPLL with cervical compressive myelopathy (Nurick 3)	C ₂ -C ₇ instrumented laminectomy	Dr. Ajoy P.Shetty	Observer	
78		L ₄ -L ₅ grade 1 Degenerative Listhesis with Canal Stenosis	L ₄ -L ₅ Fusion	Dr. Ajoy P.Shetty	Assistant	
79	01/7/23	L ₄ -L ₅ Stenosis with Left neurogenic claudication	L ₄ -L ₅ Decompression	Dr. Ajoy P.Shetty	Observer	
80		Right Thoracic Scoliosis	Posterior instrumented deformity correction and Fusion	Dr. Ajoy P.Shetty	Observer	
81		C ₆ -C ₇ Disc osteophyte complex with right radiculopathy	C ₆ -C ₇ ACDF	Dr. Ajoy P.Shetty	Observer	