

DR VIKAS PADHA

DESIGNATION- Senior Consultant & Associate Professor, Department of Orthopaedics

CONTACT INFORMATION

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EDUCATIONAL QUALIFICATIONS

Name of Course	Institution	Year of passing
MBBS	Govt Medical College, Jammu	2001
MS Orthopaedics	Govt Medical College, Jammu	2007
Instructional Course in Spine	ASSI& ICS, held at Shimla	2008
AO trauma Course	AO trauma	2010 & 2012
Primary Knee and Hip Replacement Course	Fortis Hospital, Mohali	2017
Pelvi-Acetabular Course	Jammu Trauma Society	2017
AIIMS cadaver Arthroplasty Course -Total Knee Replacement	AIIMS, New Delhi	2017
AIIMS cadaver Arthroplasty Course -Total Hip Replacement	AIIMS, New Delhi	2018
Fellowship in Advanced Knee Arthroplasty	Sunshine Hospitals, Hyderabad	2025

SECURED FIRST RANK IN JAMMU KASHMIR PRE-MEDICAL TEST 1994

AWARDS

- ◆ Humanitarian Services Award 2025-26 by Village Social Welfare & Development Committee
- ◆ Award of Excellence in Health by Maharaja Hari Singh Social & Education Foundation 2025
- ◆ Doc You Rock Award by Big FM-2024
- ◆ The Pillars of India as the Healthcare Pioneer of India Award by the Government of Punjab -2023

MEMBERSHIPS OF PROFESSIONAL BODIES

- ◆ Life Member of the Indian Orthopaedic Association (IOA)
- ◆ Life Member of North Zone Orthopaedic Association (NZOA)
- ◆ Life Member of JKOA
- ◆ Executive Member of Jammu Trauma Society

WORK EXPERIENCE-

19 years of post PG experience

INSTITUTION/HOSPITAL	POST HELD	DURATION
Shri Mata Vaishno Devi Narayana Superspeciality Hospital Katra , Jammu	Senior Consultant Orthopaedics And Joint Replacement	August 2017 and continuing
Jay Pee Hospital,Vivekanand Medical Institute,Palampur Himachal Pradesh	Senior Consultant Orthopaedics And Joint Replacement	May 2016 to July 2017
DR Rajendra Prasad Govt Medical College Kangra At Tanda Himachal Pradesh	Assistant Professor in Post Graduate Department of Orthopaedics	February 2014 to May 2016
Jammu and Kashmir Health Department Govt of Jammu & Kashmir	Consultant Orthopaedics	June 2011 to February 2014
Indira Gandhi Govt Medical College Shimla, Himachal Pradesh	Senior Resident Post Graduate Department of Orthopaedics	March 2008 to March 2011
Beas Hospital, Beas (District Amritsar) Punjab	Senior Resident	July 2007 to March 2008
Govt. Medical College Jammu	Post Graduate Resident Doctor	2004 to 2007

CURRENT APPOINTMENT

I am presently working as Senior Consultant , Orthopaedics and Joint Replacement at Shri Mata Vaishno Devi Narayana Superspeciality Hospital, Katra, Jammu since August 2017. My primary focus of work is Knee & Hip Arthroplasty and Complex trauma, including management of complex fractures with the latest minimally invasive techniques. I have performed thousands of complex orthopaedic surgeries, including Total Knee Replacements, Total Hip Replacements, Partial Hip Replacements and management of complex fractures in the geriatric population. A few exceptional surgeries performed by me include:

- Successful trauma surgery on a patient aged 119 years 8 months in 2020, which is a new World Record.
- Successful minimally invasive hip surgery in patient aged 104 years in 2018 who lived up to age of 107 years.
- Successful osteosynthesis surgery on a 6-month-old hip fracture in an elderly patient by minimally invasive technique in August 2020 during COVID, which is oldest fracture in the world to be treated by this technique.
- Successful Total Knee Replacement surgeries in Cancer survivors.
- Successful Hip Replacement surgeries in patients with kidney failure.
- Successful Total Knee Replacement Surgeries in patients with very complex knee deformities.
- Did more than 250 Joint Replacement Surgeries in a single calendar year 2025 in this institute

My work in Joint replacement surgeries in poor patients under Ayushman Bharat scheme was appreciated by National Health Authority.

The Government of Punjab awarded me with Pillars of India Award in 2023 for my work in the field of Joint Replacement Surgeries.

Hon'ble Lieutenant Governor of J&K Mr Manoj Sinha felicitated me for my work in September 2023.

Majority of my patients of Joint Replacement belong to rural hilly terrains whom I have been treating successfully despite greater challenges.

My work has been appreciated by the society in the form of Awards given to me from time to time by prominent community organizations & Trusts.

Community Health Service

My regular Community Outreach OPDs, especially in hilly areas has made me accessible to needy patients belonging to difficult terrains.

Apart from clinical work and surgical treatments, I am involved in community outreach programmes like Free Medical Camps and Awareness Talks.

PREVIOUS APPOINTMENTS

Earlier I was working as Senior Consultant Orthopaedics and Joint replacement at Jay Pee Hospital Vivekanand Medical Institute Palampur, Himachal Pradesh and heading the Department since May 2016 where I was regularly doing Joint replacement surgeries (Arthroplasty) including Total Knee Replacements and Total Hip Replacements in addition to handling complex trauma cases including Polytrauma, neglected trauma and complications of trauma like Non-union of fractures using latest modalities of fracture fixation like minimally invasive techniques and other spectrum of orthopaedic surgeries like deformity correction including congenital deformities.

I__ worked as Assistant Professor in Post Graduate Department of Orthopaedics at Dr Rajendra Prasad Govt Medical College Kangra at Tanda from February 2014 to May 2016 where in addition to teaching undergraduate and postgraduate medical students, I used to run independent OPD as consultant and routinely perform entire spectrum of Orthopaedic surgeries including Total Knee Replacements, Total Hip Replacements and shoulder arthroplasty in addition to complex and neglected trauma routinely treated in tertiary care hospitals. I used to attend the seminars, journal clubs, presentations and other academic activities in the department.

I worked as Consultant Orthopaedic Surgeon in Jammu & Kashmir Govt Health Department from June 2011 to February 2014 where I got plenty of experience in wide variety of Orthopaedic Surgeries. Since private practice was allowed for Doctors working under Jammu & Kashmir Government, I also practiced simultaneously in my private clinics at Samba, Dayalchak and Kathua in Jammu province with fairly good clientage during this period.

Prior to this, I worked as Senior Resident in Post Graduate Department of Orthopedics, Indira Gandhi Govt Medical College Shimla from March 2008 to March 2011 where I worked in Arthroplasty Unit, Trauma Unit, Spine Unit, Paediatric Orthopaedics Unit, Arthroscopy Unit to gain

expertise in all sub-specialities of Orthopaedics in addition to attending to academic activities of the Department.

And immediately after completing my M.S. Orthopaedics, I joined a reputed charitable hospital of Punjab named Beas Hospital where I worked as Senior Resident from July 2007 to March 2008 where I enriched my surgical skills to a great extent in Arthroplasty and complicated trauma in the beginning of my career as being charitable hospital, there was tremendous flow of patients requiring costly surgeries like Joint Replacement surgeries at a very low cost.

COMPETENCY IN PROCEDURAL SKILLS:

- Total Knee Replacement
- Total Hip Replacement
- Bipolar Hip Replacement
- Fixation of fractures by latest Minimally Invasive Techniques
- Closed nailing of Intertrochanteric Fractures by Proximal Femoral Nail (PFN)
- Closed nailing of femur fractures by interlocking nails and distal femoral nails
- Fixation of femur fractures with Proximal Femoral Locking plates and Distal Femoral Locking Plates using MIPO technique.
- Fixation of Proximal tibia and Distal tibia fractures by Anatomical Locking Plates using MIPO technique.
- Closed nailing of tibia fractures including Expert Tibial Nail
- Fixation of Fracture Proximal Humerus using PHILOS and distal humerus using Anatomical Distal Humerus plates
- Closed nailing of fracture humerus with interlocking nail
- ORIF of various fractures using plates and nails
- TBW of various fractures
- CTEV Casting and Soft tissue release procedures.
- External fixations of compound fractures
- CRIF/ORIF with various types of interlocking nails.
- DHS/DCS fixation
- Fixation of fractures using JESS in fractures of small bones of hands & feet
- Conservative management of fractures

- Intra-articular Injection techniques for a variety of joint disorders
- Management of Non-Union & Malunion of Fractures
- Deformity correction by osteotomies

CONFERENCES /CME/WORKSHOPS ATTENDED

- As Faculty -Guest Speaker at IAA NHS Surgery Workshop on Robotic Uni, Total Knee, Hip & reverse Shoulder Replacement at Jalandhar -Feb,2026
- Attended the 2nd Knee & Hip Revision Arthroplasty Conference at Delhi -December 2025
- Attended Complex Primary and revision Hip replacement Workshop and Current Concepts in Arthroplasty 2025 conference at AIIMS New Delhi in July ,2025
- As Faculty at 6th Annual Congress Asia Pacific Orthopaedic Association YSF-India Chapter - April 2024
- As faculty 9th Annual Jammu Trauma meet at Jammu,February 2024
- Did Workshop -DAA hip replacement workshop at AIIMS, New Delhi
- Attended Current Concepts in Arthroplasty 2025 Conference at AIIMS, New Delhi in August,2024
- Attended as faculty CME on Thoracic Imaging Conclave 2023 by SMVDNSH, Katra , May 2023
- Attended as faculty 5th Annual Conference of Jammu & Kashmir Orthopaedic Association at Jammu, October 2022
- Attended as faculty the Total Hip Replacement Course at Jammu in September, 2022
- As Faculty in CME on Antimicrobial Resistance by SMVDNSH , Katra on Nov,2022
- Attended as faculty 7th Annual Trauma Meet CME on Osteotomies of lower limb at Jammu,June 2022
- Attended Arthroscopy Cadaveric Workshop by Jammu Kashmir Sports Injury & Arthroscopy Society in September 2019 at GMC Jammu
- Attended as Faculty 11th IORACON, Jammu in Sept,2019
- Attended Second Edition of Masterclass for Orthopaedics held at New Delhi in March 2019 by BMJ Masterclasses
- Attended Arthroscopy Workshop at POACON 2019 at Dayanand Medical College & Hospital Ludhiana

- Attended POACON 2019 organized by Department of Orthopaedics at DMC & Hospital Ludhiana
- Attended 63rd Annual conference of Indian Orthopaedic Association IOACON 2018 at Coimbatore
- Attended 3rd Annual Jammu Trauma Meet on Spinal Trauma at Jammu on March 2018
- Attended Symposium on Orthopaedic Oncology organised by Jammu Trauma Society in 2017
- Attended as FACULTY Second Annual Jammu Trauma Meet on 25th & 26th March 2017 held at Jammu
- Attended Pelvi-Acetabular Course organised by Jammu Trauma Society in association with JKOA in Jammu on January 2017
- Attended Pre-Conference Workshop of IOACON 2016 on Advanced Knee Arthroplasty held on 13th December 2016 at Kochi
- Attended 61st Annual Conference of Indian Orthopaedic Association IOACON 2016 at Kochi
- Attended 1st Annual Jammu Trauma Meet on March 27 2016 at Jammu
- Attended 32nd Annual Conference of “North Zone Chapter of Indian Orthopaedic Association” 2013 held at Srinagar
- Attended IOA-ICL2010 Instructional Course Lecture on Non Traumatic Adult Hip Disorders held in Shimla in March 2010.
- Attended 29th Annual Conference of “North Zone Chapter of Indian Orthopaedic Association” 2010 held at Jammu.
- Attended 17th HIMORTHOCON 2008 organized by HP Chapter of Indian Orthopaedic Association and presented a paper on **“Percutaneous Bone Marrow Grafting in Delayed Union and Non-Union”**
- Attended Biennial Conference of Indian Arthroplasty Association (IAA) IAACON 2007 held at Chandigarh.
- Attended IOACON 2005, Golden Jubilee Conference of Indian Orthopaedic Association held at Mumbai.

PUBLICATIONS:

- Role of Percutaneous Bone Marrow Injection In Delayed Union And Non Union in Internet Journal of Orthopaedic Surgery ISSN 1531-2968 Volume 18 Number 1

- Review of the results of V-Nailing Vs Interlocking nailing for displaced fractures of tibial diaphysis in adults in the Internet Journal of Orthopaedic Surgery, ISSN :1531-2968 Volume 18 Number 1.
- A very rare presentation of Bifocal Non Union Radius with Ipsilateral Ulnar shaft Non Union: Case Report in Journal of Orthopaedic Case Reports Volume 6 Issue 3 July-Aug 2016 Page 82-84
- A Very Rare Presentation of Type1 Monteggia Equivalent Fracture with Ipsilateral Fracture of Distal Forearm-Approach With Outcome in J Orthop Case Rep 6 (4), 57-61.Sep-Oct 2016
- Double Segmental Tibial Fracture: Case Report with Review of Literature Journal of Case Reports 2016;6(2):243-246

