



Dr. Ashish Babhulkar

MBBS (Jan 1989), D.Orth (Jan 1994) DNB (Orth.) (June 1995), MCh.Orth. (Dec. 1998)

FRCS (Tr. & Orth.) (May 2001)

Consultant Orthopaedic Surgeon

SHOULDER SPECIALIST & JOINT REPLACEMENT SURGEON

Brief Profile

Gold Medal
Paper on Arthroscopic Adhesiolysis for stiff shoulder, MOACON Goa 2005
Gold Medal
Reconstruction of AC joint using Gracilis graft - IOACON Bangalore Dec 2008
Gold Medal
MOACON, Nasik – Results of Arthroscopic Suprascapular nerve decompression 29-31 Oct 2010
Gold Medal
Shoulder Elbow Con 2015 – Delhi – Bony Morphology of Shoulder- Indian Cadaver study of 66 Shoulders.

PUBLICATION

- Review article – AC joint reconstruction – Current Reviews in Musculoskeletal Medicine, Provisionally Mar 2014
- Section editor of "Current Reviews in Musculoskeletal Medicine" Current Reviews in Musculoskeletal Medicine, Provisionally Mar 2014
- Daily milk improves B12 status in young vegetarian Indians: An intervention trial. Nutrition Journal 2013 12:136

- Role of Arthroscopic Bankart repair in Shoulder dislocation – Provisionally accepted in European Orthopaedics & Traumatology 2013
- Hemiarthroplasty for comminuted proximal humeral fractures-Ashish Babhulkar, Ashok K Shyam,Parag K Sancheti, Koshish Shah, Steve Rocha.Journal of Orthopaedic Surgery 2011;19(2):194-9
- Primary reconstruction of comminuted intra articular distal humerus fractures.International Journal of Orthopaedic Trauma 1995;5:170-174.
- Retrocalcaneal Bursitis (A presentation of Gout) Journal of Foot Society-October 1995.
- Calcaneal fractures open reduction and internal fixation. Journal of Foot Society - November 1995.
- Synovial Sarcoma of the foot Journal of Foot society – November 1995.
- Management of Tibial Pilon fractures by limited fixation and bone grafting. J Bone & Joint Surg (Br.) Suppl. I 2000, 72.

RESEARCH

Membership

- Indian Orthopaedic Association
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- Indian Arthroscopy Society
 - Asian Federation of Sports Medicine
 - Maharashtra Orthopaedic Association
 - Poona Orthopaedic Society
 - Bombay Orthopaedic Society
 - Indian Federation of Sports Medicine
 - Indian Association of Sports Medicine
 - Bone & Joint Decade –NAN
 - Indian Menopause Society
 - Shoulder & Elbow Society, India
 - SICOT
 - Founder President Shoulder Society of India since Sep 2011
 - Treasurer – Indian Menopause Society, Pune chapter Nov 2013 onwards
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- Member Shoulder & Elbow Committee - SICOT
 - Arthroscopic AC Jt reconstruction – IAS 2013 Mumbai Sep 2013
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- Arthroscopic AC Jt reconstruction – WIROC 2013 Mumbai DEC 2013
 - AC Joint reconstruction techniques – SICOT Sep 2013 Hyderabad, India.

- Review of Modified Latarjet procedure in 72 patients. Vapi GOACON 3 & 4 Feb 2012
- Novel treatment to fix Acromion fractures. Traumacon 2011 Mumbai– 13 Aug 2011
- Early Results of Latarjet surgery – IOACON, Delhi Dec 2011
- Suprascapular Nerve Compression – IASM Annual Conference, Chandigarh, Nov
- ESKKA Congress Geneva 2-5 May 2012, "Subscapularis tear, its modified lafosse classification

Book Chapters

- Section editor (Shoulder) Dr G S Kulkarni's Textbook of Orthopaedics approved by Indian Orthopaedic Association – 2005
- Section Editor (Shoulder) of 2nd edition of Dr G S Kulkarni's Textbook of Orthopaedics approved by Indian Orthopaedic Association – 2014
- Editor - A-Z Text book of Shoulder Rehab

Organization Experience

- **4th Shoulder Conclave 2010** – at Hotel Pride with three live surgeries. Guest faculty – Dr James Esch – of famous San Diego Shoulder Course. Also performed the first time in India Live Modified Latarjet procedure.
- **Organiser of 5th Shoulder Conclave 26-27 Feb 2011** – Foreign Faculty - Seung Ho Kim, S Korea, Didier Oudet, France, Amit Modi, UK.
- Organised Depuy **Reverse Shoulder Live Surgery Symposium** – 15th Jan 2012 with Anders Ekelund, Sweden - Designer of Delta Extend.
- Organising Secretary – **2nd Annual Shoulder Elbow Con 2013 – 21-22-23 Feb 2013** – Foreign faculty – Hiroyuk Sugaya, Japan, Anders Ekelund, Sweden, Jean Grimberg, France, Chunyan Jiang, China & Francois Bruchou, France.
- Organising Secretary – **6th Shoulder Conclave 2014** – 22-23 Mar 2014 – Foreign faculty – G Di Giacomo, Rome, Italy & Jean Grimberg, Paris, France.
- Performed over **84 Live surgeries** in India at various conferences, Including Arthroscopic Bankart, Arthroscopic Cuff repair, Arthroscopic Subscapularis repair, Arthroscopic AC Joint reconstruction (Bangalore Oct 2013), Live Reverse Shoulder replacement, Live Shoulder replacement & Live Open Latarjet.
- Instructor for **Cadaveric courses** for Arthroscopic Shoulder techniques at Chula Lab, Bangkok, Hong Kong Cadaver lab @ Chinese University< Bangalore, Chennai & Ahmedabad.

- India's first live Arthroscopic AC joint reconstruction – Bangalore shoulder course 2013

Organiser Theraband Course

- 1] 13th July 2008 – 65 delegates – Highest so far. Whole day workshop on rehab
- 2] 21st Dec 2008 – 45 delegates
- 3] 15th March 2009

- Organiser of several PSRP Shoulder rehab whole day workshops every year since 11 years (16 so far).
- First Reverse Shoulder Arthroplasty Workshop with live surgery on 16th May 2010 at Deenanath Mangeshkar Hospital – Guest faculty – Geraud Chamille from Toulouse, France. This was the first Reverse Shoulder replacement performed in India.
- Have conducted & participated in over 35 Shoulder workshops including Live demonstration surgery for Bankart repair – Open and Arthroscopic and Shoulder replacement surgery too.
- Co-Organiser 7th Annual **Indian Arthroscopy Society** Annual Conference, Goa 25-27 Sep 2008
- My special interest consists of **Shoulder & Upper Limb surgery**. I deal with all shoulder problems & their surgical repair – Arthroscopic & Open procedures and Joint replacement surgery of the hip, knee, shoulder & Elbow. I have built a series of Neglected Posterior Dislocation shoulders, Suprascapular neuropathy, Elbow and ankle arthroscopy surgeries.
- My special interest is also in rehabilitation for painful shoulder. A Two phase shoulder exercise programme which I have designed & named as **PSRP – PUNE SHOULDER REHABILITATION PROGRAMME**.
- Shoulder Research Fellowship At Royal Liverpool University Hospital, Liverpool, UK 1997-1998
- Specialist Registrar Rotation from 1998 to 2001, Worked in Trauma, Hip & Knee replacement, Sports Medicine, Hand & Shoulder Units.
- Visiting Fellow to Dr. Jo De Beer **Cape Town, South Africa** Sep' 2005
- Visiting Fellow to Katharinen Hospital, Stuttgart from 26th August to 8th September 2007.
- Visiting Fellow to Dr. Sumant Krishnan, Carrell Clinic, **Dallas, USA** April 2008.
- Visiting Fellow to Dr H Sugaya, Chiba, Japan June 2010
- Visiting Fellow to Marcus Scheibel, Berlin in Aug 2013.
- Trained over 78 Physiotherapists on the Dr. Milind Joshi PSRP fellowship programme – Kolkotta, Chennai, Ahmedabad, Valsad, Jabalpur, Ahmednagar etc.
- Hosted over 101 visiting Orthopaedic fellows (Indian & Foreign) for training in Shoulder Arthroscopy.
- **First Reverse Shoulder Replacement** in India in May 2010.
- Trainer for Bigliani Flatow Shoulder Prosthesis in India – Dec 2010

- **Director Shoulder Fellowship since 2009**

- **Director PSRP Shoulder Rehab Fellowship for Therapists**