

Name of the Doctor:

Dr. Puneet Girdhar

Designation: Consultant - Spine

Speciality: Spine Surgery Specialist

Brief Profile:

Dr. Puneet Girdhar specializes in the surgical and non-surgical management of spinal disorders involving neck and back, utilizing turn of the century minimally invasive techniques. He also specializes in minimally invasive hip, knee and shoulder surgery.

In his pursuit for excellence, he has visited and trained at various specialized centers in North America, Europe and Singapore with the masters in the fields of orthopaedic surgery, especially in the fields of Minimal invasive techniques for spinal decompression/ fusion, hip/ knee arthroplasty. These techniques allow for shorter recovery times, reduced postoperative pain, less muscle injury and a more rapid return to normal activities of daily living.

He remains actively involved in research and developing innovative surgical techniques in the fields of orthopedics and spine surgery. In the course of his career, he published multiple scientific papers and lectured extensively in the field of orthopedics.

Dr. Puneet Girdhar is also well versed with non-surgical pain relieving techniques such as Nerve root blocks, Facetal injections and Epidural infiltrations.

Professional Membership / Professional Affiliations / Professional Societies:

Indian Orthopedic Association (IOA)

AO Alumni, Switzerland

AO Spine

Association of Spine Surgeons of India (ASSI)

International Spine Intervention Society

Indian Arthroplasty Association

Gurgaon Orthopedics Society

Courses Attended & Hands On Workshopes:

Spine fellow with Dr. Mun Wai Yue, Singapore General Hospital, Singapore, Singapore.

Endoscopic spine fellow with Dr. Jean Destandau, Bordeaux, France.

Articular surface arthroplasty fellow with Dr. Thomas Seibel, Knappschafts Krankenhaus, Germany.

Minimal invasive hip arthroplasty fellow with Dr. Tarik A.S. Selmi, Croix Rousse University, France.

AO trauma fellowship with Dr. Wade Smith, Denver Health, Colorado, USA.

EXPERIENCE:

Spine Microdisceclomy, Anterior/ Posterior Decompression and Instrumentation, Minimal invasive spinal fusions, Artificial disc replacements and deformity correction in Cervical, thoracic and lumber spine in a wide array of Congenital, Degenerative, Neoplastic and Traumatic conditions of spine.

Minimal invasive approaches for Joint Replacements in various arthritic conditions of hip, knee and shoulder, and arthroscopic ligament reconstructions in various sports injuries.

Complex adult trauma including the management of acetabular fractures.