

Dr. Puneet Girdhar

MBBS, MS, M.Ch (Ortho.), Spine Fellow (U.K.), Arthroplasty Fellow (Germany), AO Fellow (USA)

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.

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 field of orthopaedic surgery, especially in the field of Minimal Invasive techniques for spinal decompression/ fusion, hip and 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 field of orthopedics and spine surgery. In the course of his career, he has published multiple scientific papers and has lectured extensively in the field of Spinal Surgery.

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



HOSPITAL AFFILIATIONS:

Dr. B. L. Kapur Memorial Hospital, Pusa Road, **New Delhi**

PROFESSIONAL MEMBERSHIPS:

- Indian Orthopedic Association (IOA)
- AO Alumni, Switzerland
- AO Spine
- Association of Spine Surgeons of India (ASSI)

CLINICAL TRAINING & FELLOWSHIPS:

- Spine fellow with Mr. Sashin Ahuja, University Hospital of Wales, Cardiff, **U.K.**
- Clinical & Bioskills training on MITLIF with Dr. Mun Wai Yue, Singapore General Hospital, **Singapore**
- Articular surface arthroplasty fellow with Dr. Thomas Seibel, Knappschafts Krankenhaus, Puttlingen, **Germany**
- AO trauma fellowship with Dr. Wade Smith, Denver Health Colorado, **USA**

"I am proud to be able to offer the most advanced technology prevailing in this era of specialization, combined with my experience of over 10 years to help various spine and joint related problems. Our dedicated team can be entrusted for the best spinal care and the most compassionate approach."

SPECIALTY:

Consultant Spine Surgeon

SUBSPECIALTY EXPERTISE:

Minimal Invasive Approaches for Cervical and Lumbar Spine



AREAS OF EXPERTISE:

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