



**Dr. Ulhas Sonar**  
 (MBBS, MS ORTHO, MRCS (England),  
 MCH UPPER LIMB (Wrightington, UK),  
 FEBOT (Switzerland), FRCS (JCIE) UK,  
 PG Diploma in Computer Assisted TKR,  
 DHA REGISTERED.)

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## PROFILE SUMMARY

- A dedicated **Orthopaedic Surgeon with over 13 years** of Clinical and Teaching expertise; proficient in driving growth and enhancing quality improvement in patient care, with a proven track record of success
- Excels in conducting **thorough evaluations and developing effective treatment plans** as a compassionate orthopedic surgeon
- Unwavering dedication to delivering superior patient care, consistently adhering to the highest standards in practice
- Unique ability to provide **exceptional physical and emotional support** to patients throughout their healthcare journey
- Extensive knowledge of the information and techniques needed to **diagnose and treat injuries, diseases, and deformities**, including symptoms, treatment alternatives, drug properties and interactions, and preventive healthcare measures
- Prioritizes **patient safety** as the utmost importance
- Extensive experience in **conducting audits, service evaluations, and research projects, resulting in publications and presentations** at regional, national, and international meetings
- Proficient in **utilizing various computer and electronic patient record software** systems to streamline documentation and enhance efficiency
- Conducted **formal teaching sessions**, sharing knowledge and expertise with medical students and trainees
- **Leads FRCS teaching sessions** for orthopedic surgery trainees and serves as faculty for multiple FRCS coaching courses
- Actively participates in **governance activities**, collaborating with the management team to ensure effective patient care delivery
- Dedicated to **continuous professional development** and staying updated with the latest advancements in the field of orthopedic surgery
- **Excellent verbal and written communication skills**, effectively communicating with patients and their families to ensure informed and comfortable experiences

## CORE COMPETENCIES

• Orthopaedic surgery
• Orthopaedic Trauma
• Surgical interventions
• Non-surgical treatments
• Patient consultations
• Treatment plans
• Documentation
• Teaching, Audits & Research
• Hip, Knee and Shoulder Surgeries
• Arthroscopy, Joint replacement
• Ligament Reconstructions, Osteotomies
• Robotics Surgeries

## PROFESSIONAL AFFILIATIONS

- GMC UK Registration number: -7513129
- Maharashtra Medical Council Registration number: - 2009/03/1119
- International Society for Knowledge of Surgeons in Arthroscopy and Arthroplasty (ISKSA) life time member
- MPS (Medico legal Protection Society)Member
- BMA (British Medical Association)Member
- CAOS (Computer Assisted Orthopedic Surgery) UK, Member

## QUALIFICATIONS

- **MBBS, BJMC, Pune, India-2009**
- **MS (Ortho), Nagpur, India-2013.**
- **MRCS (England), UK-2017**
- **MCH (Upper limb), Wrightington, UK-2018**
- **FEBOT (Switzerland)-2019.**
- **FRCS (JCIE), UK-2020**
- **PG Diploma in Computer AssistedTKR (Golden Jubilee Hospital, Glasgow)**

## AREAS OF EXPERTISE/ SKILLS

- Proficient in performing various sports medicine procedures, including arthroscopic surgeries of the knee and shoulder
- Skilled in conducting ligament reconstructions and soft tissue repair/reconstruction
- Experienced in cartilage preservation, restoration, and regeneration techniques
- Capable of treating complex injuries and performing knee preservation surgeries
- Proficient in osteotomies and deformity corrections
- Proficient in partial knee replacement and AVON PFJ (patellofemoral joint) replacement
- Expert in total knee replacement and hip replacement surgeries
- Experienced in performing complex and routine trauma surgeries
- Capable of treating general orthopedic conditions, spine issues, and pediatric orthopedic ailments
- Proficient in utilizing computer-assisted orthopedic surgery techniques



## WORK EXPERIENCE

### Since Aug'18: Orthopaedic Surgeon, Tameside and Glossop Integrated Care NHSFT, Manchester

- Aug 2019 – Present: Hip and Knee/Upper Limb
- Feb 2019 - Aug 2019: Foot & Ankle
- Aug 2018 - Jan 2019: Hip and Knee

### Aug 2018 - Jan 2019: Orthopaedic Surgeon, Royal Lancaster Infirmary, Lancaster, Specialty: Upper Limb Surgeries

### Feb'17- Aug'18: Orthopaedic Surgeon, Royal Oldham Hospital, Manchester

- Aug 2017 - Aug 2018: Upper Limb Surgeries
- Feb 2017 - Jul 2017: Specialty: Hip and Knee Surgeries,

### Aug 2016 - Jan 2017: Senior House Officer, Wrightington Hospital and Wigan Infirmary, Wigan, UK, Specialty: Shoulder and Elbow Surgeries

### Sept 2015 - Aug 2016: Assistant Professor, Trauma & Orthopaedics, RSCM, GMC and CPR Hospital, Kolhapur, India

### Apr 2015 - Aug 2015: Trauma Consultant, Trauma & Orthopaedics, Pulse Hospital, Pune, India

### Jan 2014 - Jan 2015: Assistant Professor, Trauma & Orthopaedics, IG GMC Nagpur, India

### Sept 2013-Jan 2014: Assistant Professor, Trauma & Orthopaedics, DR SCGMC, Nanded, India

### Aug 2013 - Sept 2013: Assistant Professor, Trauma & Orthopaedics, GMC Aurangabad, India

### Jul'10 – Aug'13: IG GMC Nagpur, India

- July 2013- August 2013: Medical Officer, Emergency Medicine Casualty
- July 2010 - July 2013: Trainee T&O, Trauma & Orthopedics

### Feb 2008 - March 2009: HO Trainee, Internship/Pre-registration, BJMC and Sassoon Hospitals, Pune, India

## KEY COMPETENCIES

- Diagnosing and treating musculoskeletal conditions, injuries, and diseases through surgical and non-surgical interventions
- Conducting thorough patient consultations, including reviewing medical history, performing physical examinations, and interpreting diagnostic tests
- Developing comprehensive treatment plans and discussing them with patients, ensuring understanding of risks and benefits
- Performing various orthopedic surgical procedures, such as joint replacements, arthroscopies, fusion surgeries, and fracture fixation
- Providing non-surgical treatments, including physical therapy, medications, injections, and braces, based on patient needs
- Responding to orthopedic trauma cases, delivering emergency care, stabilizing fractures, reducing joint dislocations, and performing necessary surgeries
- Educating patients on their conditions, treatment options, and post-operative care, ensuring informed decision-making and optimal recovery
- Collaborating with multidisciplinary healthcare teams to provide comprehensive and coordinated patient care
- Actively participating in continuing medical education, conferences, and courses to stay updated with advancements in orthopedic surgery

## DISSERTATIONS

- Comparative study between accuracy of Ultrasound scan and MRI scan in detection of rotator cuff tear. (For MCh at Edge Hill University, July 2018)
- Comparative study between Enders nails versus Titanium Elastic nails for the fixation of fractures of shaft femur in children. (For MS in Orthopedics at MUHS, Nashik, India, July 2013)

## PUBLICATIONS

### 1st Author:

- An update to remedial avenues for complaints about poor care in the NHS. British Journal of Healthcare Management, April 2021, Vol. 27, No. 4 Policy Review
- Outcomes of conservative management of primary patellar dislocation. JBJS Jul 2016, 98-B (SUPP 14, Proceedings) 5. Wrightington Hospital, UK
- Comparative study between uses of stainless steel Enders nails And Titanium elastic nails for treatment of fractures of shaft femur in children. In International journal of current research and review (IJCR), June 2014, Vol-6, issue-12, P. 56-63
- Comparative study between Trochanteric fixation nail and cemented bipolar hemi arthroplasty for treatment of unstable osteoporotic fractures of intertrochanteric neck femur in elderly. In International Organization of Scientific Research- Journal of Dental and Medical Sciences (IOSR-JDMS), Jun. 2014, Vol-13, Issue-6 Ver. III, P. 31

## 2nd Author:

- Long-term follow-up of platelet-rich plasma injections for refractory lateral epicondylitis. Journal of Orthopedics, Volume 16, Issue 6, November–December 2019, Pages 496-499
- Heterotopic ossification following anterior shoulder dislocation. BMJ case Reports, 2018: bcr-2018-226968.
- Fragility fractures in the upper limb: proximal and distal humerus. British Journal of Hospital Medicine, April 2018, Vol 79 (4). Royal Lancaster Infirmary, Lancaster
- Outcomes of distal femoral replacement for complex knee revisions with bone loss. JBJS Jul 2016, 98-B (SUPP14)7. Wrightington Hospital, UK
- Cemented bipolar hemi arthroplasty in unstable osteoporotic fractures of intertrochanteric neck femur in elderly patients: A prospective study. In Indian Journal of Basic and Applied Medical Research, June 2014, Vol.-3, Issue-3, P. 85-
- "Trochanteric fixation nailing for the treatment of unstable osteoporotic intertrochanteric neck femur fractures in elderly patients. A prospective study evaluating results in Indian population" In International Journal of Recent Trends in Science and Technology, Vol. 12, issue-1, Aug 2014

## POSTER PRESENTATION

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- Utility of Computed Tomography Angiography (CTA) In Acute Fracture-Dislocations of Shoulder Presenting With Unusual Clinical Findings - Challenges and Solutions. EFORT, Lisbon, 2022
- Outcomes of conservative management of primary patellar dislocation – poster presentation for "Wrightington Gold Medal presentation" - May 2017
- "Missed Pelvic Fractures due to CT Scan in Pelvic Binders" – Wrightington Gold Medal Research Day, Wrightington, UK – June 2016

## PODIUM PRESENTATION:

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### 1st Author:

- "Missed Pelvic Fractures due to CT Scan in Pelvic Binders" – British Trauma Society Annual Conference, Birmingham, UK – November 2016
- Critical Appraisal of published research – MCH day, Wrightington, UK
- "Outcomes of conservative management of primary patellar dislocation" - podium presentation for "Wrightington Gold Medal presentation" - May 2015
- Role of small posterior malleolar fragment in ankle fractures: Review of Published paper. Barrow-in-Furness Jan 2018

### 2nd Author:

- "Missed Pelvic Fractures due to CT Scan in Pelvic Binders" – 2nd Author SICOT Orthopaedic World Congress, Rome, Italy – Sep 2016
- "Outcomes of Distal femoral replacement for salvage Knee revisions" – 2nd Author IOS UK Conference, Leicester, UK – July 2016
- Conservative hip revision surgeries; Interesting cases. Northwest Hip revision Interest group Meeting. Blackburn, Feb 2018
- European Congress of Radiology, Vienna, Austria – "Trauma CT scans with pelvic compression devices in-situ: Helpful or Hindrance?" – March 2018
- IOS UK Conference, Leicester, UK – "Outcomes of the Distal femoral replacement for salvage Knee revisions" – July 2016
- "Outcomes of conservative management of primary patellar dislocation" - IOS UK Conference, Leicester, UK – July 2016

## RECENT AUDITS

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- Audit of practice of using Gamma nail at Tameside General Hospital – TGH (March 2019)
- Audit of outcomes of Multiloc syntheses nail for fractures of proximal humerus - RLI, Lancaster (Sept 2018)
- Audit long-term results of PRP injection for lateral epicondylitis - RLI, Lancaster (Sept 2018)
- Audit of management of ankle fracture at Royal Lancaster Infirmary (14th Feb-2018)
- Audit of prescription of antibiotics in patients allergic to Penicillin - Wrightington Hospital (18th July 2016)
- Audit of use of Tranexamic Acid in shoulder Arthroplasty - Wrightington Hospital (18th July 2016)
- Audit of conservative management of primary patellar dislocation - RAEI, Wigan (12th Feb 2016)

## RECENT COURSES/CONFERENCES

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- CAOS: Principles of Computer Assisted Total Knee arthroplasty: Glasgow, Nov 2022
- Basingstoke osteotomy Masterclass: Basingstoke, Dec 2022
- Combined Bristol and Oxford Uni Knee Meeting: Oxford, Nov 2022
- ATLS (Advance Trauma Life Support): Chesterfield, Sept. 2022
- EFORT: Lisbon, June 2022
- Ultrasound of shoulder Masterclass: Wrightington, UK, June 2017