

## Dr. Mohammad Arif

***Professor and Head, Department of Orthopaedic and Spine Surgery,  
Khyber Girls Medical College, Hayat Abad Medical Complex,  
Peshawar, Pakistan.***

***General Secretary, Society of Spine Surgeons, Pakistan.***

<b>Full Name:</b>	<b>Mohammad Arif</b>
<b>Date of Birth:</b>	<b>12-9-65</b>
<b>Nationality:</b>	<b>Pakistan</b>
<b>Present Address:</b>	<b>G4-68, Street 2, Phase 2, Hayat Abad, Peshawar, Pakistan.</b>
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<b>PMDC Reg.</b>	<b>No. 4615-N</b>

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## **Qualifications**

- 2003 Fellowship in Spine Surgery**  
University Malaya Medical Center, University Malaya,  
Kuala Lumpur, Malaysia.
- 2002 Fellowship in Arthroplasty surgery**  
University Malaya Medical Center, University Malaya,  
Kuala Lumpur, Malaysia.
- 1995 Fellowship in Orthopedic surgery (FCPS)**  
College of Physicians and Surgeons, Pakistan.
- 1993 Diploma in Orthopaedic surgery (Dip. Orth)**  
University of Sind, Pakistan.
- 1988 M.B;B.S**  
Khyber Medical College, Peshawar.

## **Experience**

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12/04/2012 till date

**Professor and Head**

Department of Orthopaedic and Spine Surgery,  
Khyber Girls Medical College,  
Hayat Abad Medical Complex. Peshawar

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26/06/11 till 12/04/2012

**Associate Professor and Incharge**

Department of Orthopaedic and Spine Surgery , Post Graduate Medical  
Institute, Hayat Abad Medical Complex. Peshawar.

30/11/02 to 26/06/11

**Assistant Professor and Incharge,**

Orthopaedic unit, Post Graduate Medical Institute,  
Hayat Abad Medical Complex. Peshawar.

09/06/98 to 29/11/02

**Senior Registrar**

Department of Orthopedic surgery, Post Graduate Medical  
Institute, Lady Reading Hospital. Peshawar, Pakistan.

16/06/97 to 09/06/98

**District Orthopedic Surgeon**

District Head Quarter Hospital. Timergara, N.W.F.P,  
Pakistan.

28/11/95 to 15/06/97

**Medical Officer**

Department of Orthopedic surgery,  
Khyber Teaching Hospital. Peshawar. Pakistan.

01/04/95 to 27/11/95

**Medical Officer**

Directorate Health Department,  
Govt: of N.W.F.P, Pakistan Peshawar. Pakistan.

01/10/90 to 31/03/95

**Resident Registrar**

Department of Orthopedic Surgery,  
Federal Post Graduate Medical Institute at  
Sheikh Zayed Hospital. Lahore, Pakistan.

21/05/89 to 20/11/89

**House Officer**

Surgical B Unit,  
Hayat Shaheed Teaching Hospital. Peshawar.

21/11/88 to 20/05/89

**House Officer**

Medical A Unit,  
Hayat Shaheed Teaching Hospital. Peshawar

# Trainings

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Jan 1<sup>st</sup> --March 31<sup>st</sup> 2008

## **Observer in Spine Surgery**

Cincinnati's Children Hospital  
Medical Center, Cincinnati, Ohio, USA.

I was selected for short fellowship program(3 months) in Spine surgery at CCHMC. During this time, I participated in all clinical meetings, worked in out patient's clinic, assisted different surgical procedures and participated in research.

Cincinnati's Children hospital Medical Center (Cincinnati's Children) is one of the oldest and most prestigious pediatric hospitals in the world. Its research foundation is one of only eight in United States focused on pediatric care and ranks as the second highest children's hospital to receive funding from the United States National Institute of Health.

01/02/03 to 30/03/03

**Travelling fellow in Spine Surgery** to Hong Kong, Taiwan, South Korea and Thailand. Organized by Asia Pacific Orthopaedic Association.

01/08/02 to 30/03/03

## **Fellow in Spine surgery**

Spine Surgery Unit, Deptt. Of Orthopedic Surgery,  
University Malaya Medical Center, University Malaya.  
Kuala Lumpur, Malaysia.

09/10/02 to 31/07/02

## **Fellow in Arthroplasty surgery**

Adult Reconstruction surgery unit, Deptt. Of Orthopedic Surgery,  
University Malaya Medical Center, University Malaya,  
Kuala Lumpur, Malaysia.

**16/06/02 to 31/07/02**

**Fellow in Arthroplasty surgery**  
Tan Tok Singh Hospital, Singapore.

Tan Tok Singh Hospital Singapore had rotation program with the A.R.S unit of University Malaya where by fellows in A.R.S travel to each other's unit for 6 weeks.

**01/10/90 to 31/03/95**

**Resident Registrar**

Department of Orthopedic Surgery,  
Federal Post Graduate Medical Institute at  
Sheikh Zayed Hospital. Lahore, Pakistan.

## ROLES AND RESPONSIBILITIES

### LOCAL

- **Vice Principal (Clinical), Khyber Girls Medical College, Peshawar**

My responsibilities include organizing the clinical rotations of the students, and issues related to the clinical studies in the hospital.

- **Head Department of Orthopaedic and Spine Surgery**

Khyber Girls Medical College,  
Hayat Abad Medical Complex, Peshawar.

- **Member Academic Council,**

Khyber Girls Medical College,  
Hayat Abad Medical Complex, Peshawar.

- **Member Management Council , (since 2008- 2013)**

Hayat Abad Medical Complex, Peshawar.

### NATIONAL

- **Supervisor for FCPS Trainees (Since 2004)**

College of Physicians and Surgeons,  
Karachi, Pakistan.

- **Examiner for FCPS II (since 2006)**

FCPS theory setting and viva Examination,  
College of Physicians and Surgeons,  
Pakistan.

- **Member Orthopaedic faculty**

CPSP , 2011-till date

- **Chairman Primary Trauma Care Foundation,**

Khyber Pakhtunkhwa Chapter, Pakistan.

- **General Secretary, Society of Spine Surgeons of Pakistan.**

2016-18

INTERNATIONAL

- **Member Executive Committee APOA** (Asia Pacific Orthopaedic Association)
- Pakistan member in the Country Council of APOA
- Pakistan member in the Country Council, APSS ( Asia Pacific Spine Society)
- Chairman Disaster Committee, APOA.
- **Education Officer Ortho (2010-2012)**

A.O Spine Pakistan

## Research work

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- 1: **“Tuberculosis of spine, pattern of disease in Pakistan”. THE PROFESSIONAL, 2001: 08, (02); 221-225.**
- 2: **“Surgical management of tuberculosis of spine”. Pakistan journal of neurological surgery, Vol 6, No 2, July- dec 2002, 87-91**
- 3: **Sivananthan, M Arif, DSK Choon “Small stem Exeter total hip replacement: Clinical and radiological follow up over a minimum of 2.5 years “Journal of Orthopaedic surgery, Hong Kong, 2003:11(2):148-153**
- 4: **M Arif, Sivananthan, DSK Choon“Revision of Total Hip Arthroplasty using an anterior cortical window, extensive strut allograft, and an impaction graft: follow up study. Journal of Orthopaedic**

surgery (Hong Kong) 2004; 12(1):25-30.

- 5: M.Arif, V Makundala, David S K Choon "Early Results of PFC rotating platform knee Replacement". Med Journal Malaysia Vol 60 Suppl C, July 2005:99-102
- 6: Mohammad Arif, Mohammad Inam "Frequency of Osteopenia and Osteoporosis in different parts of NWFP" JPMI 2006, Vol 20 No 2:196-202
- 7: Mohammad Arif, Mohammad Inam, Mohammad Ishaq, Shah wali "Evaluation of Socioeconomic impact on family and society with anti personal Mines and bomb blast injuries" JPOA Vol 19 No 1 Feb 2007 39-43
- 8: Shakir Husain, Mohammad Inam, Mohammad Arif, Abdul Sattar, Mohammad Saeed "turco's postero medial release for congenital talipes equinovarus" Gomal journal of medical sciences, july-dec 2007m vol5, no 2 p51-54
- 9: Mohammad Shabir, Mohammad Arif, Mohammad Inam "One Stage Surgery of Congenital Dislocation of Hip in Children of 2-5 years age" JPMI 2008 Vol 22 No.01, 27-32.
- 10: Mohammad Inam, Mohammad Arif, Mohammad Shabir " Treatment of Close Tibial Diaphyseal fractures by Close Interlocking Nail" JPMI 2008 VOL 22 No.01:48-52
- 11: Shahid Hussain, Mohammad Inam, Mohammad Arif "Limb length discrepancy in lower limbs and its management with unilateral ext. fixator" JPMI 2008 VOL 22 no.04:285-291
- 12: Mohammad Inam, Mohammad Arif, Mohammad Shabir " Adverse events after Local Anaesthesia in day care Orthopaedic surgery" GJMS Jan-June 2009, Vol 7 No.1:42-45
- 13: 12: Mohammad Shabir, Mohammad Arif, Abdul Sattar, Mohammad Inam " Distraction Osteogenesis in Segmental bone defects in Tibia by Monoaxial external fixator" JPMI 2010, Vol 24 no 2 p 133-137
- 14: Mohammad Arif, Mohammad Inam, Abdul Satar, Mohammad Shabir" Usefulness of Ponsiti Technique in Management of Congenital Talipes Equinovarus" JPOA June 2011, Vol 23 No 2 p 60-64
- 15: Mohammad Shabir, Mohammad Inam, Mohammad Arif " Iatrogenic Ulnar nerve injury after



- close reduction and percutaneous cross pinning of paediatric supracondylar humeral fractures”  
JPOA Oct 2011, Vol 23 No 3 p 100-104
- 16: **Mohammad Arif, Mohammad Inam, Waqar Hassan “ Radiographic outcome of Adolescent idiopathic scoliosis surgical correction with posterior spinal fusion using pedicle screw and rods fixation” Journal of Surgery Pakistan Sep 2011, Vol 16(3) p 118-122**
- 17: **Mohammad Arif, Waqar Hassan,” Functional Outcome of Anterior cervical decompression and fusion in cervical myelopathy and degenerative disc disease” KGMC, july-dec 2011, vol3, no 2 p56-61**
- 18: **Kashif Mehmood khan, Anisuddin Bhatti, Muhammad Arif “ Posterior Spinal fixation with Pedicle screws and rods system in thoracolumbar spinal fractures” JCPS Pakistan Vol 22(120 778-782**
- 19: **Mohammad Shabir, Mohammad Inam, Abdul Sattar, M. Saeed, Imran khan wazir, M.Arif, Awal Hakim”Five year followup of one stage surgery for congenital dislocation of hip in children of 2-5 years of age” JPOA Oct 2012, vol 24 No. 3, p 153-158**
- 20: **Mohammad Saeed, Ronaq Zaman, Abdul Sattar, Mohammad Inam, Imran Khan Wazir, M. Arif, Awal Hakeem” frequency of various organisms and their sensitivity in open fractures of the extremities” JPOA Oct 2012 Vol 24 No 3 p 159-165**
- 21: **Waqar Hassan, Muhammad Inam, Abdul Satar, Mohammad Arif “Postoperative Analgesia With Tramadol in Orthopedic Surgery: Continuous Infusion Versus Repetitive Bolus Administration” Journal of Surgery Pakistan (International) 17 (4) October - December 2012 p 157-151**
- 22: **Mohammad Shabir, Muhammad Inam, Abdul Satar, Mohammad Arif “ Five year followup of one stage surgery for Congenital Dislocation of Hip in children of 2-5 years age” JPOA Vol 25, No.1, March 2013, p 20-24**
- 23: **Imran Khan Wazir, Qazi Farhat Ullah, Mohammad Inam, Mohammad Arif “Pain relief in patients of thoracolumbar spine fractures treated with pedicle screws and rods” JPOA Vol 25, No.1, March 2013, p 25-27**
- 24: **Imran Khan Wazir, Mohammad Inam, Mohammad Arif “ Treatment of Planter Fascitis of foot- Local steroids infiltration in comparison with conventional treatment- a randomized controlled trial” JPOA Vol 25, No.1, March 2013, p 28-34**
- 25: **Management of Thoracolumbar Spinal Fracture by Pedicular Screws and Rods. Gomal J Med Sci. July-December 2009;7 (2): 109-13.**
- 26: **Hydatid Disease of Vertebral Column. Gomal J Med Sci. July-December 2009;7 (2): 161-4.**
- 27: **Radiological and Functional outcome of pedicle subtraction osteotomy. J Pak Orthop Assoc. 2012; 24(3):141-148**
- 28: **The neurological monitoring in spinal surgery. KJMS. July-December 2012;5(2):103-106**

- 29: **Functional outcome of Transforaminal lumbar Inter Body Fusion (TLIF) for degenerative disc disease and spondylolisthesis of lumbar spine. Rawal Med J 2012;37:288-292**
- 30: **Oswestry Disability Index for the Assessment of Postoperative Disability in Spinal Trauma. ISRA MED J. 2013;5(4);258-60**
- 31: **Outcome of single vertebral column resection in treatment of kyphotic deformity. J Pak Med Assoc. 2014;64(12); S22-6.**
- 32: **Early outcome of surgical intervention in subaxial cervical spine surgery. J Pak Med Assoc. 2014;64(12); S83-6.**
- 33: **The use of locally harvested bone chips as a bone graft in spine fusion surgery. J Pak Med Assoc. 2014;64(12); S87-90.**
- 34: **Complication of iliac crest bone grafting in spine surgery. Professional Med J 2013;20(2):266-71**

#### **PAPERS/ LECTURES IN NATIONAL AND INTERNATIONAL MEETINGS.**

- 1: **Paper on “Anterior decompression and fusion in tuberculosis of spine, a study of twenty cases. Orthocon 1993, Pakistan.**
- 2: **Paper on “Use of external fixator in open fractures of tibia” Orthocon 1994, Pakistan.**
- 3: **Paper on “Use of interlocking nail in the treatment of comminuted fractures of shaft of femur caused by high velocity gunshot injuries”, Orthocon 1999, Pakistan.**
- 4: **Paper on “Early Results of PFC rotating platform knee Replacement” Annual meeting of Malaysian Orthopaedic Association, Malaysia, 2002.**
- 5: **Invited lecture on “Management of Thoracolumbar Fractures”, Annual Pakistan Orthopaedic**

Association meeting at Karachi, Nov. 2008.

- 6: "Management of Saggital deformities " Annual Pakistan Orthopaedic Association meeting at Islamabad, Nov. 2013.
- 7: "Tuberculosis of Spine, Evolution in Operative Management", Annual Pakistan Orthopaedic Association meeting at Islamabad, Nov. 2013.

## ***Courses/ Workshops Attended***

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### **Orthopedic Surgery**

- Feb.1991 4th Intensive review course in Orthopedic surgery at Post Graduate Medical Institute At Sheikh Zayed Hospital, Lahore.
- Feb.1992 5th Intensive review course in Orthopedic surgery at Post Graduate Medical Institute at Sheikh Zayed Hospital Lahore.
- Feb.1993 6th Intensive review course in Orthopedic surgery at Post Graduate Medical Institute at Sheikh Zayed Hospital Lahore.
- March 1993 7th Intensive review course in Orthopedic surgery at Post Graduate Medical Institute at Sheikh Zayed Hospital Lahore.
- Nov.1992 Symposium on External Fixation and Limb lengthening, Department of Orthopedic Surgery, King Edward Medical college, Lahore, in collaboration with the Late Professor ILLIZAROVE TEAM.
- Nov.1992 Symposium on Spinal surgery, Department of Orthopedic Surgery, King Edward Medical College, Lahore, in collaboration with A.O International, Switzerland.

- July 1999**                      **Workshop on Internal fixation of Spine fractures, Organized by Pakistan Orthopedic Association, Burbon, Muree**
- 10th Nov. 2001**                **Workshop on Tissue Transplantation in Orthopedic Surgery, University Hospital, Kuala Lumpur.**
- 24-25<sup>th</sup> Nov. 2001**        **Workshop on Total Knee Replacement Surgery, University Hospital, Kuala Lumpur.**
- Sept. 2002**                      **Exeter Hip Course, Phuket, Thailand.**
- Feb. 2003**                      **Asia Pacific Orthopaedic Association travelling fellowship in Spine surgery  
Soul, Hong Kong, Taiwan, and Thailand.**
- 14-15<sup>th</sup> June 2005** **Advanced international workshop in Spine surgery  
Doctors hospital, Lahore, Pakistan.**
- 13-15<sup>th</sup> June 2007,**            **London Trauma Course, London, U.K.**
- 30<sup>th</sup>aug-2<sup>nd</sup> Sept 2007**        **Advanced A.O Spine course organized by A.O  
foundation, Switzerland in Dubai, UAE.**
- 2013**                                **workshop on Osteotomies of the Spine, organized by “ S.P.I.N.E” ,  
Beirut, Lebanon.**
- 2013**                                **Workshop on Percutaneous Pedicle screw fixation, organized by “  
S.P.I.N.E” , Beirut, Lebanon.**
- 2013**                                **Workshop on MIS TLIF, organized by “ S.P.I.N.E” , Beirut,  
Lebanon.**

**8-11 July 2015      22<sup>nd</sup> IMAST- at Kuala Lumpur Malaysia**

## **General**

- March 3-4, 2004      Primary Trauma Care course**  
**Organized by Primary Trauma Care Foundation, United Kingdom at Gandahara University, Peshawar.**
- March 5<sup>th</sup>, 2004      Primary Trauma Care Instructor course**  
**Organized by Primary Trauma Care Foundation, United Kingdom at Gandahara University, Peshawar.**
- 26-29 January 2004      Four days workshop on “Education Planning and Evaluation Organized by College of Physicians and Surgeons Pakistan, in collaboration with World Health Organization.**
- 8-11<sup>th</sup> March, 2004      Four days workshop on “Assessment of Competence Organized by College of Physicians and Surgeons Pakistan, in collaboration with World Health Organization.**
- 7-10<sup>th</sup> June, 2004      Four days workshop on “Research Methodology, Biostatistics & Medical Writing” Organized by College of Physicians and Surgeons Pakistan, in collaboration with World Health Organization.**
- 11-14<sup>th</sup> Oct. 2004      Four days workshop on “Supervisory Skills Organized by College of Physicians and Surgeons, Pakistan, in collaboration with World Health Organization.**

- 7-8<sup>th</sup> April 2005      Two days workshop on “ assessment of Dissertation” Organized by College of Physicians and Surgeons, Pakistan, in collaboration with World Health Organization.
- 13<sup>th</sup>-14<sup>th</sup> Oct 2007      Two days workshop on research methodology and biostatistics. Organized by Khyber Medical University in Collaboration with Pakistan Medical and Research Council.

## **COURSES/ WORKSHOPS ORGANIZED**

- May 2004                      Organized a one day cadaveric workshop on spine surgery, in collaboration with Anatomy department, Khyber Medical College, Peshawar.
- Oct 2004                      Two days Primary Trauma Care workshop at Hayat Abad Medical Complex, Peshawar.
- Jan 2005                      Two days Primary Trauma Care workshop at Hayat Abad Medical Complex, Peshawar.
- 12<sup>th</sup> March 2005              Organized a one day National Symposium on “Osteoporosis” at Peshawar, Pakistan.
- Oct.2005                      Two days Primary Trauma Care workshop at Hayat Abad Medical Complex, Peshawar.
- March 2005                      Organized a two day workshop on “Use of Power Point in medical presentations” for Post Graduate Medical Institute, Peshawar, Pakistan.
- Jan 2006                      Two days Primary Trauma Care workshop at Hayat Abad Medical Complex, Peshawar.
- Oct 2006                      Two days Primary Trauma Care workshop at Hayat Abad Medical Complex, Peshawar.
- Jan 2007                      Two days Primary Trauma Care workshop at Hayat Abad Medical Complex, Peshawar.
- Feb 2007                      Two days Primary Trauma Care workshop at Khyber Medical College, Peshawar.
- May 2007                      Two days Primary Trauma Care workshop at Rehman Medical Institute, Peshawar.

**Dec 2007** Two days Primary Trauma Care workshop for FATA doctors at Gandahara Medical College, Peshawar.

**Aug 2008** Two days Primary Trauma Care workshop at Hayat Abad Medical Complex, Peshawar.

**Jan 2009.** Primary Trauma Care Instructor Course for Fata at Gandahara Medical University, Peshawar.  
Two days Primary Trauma Care workshop at Hayat Abad Medical Complex, Peshawar. June 2010, Nov.2010, Jan.2011, Nov 2011, Jan 2012, Nov 2012, Jan 2013, Nov 2013.

**Nov 2013** Organized Pakistan Orthopaedic Association Annual International Conference as General Secretary at Islamabad.

**Nov. 2013.** Organized workshop on Spine surgery

**15-16 Nov 2014:** Cadaveric- Hands on Spine surgery workshop- Paraplegic center Hayat Abad Peshawar.

**26-27 Feb 2015** Faculty- Basic Spine Surgery course- Organized by Spine Forum POA at Royal Palm Resort, Lahore.

**16-18 April 2015** Faculty- Spine surgery workshop on Spine deformities- CMH Rawalpindi.

**Oct 2015** Organized work shop on “ Degenerative disorders of Spine”, in Collaboration with Spine Forum of POA, at CPSP Regional Center, Peshawar.

**6-7<sup>th</sup> Feb 2016** Faculty in workshop on “ Cervical Spine Disorders”, organized by Spine Forum of Pakistan Orthopaedic Association, at Golf Club, DHA, Karachi

**15<sup>th</sup> March 2016** Organized a one day work shop on “ Total Hip Replacement”, at CPSP Peshawar.

**19-20<sup>th</sup> March 2016** Faculty in Workshop on “ Trauma and Infection of Spine”, at Bolan Medical College, Quetta.

**23-24<sup>th</sup> Oct 2016** Faculty in workshop on “Minimally Invasive Spine surgery” , Organized by Society of Spine Surgeons, Pakistan at Jinnah Hospital, Lahore.