



Dr. Pulak Sharma *

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M.B.B.S., M.S.(Ortho), DNB(Ortho), MNAMS(Ortho)

Fellowship in Arthroscopy & Sports Medicine (NUH Singapore)

IOA – Johnson & Johnson Fellow

Gopalakrishnan Fellowship in Arthroscopy & Sports Medicine

Chairman Young Surgeon Forum Committee , IOACON 2023 , Lucknow India

Dr Pulak Sharma completed his post graduation(M.S.) in Orthopaedics in 2010 . After post graduation, he completed his Registrarship from the prestigious Safdarjung Hospital , New Delhi . In the year 2013 he was selected for faculty position in Gandhi Medical College, Bhopal , where he worked till 2018 before finally taking up a faculty position in the APEX Trauma Center ,SGPGI ,Lucknow .

Dr Pulak Sharma is an expert in managing Arthroscopy & Sports Injuries . He has been trained for this at some of the most reputed centers in India & Abroad . He is a National AO Faculty . He numerous scientific publications in national and international journals .

Present Designation:

Additional Professor & Head

Department of Orthopedics

SGPGI, Lucknow

Experience / Achievements in field of Sports :

1. Successfully completed Level 1 BWF Classifier course in Kampala ,Uganda 2022.
2. Successfully completed Level 2 BWF Classifier course in Cali Columbia, 2022 .
3. Three Years experience working with International Para Athletes for injury Prevention and Rehabilitation with Shri Gaurav Khanna , Head National Coach Indian Para Badminton Team , Dronacharya and Yash Bharti Awardee.
4. Former Badminton player having represented State of Uttar Pradesh and Allahabad University in National Badminton Championships .
5. Head Classifier Badminton appointed by Badminton Association of India at the first KHELO INDIA PARA GAMES held in New Delhi , December 10-12 , 2023.
6. Head of Classification Committee , 5th National Para Badminton Championship at Dr Shakuntala Mishra National Rehabilitation University from 23rd to 26th March 2023.
7. Head of Classification Committee , 6th National Para Badminton Championship at Jamshedpur , Jharkhand , from 19th to 24th March 2024.
8. Chief Classifier Parabadminton at 2nd Khelo India Paragames , 20-22nd March 2025
9. Chief Classifier 2nd Junior & Youth National Para Badminton Championships 2025 , Lucknow 8-10th September 2025.
10. Coordinator & Incharge of Medical Helpdesk at 2nd Junior & Youth National Para Badminton Championships 2025 , Lucknow 8- 10th September 2025.

Awards & Fellowships in field of Orthopaedics:

1. Awarded UPOA Ghaziabad National Fellowship 2019-20.
2. Awarded MP- UP Exchange Fellowship 2018
3. Awarded IAS Gopalakrishnan Fellowship in advanced arthroscopy for the year 2016-17.
4. Awarded Indian Orthopaedic Association –Singapore Orthopaedic Association (IOA-SOA) Ambassadorship 2016
5. Awarded IOA Johnson & Johnson Travelling Fellowship 2015-16 .
6. Completed Fellowship in Shoulder & Elbow division at NUH ,Singapore Dec 2012 Jan 2013
7. Awarded Indian Orthopaedic Association certified short term Mentor Fellowship in arthroscopy at Sai Arthroscopy & Sports Medicine Centre , Hyderabad , 2012.
8. Awarded Lucknow-Pune Fellowship in arthroscopy & arthroplasty for the year 2010-11 Under Ages of UP Orthopaedic Association At Sancheti Institute for Orthopaedics & Rehabilitation ,Pune
9. Awarded P.G. Gold Medal for best paper at Annual Conference of U.P. Chapter of Indian Orthopaedic Association 2010
10. Awarded K.P.Srivastava Gold Medal For Best paper at Annual Conference of Indian Foot & Ankle Society- 2009

Organizational Experience:

1. CONVENOR & MENTOR , SGPGIMS Alumni Association – CONMED Arthroscopy Observership Programme 5-7th May 2025.
2. Organising Secretary 3rd SGPGI Arthroscopy Course , 4th May 2025, ATC , SGPGIMS , Lucknow .
3. Organising Secretary , 4th Annual Symposium of Lucknow Orthopaedic Society , held on 30th March 2025 at CV Raman auditorium SGPGI Lucknow .
4. *Organising Secretary , 1st SGPGI Trauma Update , July 2024 .*
5. *Organising Secretary , 2nd SGPGI Arthroscopy Course , April 2024 .*
6. *Organising Secretary , 1st SGPGI Arthroscopy Course , May 2023 .*
7. *Chairman Young Surgeon Forum Committee at IOACON 2023 Lucknow ,14-17 Dec 2023.*
8. *Course Coordinator , “SHIN-ERGY @ Lucknow”, Shoulder Arthroscopy Course , 1st July 2023, organized by Arthroscopy Association of Uttar Pradesh .*
9. Member Editorial Board of Orthopedic Journal of MP Chapter.
10. *Faculty AO Introduction Seminar ,31st March 2019 ,Lucknow.*
11. *Table Instructor in AO Trauma Course : Basic Principles of Fracture management Feb 28th to Mar 2nd 2019 at Bhuvaneshwar .*
12. *Organising Secretary for the “ 2nd Medical training on Ponseti method of Clubfoot Management ” held at Gandhi Medical College ,Bhopal on 21st November 2105.*
13. *Organising Secretary , for the 1st Medical Training on Ponseti technique of ClubfootManagement” held at Gandhi Medical College ,Bhopal on 19 th October 2013 .*

Publications:

1. Samant,N.,Sharma,P. A Prospective Epidemiological Study of Injuries in Para badminton athletes during a National Tournament. Journal of Advances in Para Sport Science, 2025; 5(2): 207-220. doi: APSS/apss.2025.2070611.1007
2. Samant N, Sharma P, Keshav K. Variations in definition and usage of the term overuse injury in non-contact sports: A systematic review. J Bone Joint Dis 2025;40:79-94.
3. Ashtankar HJ, Sharma P, Khan L. Muroid degeneration of both anterior and posterior cruciate ligaments: A case report. J Bone Joint Dis 2025;40:113-5.
4. MK, Sharma P, Ashtankar HJ, Raina U, Khan L. Novel stress radiography technique for assessing medial collateral ligament injuries of the knee: A case report. J Bone Joint Dis 2025;40:120-4.
5. Kumar Keshav, Siddhartha Singh, Pulak Sharma, Anurag Baghel, Amit Kumar, Prabhaker Mishra, Mortality among elderly hip fracture patients following surgical intervention- an institutional review of a tertiary care centre of North India, Journal of Clinical Orthopaedics and Trauma, Volume 67, 2025, 103058, ISSN 0976-5662, <https://doi.org/10.1016/j.jcot.2025.103058>.

6. Sharma, P., Keshav, K., Mishra, P. et al. Epidemiological study of injury profile in cricketers of South-Asian Countries: a systematic review and meta-analysis. *Discov Public Health* 22, 252 (2025). <https://doi.org/10.1186/s12982-025-00642-2>
7. Sharma P, Singh AB, Samant N. Exploring the landscape of disabilities among players in Indian National Para Badminton Championship: A comprehensive cross sectional analysis. *J Bone Joint Dis* 2025;40:9-17
8. Singh AB, Sharma P, Ashtankar HJ, Raina U, Khan L. Outcome of single-stage multiple-ligament knee reconstructions for traumatic knee injuries. *J Bone Joint Dis* 2025;40:29-36.
9. Khan L, Sharma P, Ashtankar HJ, Raina U. Pathological proximal femur fracture in a patient with distal renal tubular acidosis: A case report. *J Bone Joint Dis* 2025;40:49-54.
10. Sharma P, Samant N, Keshav K, Mishra S. Injury profile in badminton players of Asian countries: A systematic review and meta-analysis. *J Arthrosc Surg Sports Med*. 2025. 1-11 doi: 10.25259/JASSM_51_2024
11. Baghel A, Verma M K, Sharma P, et al. (April 30, 2024) Functional Outcomes and Quality of Life After Sacrum Fractures Managed by Either Operative or Conservative Approaches: A Case Series With One-Year Follow-Up. *Cureus* 16(4): e59375. doi:10.7759/cureus.59375.
12. Sharma P, Baghel A. Outcome of Intramedullary Nail coated with antibiotic impregnated cement in chronic osteomyelitis . *Ann Afr Med* 2023;22 : 434-439.
13. Sharma P, Baghel A, Keshav K, et al. (February 02, 2023) Functional Outcomes of Anterior Cruciate Ligament Reconstruction Using Titanium Adjustable Loop Button and Poly-L-co DL-Lactic Acid-Beta Tricalcium Phosphate (PLDLA-bTCP) Interference Screws: A Single-Center, Retrospective, Observational Study. *Cureus* 15(2): e34542. DOI 10.7759/cureus.34542
14. Singh S, Sharma P. Neglected quadriceps tendon rupture: A case report. *J Bone Joint Dis* 2022;37:85-8.
15. Harsvardhan R, Mehrotra A, Agarwal A, Sharma P, Pandey G, Behari A. Assessment of Human Factors & Ergonomics effecting Patient Safety Culture in a Tertiary Healthcare setting of a South Asian country. *Journal of Patient Safety and Quality Improvement*. 2022;71-82. Doi: 10.22038/PSJ.2022.66344.1364
16. Keshav K, Sharma P, Kumar A, Baghel A, Kaustubh K, Huda N, et al. Changing practices of delivering orthopedic and coronavirus disease 2019 care: Outcome of a pan India survey. *J Bone Joint Dis* 2021;36:27-32.
17. Baghel A, Keshav K, Kumar A, et al. (June 01, 2021) Clinicoradiological Outcome of Concomitant Fractures of Proximal Femur and Femoral Shaft Treated With Second-Generation Cephalomedullary Nailing. *Cureus* 13(6): e15381. DOI 10.7759/cureus.15381

18. Guleria A, Kumar U, Kumar D, et al. NMR-based serum and muscle metabolomics for diagnosis and activity assessment in idiopathic inflammatory myopathies. *Anal Sci Adv.* 2021;1-12.
<https://doi.org/10.1002/ansa.202000171>
19. Keshav, K., Kumar, A., Sharma, P. et al. How Much has COVID-19 Pandemic Affected Indian Orthopaedic Practice? Results of an Online Survey. *JOIO* 54, 358–367 (2020).
20. Ranjan N, Sharma P, Baghel A, Keshav K, Kumar A. Epidemiology of orthopaedic trauma in the geriatric patients admitted in a tertiary care trauma center in Northern India . *Journal of Bone and Joint Disease* Jan-Apr 2020;35(2) :5-8.
21. Sharma P, Ranjan N. Pathological femoral neck fracture secondary to Ectopic Parathyroid adenoma located in the Mediastinal Aorto-Pulmonary window : A Rare Case. *Journal of Bone and Joint Diseases* Sep-Dec 2019; 34(3): 41-45.
22. Sharma P, Wasdev A, Ahmed I, Avneesh. Simultaneous Separate Intra meniscal and Parameniscal Cyst of Lateral Meniscus: A Rare Case. *Journal of Bone and Joint Diseases* Jan - Apr 2019;34(1):30-32. 17.
23. Solanki R, Sharma P, Gohiya A. Evaluation of Concomitant Ligamentous Injuries of Knee Joint in Patients with Ipsilateral Femoral Shaft Fractures. *JMSCR* 2018; 6(7):823 30
24. Mehta S, Jain T, Sharma P, Gaur S , Verma R. Osteochondroma of lateral clavicle : A rare case report *International Journal of Orthopaedics Sciences* 2018; 4(4): 58-62.
25. Sharma P, Verma R, Gaur S. Interobserver reliability of Pirani clubfoot severity scoring between an orthopedic surgeon, a resident doctor, and a nonmedical counsellor at a clubfoot clinic. *Indian J Orthop* 2018; 52 :645- 50.
26. Verma R, Sharma P, Gaur S. Augmentation Plating in management of failed femoral nailing. *Injury* 2017;48 S2:S1-S4.
27. Shah T, Gohiya A, Rai N, Gupta U, Sharma P, Verma R, Gaur S. Outcome Analysis of dual plating in bicondylar fracture of Tibia. *OrthopJMPC* 2016;22(2):42-46
28. Aher D, Sonkar D, Sharma P, Maravi D S. Functional Outcome of Operatively Treated Floating Knee Injuries in Adults. *OrthopJMPC* 2016;22(2):11-15.
29. Yadav V, Sharma P, Gohiya A. Functional outcome of intraarticular distal humerus fracture fixation using triceps-sparing paratricipital approach. *Indian J Orthop* 2016;50:595-601
30. Sharma P, Yadav V, Verma R, Gohiya A, Gaur S. Comparative Analysis of results between Conventional and Accelerated Ponseti Technique for idiopathic congenital clubfoot. *OrthopJMPC* 2016;22(1):3-7.
31. Gohiya A, Choudhari P, Sharma P, Verma R, Sharma S. Plantar Fasciitis Treatment. *OrthopJMPC* 2016;22(1): 31-37

31. Sharma P, Verma R, Gohiya A, Gaur S. Evaluation of role of antibiotic cement impregnated intramedullary nail in infected long bone fractures - Letter to editor . OrthopJMPC 2016;22(1): 44.
32. Gohiya A, Sharma P, Verma R Gaur S . A comparative study between conventional and minimally invasive dynamic hip screw fixation in management of intertrochantric femoral fractures . J Orthop Allied Sci 2016;4:36-9.
33. Sharma P, Verma R, Gaur S. Safe corridors for K-wiring in phalangeal fractures. Indian J Orthop [serial online] 2016 [cited 2020 Feb 12];50:108
34. Sharma P, Verma R, Gohiya A & Gaur S .Analysis of the effectiveness of a non governmental organization in supporting clubfoot clinic at a tertiary care center. SICOT J 2015; 1: 8
35. Kumar Gohiya A, Singh Bhasin S, Sharma P, Gaur S. Impact of plate Osteosynthesis on Functional Outcome in displaced midshaft Clavicular Fractures: a prospective observational study. Int J Med Res Rev [Internet]. 2015May31.
36. Sharma P, Gohiya A, Jain S, Gaur S. Intraosseous ganglion of the talus with xtension in the subtalar joint J Orthop Allied Sci 14;2:14-6.
37. Sharma, P., Vijayargiya, M., Tandon, S., & Gaur, S. Triceps tendon avulsion: a rare injury. Ethiopian journal of health sciences, 2014;24(1): 97–99. <https://doi.org/10.4314/ejhs.v24i1.14>
38. Co author of the book titled “Statistical techniques in clinical research: Basic concepts and application”, Germany, Lambert Academic Publishing, 2012 (ISBN: 978-3-659 221651).
39. Mishra A, Sharma P, Chaudhary D. Analysis of the functional results of arthroscopic Bankart repair in posttraumatic recurrent anterior dislocations of shoulder. Indian J Orthop. 2012;46(6):668–674 .
40. Sharma P, Swamy MK. Results of the Max Page muscle sliding operation for the treatment of Volkmann's ischemic contracture of the forearm. J OrthopTraumatol. 2012;13(4):189 196.
41. Sharma P, Swamy M. Treatment of idiopathic clubfoot by ponseti technique of manipulation and serial plaster casting and its critical evaluation. Ethiop J Health Sci. 2012;22(2):77–84.

Research Projects

Extra Mural Projects (PI)

1. ICMR FUNDED :

- a. Prevalence , determinants and awareness of covert injuries and its effect on performance in players involved in non-contact sports .

2. Drug Trial :

a. A Randomized, Multi Center, Parallel, Open Label Study Assessing Clinical and Functional Outcomes After Anterior Cruciate Ligament (ACL) Reconstruction Procedure Using Suspensory Tibial Fixation with Open and Closed Peek Button . (Funded by Healthium)

b. A Prospective Multicentric Single-arm Study to Evaluate the effectiveness and safety in Patients undergoing Arthroscopic Bankarts Repair using Knotted UHMWPE suture Anchor .(Funded by Healthium).

Co PI

- Early Prognosis of Bone Healing through serum biomarkers in Indian Population funded by UP Council of Science & Technology U.P.

Co Guide of Orthopaedic Dissertations

- Clinico-Radiological analysis of concomitant ligamentous injuries in patients with fracture shaft femur .
- Incidence and Prevalence of musculoskeletal injuries in patients presenting in casualty of Gandhi Medical College
- Functional outcome of operatively treated patients with floating knee injuries in adults
- Role of Trochantric support plate with DHS in unstable Trochantric fractures • Outcome analysis of Bilateral total hip replacement in patients of avascular necrosis of femoral head

Co GUIDE in (Non Orthopaedic) Thesis :

- To assess the interplay of Human Factors (and Ergonomics) vis a vis Patient Safety using benchmarks (National & International) while instituting suitable interventions if needed , using WHO Patient Safety Multi –Professional Curriculum Guide Tool , to augment the Patient Safety Culture in select settings of a Tertiary Healthcare Teaching Institute in India (Department of Hospital Administration)
- Comparative evaluation of addition of Genicular nerve block versus iPACK block on post operative analgesic efficacy of Adductor canal Block in Patient undergoing Anterior Cruciate Ligament Repair under spinal anesthesia(Department of Anaesthesia)
- Role of bone scintigraphy with SPCT/CT in the evaluation of patients with occult musculoskeletal injury with persistent symptoms (Department of Nuclear Medicine)