

Brief Resume

Dr Ajay Gupta MBBS, DPMR, DNB (PMR), MNAMS
Professor (PM&R)
VMMC & Safdarjang Hospital, New Delhi



Education:

Graduated from University College of Medical Sciences, Delhi University in 1995 and did specialization in Physical Medicine and Rehabilitation from Delhi University and All India Institute of Physical Medicine and Rehabilitation, Mumbai in 2004.

Work-Experience:

Over 18 years of experience in the clinical practice of Physical Medicine and Rehabilitation in various institutes. Teacher for 15 years for students of Physical Medicine and Rehabilitation. Presently appointed as Professor of PM&R at VMMC & Safdarjung Hospital, New Delhi. Presently PG teacher, guide and examiner for the MD and DNB programmes.

Been in the core committees for drafting guidelines on Physical activity and PMR post-graduate training curriculum. He has also held various administrative positions in the department.

Awards:

Recipient of the first **A.V. Tally Award for the Best Paper by IAPMR in 2006** and the **WG Rama Rao Travel Fellowship by IAPMR in 2011**

Publications:

Has 15 publications in various national and international journals from areas of interest in Musculoskeletal medicine, amputation, Post stroke spasticity, surgery in rehabilitation and robotics in rehabilitation. Presently has three research thesis and one clinical trial under his guidance.

Attended and presented papers or CME lectures in over 30 conferences, clinical meetings, seminars and core group meetings.

Affiliations:

1. Life member of Indian Association of Physical Medicine and Rehabilitation.
2. Life member of Indian Academy of Cerebral Palsy.
3. Life member of Indian Federation of Neurorehabilitation.
4. Life member of Indian Spinal Cord Society.
5. Life member of Indian Medical Association.
6. Member of International Society of Prosthetics & Orthotics.

Executive Council Positions held in Professional Associations:

1. Secretary of Indraprastha Association of Rehabilitation Medicine from 2013-2017
2. Vice-president of Indraprastha Association of Rehabilitation Medicine from 2017-2019

3. Secretary of Indian Association of Physical Medicine & Rehabilitation from 2017-2019
4. Member of Editorial board at Indian Journal of Physical Medicine & Rehabilitation
5. Expert member on one of the project review boards of department of science & technology, Govt. of India

Reviewer of Peer reviewed Journals:

1. Indian Journal of Physical Medicine & Rehabilitation
2. Indian Journal of Orthopedics
3. Journal of Clinical Orthopedics & Trauma

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Publications:

1. Kothari SY, Gupta S, **Gupta A**. Reduction of hypercalciuria after weight bearing and exercises in patients with spinal cord injury. J. Evid. Based Med. Healthc. 2018; 5(48), 3331-3334. DOI: 10.18410/jebmh/2018/677
2. **Gupta Ajay**, C Chethan. Survey of foot complications among patients attending diabetic foot clinic in a tertiary care center. JMSCR. 2018(06); 760-5
3. Dr Chethan C, Dr Rajendra Sharma, Dr Diganta Borah, **Dr Ajay Gupta**. Comparison of Effectiveness of Various Foot Orthoses in Treatment of Plantar Fasciitis. JMSCR Volume 05 Issue 01 January 2017.
4. Saha S, Laisram N, **Gupta A**. Effects of Robot Assisted Therapy as an Adjunct to Conventional Therapy in Upper Limb Motor Recovery after Stroke. JMSCR Vol 4 Issue 11 November 2016.
5. **Dr Ajay Gupta**, Dr S.Y. Kothari Lower Pole Release in Congenital Muscular Torticollis – a series of 15 cases. IJPMR June 2016; Vol 27 (2): 46 – 48.
6. Kothari S Y, **Gupta Ajay**, Kumar Amod. An Unusual Case of Lower Tibial Stress Fracture in a Patient of Meningomyelocele with Equinus Deformity. IJPMR December 2014; Vol 25(4): 123-4.
7. **Gupta A**, Sharma R, Yadav SL, Mahanta J, Haldiya KR. Epidemiology of musculoskeletal conditions in India. Journal of Rehabilitation Medicine 2013. Supplement 53:90 (Abstract).
8. Sharma R, Chethan C, **Gupta A**, Yadav SL. Comparison of effectiveness of various foot orthoses in treatment of Plantar Fasciitis. Journal of Rehabilitation Medicine 2013. Supplement 53:235 (Abstract).
9. Co-investigator in Sharma R, editor. Epidemiology of Musculoskeletal Conditions in India. New Delhi, India: Indian Council of Medical Research (ICMR); 2012.

10. Yadav SL, **Gupta A**, Singh SK, Sharma R, Singh U. Effect of Exercise on the C-Reactive Protein Level in Obese Patients. Journal of Rehabilitation Medicine 2011. Supplement 51:82 (Abstract).
11. **Gupta A**, Yadav SL, Singh SB, Singh P. Ergonomics of Indian market chairs. Journal of Rehabilitation Medicine 2011. Supplement 51:41 (Abstract).
12. Kothari SY, **Gupta A**. Minimally invasive techniques for tendo-achilles lengthening. IJPMR 2011; 22(1):5-6.
13. **Gupta A**. Principal Investigator. Factsheet on Physical Activity & Health; Development of IEC material regarding Physical Activity for creating awareness among General Public in India for NPDCS. Govt. of India – WHO Collaborative Publication, New Delhi – 2009.
14. **Gupta A**, Sharma R, Comparison of Static Weight-Bearing and Static Sway in Below Knee Amputees Trained by Conventional Verses Visual Biofeedback Techniques Using Dynamic Posturography, IJPMR April 2006; 17 (1): 14-17
15. Majumdar R, Kothari SY, **Gupta A**, Challenges in the Management of Pressure Ulcers, IJPMR April 2006; 17(1): 1-4

Thesis under Supervision:

1. Thesis titled “Efficacy of intra lesional platelet rich plasma in diabetic foot ulcer”
2. Thesis titled “ Study of relationship between bone mineral density in ipsilateral proximal femur with severity of osteoarthritis of knee”
3. Study titled “ Effect of robotic therapy with conventional therapy on upper limb spasticity treated with botulinum toxin-A in stroke survivors”
4. Trial titled “Prospective single centre open label investigator initiated clinical study to evaluate the efficacy and safety of intra-articular hyaluronic acid (HA) (Biovisc Ortho) in patients with knee osteoarthritis (OA).

Major Paper Presentations & Conferences:

1. Attended the World Congress of International Society of Prosthetics and Orthotics in 2013
2. Presented a CME talk on Musculoskeletal conditions in India during the Annual Conference of IAPMR in 2013.
3. Attended training programme on Clinical Investigator Development: Principles and Practice of Clinical Research by CDSA and NIH
4. Principal Investigator in a WHO project on developing and promoting Physical Activity guidelines for Health
5. Presented paper on “Unipolar Release in Surgical Rehabilitation of Torticollis” in the IAPMR CON2006 held at AIIPMR, Mumbai and was awarded AV Tally Award for the best paper.
6. Presented paper on “Digital Lengthening in Rehabilitation of Partial Finger Amputees” in 24th IAPMR Annual Conference at Imphal, India.
7. Co-authored the paper “Injection Hyaluronate in the management of Osteoarthritis of Knees” for 24th IAPMR Annual Conference at Imphal, India.
8. Co-authored the paper “Role of Vestibular Rehabilitation in Management of Benign Paroxysmal Positional Vertigo” for the 22nd IAPMR Annual Conference at Chennai, India
9. Co-authored the CME article on “Shoulder pain and its evaluation and management” for 22nd IAPMR Annual Conference at Chennai, India
10. Participated in the World Congress of PM&R at Washington DC, USA in November 1999.
11. Attended rehabilitation orientation program for doctors conducted by the Rehabilitation Council of India.

12. Attended as invited expert in a WHO sponsored meet to develop national guidelines for treatment and rehabilitation of brain stroke at PGI, Chandigarh
13. Attended as invited expert in a WHO sponsored meet for early identification and intervention in Autism by LHMC, Delhi
14. Established and developing the PM&R department in Dr RML Hospital from scratch
15. Faculty in the Surgical Workshops on Cerebral palsy held during the IAPMR National Mid-Term CME 2005 in Delhi and in the Amputation Surgery to be held during the 7th Annual Delhi Chapter Conference.
16. Attended workshops on Cardiac performance lab., electrodiagnosis, gait analysis, nerve blocks by Botox, disability evaluation
17. Part of the World Congress of PM&R at Wahington DC, USA in November, 1999
18. Faculty in JESS Fixator Course for management of Club Foot and other deformities conducted by the Bombay Orthopaedic Society.
19. Taking introductory classes on PM&R for M.D.(PSM) and M.D.(Occupational Health) students
20. Examiner for Bachelor in Prosthetics & Orthotics course under Manipal University.
21. Examiner under Maharashtra University of Health Sciences for Bachelor in Prosthetics and Orthotics course.
22. Examiner under SNDT University, Mumbai for Diploma in Rehabilitation and M.Sc. Courses for Physio and Occupational therapists.
23. Part of the Master Trainer Program for Peripheral Doctors under CBR.