

We Help
Your
CAREER
To Grow
Faster



JOIN NOW

www.targetortho.com



TABLE OF CONTENT

| | |
|---------------------------|-----------|
| INTRODUCTION | 2 |
| VIDEO LIBRARY | 3 |
| QUESTION BANK | 16 |
| MOCK TESTS | 17 |
| DISCUSSION GROUP | 17 |
| KNOW YOUR FACULTY | 18 |
| MEET THE TOPPERS | 19 |
| CAREER COUNSELLING | 19 |
| FAQs | 19 |
| SUBSCRIPTION FEES | 20 |
| CONTACT US | 20 |

INTRODUCTION

Target Ortho is a unique educational initiative aimed to encourage high-quality knowledge dissemination to young orthopaedic surgeons and postgraduate residents ensuring comprehensive clinical skill development among the fraternity. Via the platform, our team that is diligently working behind the curtains intends to provide high-yield content and LIVE lectures to the residents across the country who are working in a tireless manner. Its content of MCQs has been prepared by masters of their respective field and very popular among residents who are aiming for various competitive exams like FNB, NEET SS, AIIMS and many other exams.

Lectures are very useful in the preparation of theory and practical exams of MS and DNB students. “Case discussion” segment of live lectures especially focuses on the important cases of orthopedic practical exams.

VIDEO LIBRARY

We at Target Ortho have developed a video library of all the topics related to Orthopedics. We have divided this library into categories to help you make searching for content easy. Each lecture is taken by an expert faculty in their respective field. We are continuously expanding and organising our video library so that you don't have to spend hours in search. Currently, more than 200 lectures are available.

Most lectures come with downloadable PPTs, so you can always refer to what was covered.

List of Lectures (updated every month)

| INSTRUCTOR | TITLE | TOPIC |
|---|---|---------------------------------|
| Dr. Mukul Mohindra | Rotator cuff tears | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr. Mukul Mohindra | Amputations, Orthotics and Prosthetics | TRAUMATOLOGY AND MISC. |
| Dr. C. S. Vishnu Prasath | Spine infections | SPINE |
| Dr. Rahul Upadhyay | Ankle injuries | HAND, FOOT & ANKLE |
| Dr. Anurag Tiwari | Fracture Clavicle and AC joint injuries | TRAUMATOLOGY AND MISC. |
| Dr. Rahul Upadhyay | Pes Planus and Pes Cavus | HAND, FOOT & ANKLE |
| Dr. Mukul Mohindra, Dr. Anurag Tiwari, Dr. Rahul Upadhyay | OSCE-1 (No paper; only discussion) | |
| Dr. C. S. Vishnu Prasath | Lumber disc prolapse | SPINE |
| Dr. Mukul Mohindra | Broad overview of bone tumours | ORTHOPEDIC ONCOLOGY |
| Dr. Mukul Mohindra | Angular deformities around knee | PEDIATRIC ORTHOPEDICS |

| | | |
|---|---|--|
| Dr. Jitesh Jain, Dr. Rahul Upadhyay, Dr. Anurag Tiwari | OSCE-2 (Morning paper; evening discussion) | |
| Dr. Rahul Upadhyay | Congenital anomalies of Lower Limb-1 (CTEV. CVT) | HAND, FOOT & ANKLE |
| Dr. C. S. Vishnu Prasath | Cervical disc prolapse | SPINE |
| Dr. Mukul Mohindra, Dr. Rahul Upadhyay | Instruments and Implants-1 | TRAUMATOLOGY AND MISC. |
| Dr. Mukul Mohindra, Dr. Rahul Upadhyay | Instruments and Implants-2 | TRAUMATOLOGY AND MISC. |
| Dr. Mukul Mohindra | DDH and Coxa Vara | PEDIATRIC ORTHOPEDICS |
| Dr. Anurag Tiwari | Fractures of Proximal humerus and shaft humerus | TRAUMATOLOGY AND MISC. |
| Dr. Mukul Mohindra | Managing recurrent dislocation patella and writing the exercise prescription | |
| Dr. C. S. Vishnu Prasath | Cervical Myelopathy | SPINE |
| Dr. Anurag Tiwari | Fractures of distal humerus | TRAUMATOLOGY AND MISC. |
| Dr. Rahul Upadhyay | Congenital anomalies of lower limb-II (CPT, CVT, Metatarsus adductus, Toe anomalies) | HAND, FOOT & ANKLE |
| Dr. C. S. Vishnu Prasath | Thoraco-Lumbar injuries of spine | SPINE |
| All | Career planning session | |
| Dr. Mukul Mohindra | Total hip replacement principles and evolution | ARTHROPLASTY AND JOINT RECONSTRUCTION |
| Dr. Anurag Tiwari | Injuries around the elbow | TRAUMATOLOGY AND MISC. |
| Dr. Mukul Mohindra | ACL reconstruction: Evolution, current trends | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr. Rahul Upadhyay | Acetabular fractures | HAND, FOOT & ANKLE |

| | | |
|---------------------------------|--|--|
| Dr. Anurag Tiwari | Pelvic fractures and polytrauma management | TRAUMATOLOGY AND MISC. |
| Dr. C. S. Vishnu Prasath | Cervical spine injuries | SPINE |
| Dr. Mukul Mohindra | Rehabilitation principles and Exercise prescription | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr. Rahul Upadhyay | Perthes Disease and idiopathic chondrolysis of hip | HAND, FOOT & ANKLE |
| Dr. Mukul Mohindra | Principles and technique of total knee replacement | ARTHROPLASTY AND JOINT RECONSTRUCTION |
| Dr. Mukul Mohindra | PCL injuries diagnosis and management | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr. Amit Meena | Biostatistics | |
| Dr. Rahul Upadhyay | Fracture dislocation of foot | HAND, FOOT & ANKLE |
| Dr. Anurag Tiwari | Forearm injuries | TRAUMATOLOGY AND MISC. |
| Dr. C. S. Vishnu Prasath | Clinical and radiological assessment of spine deformity | SPINE |
| Dr. Rahul Upadhyay | Hallux valgus and varus | HAND, FOOT & ANKLE |
| Dr. C. S. Vishnu Prasath | Treatment modalities for various spinal deformities | SPINE |
| Dr. Anurag Tiwari | Non-union and Bone grafting | TRAUMATOLOGY AND MISC. |
| Dr. Mukul Mohindra | Localization of spinal Lesion | |
| Dr. C. S. Vishnu Prasath | Examining the case of spine {Long case} | SPINE |
| Dr. Rahul Upadhyay | Fracture neck femur | HAND, FOOT & ANKLE |
| Dr. Anurag Tiwari | Fractures of Trochanteric, Sub-Trochanteric and Shaft femur | TRAUMATOLOGY AND MISC. |
| Dr. C. S. Vishnu Prasath | Spondylolisthesis and Spino-pelvic Alignment | SPINE |
| Dr. Mukul Mohindra | Broad overview of peripheral nerve injuries | |

| | | |
|---------------------------------|---|--|
| Dr. Anurag Tiwari | Nerve injury {SHORT CASE} | TRAUMATOLOGY AND MISC. |
| Dr. Rahul Upadhyay | Fracture neck femur in children and SCFE | HAND, FOOT & ANKLE |
| Dr. Mukul Mohindra | AVN Hip | ARTHROPLASTY AND JOINT RECONSTRUCTION |
| Dr. C. S. Vishnu Prasath | Long case: TB SPINE | SPINE |
| Dr. Anurag Tiwari | Fracture around knee | TRAUMATOLOGY AND MISC. |
| Dr. Rahul Upadhyay | Case: TA Rupture | CASE DISCUSSION |
| Dr. Mukul Mohindra | Femora-Acetabular Impingement | ARTHROPLASTY AND JOINT RECONSTRUCTION |
| Dr. C. S. Vishnu Prasath | Lumbar canal stenosis | SPINE |
| Dr. Rahul Upadhyay | Case discussion: Cubits Varus | HAND, FOOT & ANKLE |
| Dr. C. S. Vishnu Prasath | Case discussion: Cervical spine injury | SPINE |
| Dr. Anurag Tiwari | Fractures around the knee (Part-2) | TRAUMATOLOGY AND MISC. |
| Dr. Sanjay Arora | Osteotomies around hip | PEDIATRIC ORTHOPEDICS |
| Dr. Amit Mittal | Tendon injuries of Hand | HAND, FOOT & ANKLE |
| Dr. Mukul Mohindra | Meniscal injuries; resection and repair techniques | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr. Anurag Tiwari | Case discussion; Bone infection | TRAUMATOLOGY AND MISC. |
| Dr. Mukul Mohindra | Examination of hip | CASE DISCUSSION |
| Dr. Rahul Upadhyay | Case Discussion: Long case hip | HAND, FOOT & ANKLE |
| Dr. C. S. Vishnu Prasath | OSTEOPOROSIS: Diagnosis and Management of Osteoporotic Fractures | SPINE |

| | | |
|--|---|--|
| Dr. Sanjay Arora | Deformities viz. Club hand, Radio ulnar synostosis, Torticollis, Sprengel shoulder | PEDIATRIC ORTHOPEDICS |
| Dr. Anurag Tiwari | Cumulative trauma and Soft Tissue disorders | TRAUMATOLOGY AND MISC. |
| Dr. C. S. Vishnu Prasath | Case Discussion: Long case Spine | SPINE |
| Dr. Amit Mittal | Concepts of Brachial plexus examination | HAND, FOOT & ANKLE |
| Dr. Sanjay Arora | Case discussion: Short case CTEV | PEDIATRIC ORTHOPEDICS |
| Dr. Anurag Tiwari | Fractures of shaft tibia and distal tibia | TRAUMATOLOGY AND MISC. |
| Amit Meena and Dr. Mukul Mohindra | Case Discussion: Long case hip | CASE DISCUSSION |
| Dr. C. S. Vishnu Prasath | Early-onset Scoliosis: Diagnosis and Management | SPINE |
| Dr. Mukul Mohindra | Local chondral lesions | ARTHROPLASTY AND JOINT RECONSTRUCTION |
| Dr. Sanjay Arora | Cerebral palsy and meningomyelocele | PEDIATRIC ORTHOPEDICS |
| Dr. Amit Mittal | Carpal instability | HAND, FOOT & ANKLE |
| Dr. Anurag Tiwari | Hip dislocation and femoral head fractures | TRAUMATOLOGY AND MISC. |
| Dr. Sanjay Arora | Pediatric hip deformities: DDH, Coxa vara, PFFD | PEDIATRIC ORTHOPEDICS |
| Dr. C. S. Vishnu Prasath | Case discussion: Spinal deformity | SPINE |
| Dr. Sanjay Arora | Tibial bowing 1 (Congenital pseudoarthrosis) | PEDIATRIC ORTHOPEDICS |
| Dr. Rahul Upadhyay and Dr. Mukul Mohindra | Case discussion: Long case Hip | CASE DISCUSSION |

| | | |
|--|---|--|
| Dr. Mukul Mohindra | THR: Complications and getting limb length right | ARTHROPLASTY AND JOINT RECONSTRUCTION |
| Dr. Sanjay Arora | Tibial bowing 2 (Nutritional causes and Skeletal dysplasias) | PEDIATRIC ORTHOPEDICS |
| Dr. C. S. Vishnu Prasath | Basic spine instrumentation | SPINE |
| Dr. Amit Mittal | Scaphoid fracture and SLAC | HAND, FOOT & ANKLE |
| Dr. Dr. Anurag Tiwari | DVT,PE, and Fat Embolism | TRAUMATOLOGY AND MISC. |
| Dr. Amit Meena | OSCE with discussion (DND 2020 Oct Pattern) | |
| Dr. Sanjay Arora | Septic Hip Sequelae | PEDIATRIC ORTHOPEDICS |
| Dr. Mukul Mohindra | THR in difficult scenarios | ARTHROPLASTY AND JOINT RECONSTRUCTION |
| Dr. Amit Mittal | Distal end radius fractures | HAND, FOOT & ANKLE |
| Dr. Jitesh & Dr. Mukul Mohindra | Short case discussion | CASE DISCUSSION |
| Dr. Anurag Tiwari | Compartment Syndrome and V.I.C | TRAUMATOLOGY AND MISC. |
| Dr. Sanjay Arora | Adolescent hip problems | PEDIATRIC ORTHOPEDICS |
| Dr. Amit Meena | OSCE DNB Jan 2021 pattern | |
| Dr. Mukul Mohindra | THR: Handling Osteolysis and Implant loosening | ARTHROPLASTY AND JOINT RECONSTRUCTION |
| Dr. Mukul Mohindra | Osteoporosis | PEDIATRIC ORTHOPEDICS |
| Dr. Amit Mittal | Tendon transfer for Paralytic Hand | HAND, FOOT & ANKLE |
| Dr. Anurag Tiwari | Principles of Deformity Correction | TRAUMATOLOGY AND MISC. |

| | | |
|--|---|--|
| Dr. Jitesh and Dr. Dr. Mukul Mohindra | Short case: Knee synovitis | CASE DISCUSSION |
| Dr. C. S. Vishnu Prasath | Lumbar disc prolapse | SPINE |
| Dr. Rajat Gupta | Approach and General Principles of Bone tumours | ORTHOPEDIC ONCOLOGY |
| Dr. Dr. Rahul Upadhyay | Short Case: Flat Foot | HAND, FOOT & ANKLE |
| Dr. C. S. Vishnu Prasath | Cervical myelopathy | SPINE |
| Dr. Mukul Mohindra | Managing unicompartmental OA (HTO; PFA; UKA) | ARTHROPLASTY AND JOINT RECONSTRUCTION |
| Dr. Sanjay Arora | Neuromuscular disorders of UL (CP and Obstetric brachial plexus palsy) | PEDIATRIC ORTHOPEDICS |
| Dr. Dr. Mukul Mohindra | Basic Arthroscopic Instrumentation | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr. C. S. Vishnu Prasath | Long Case Spine | SPINE |
| Dr. Dr. Sanjay Arora | Pediatric trauma: Upper Limb Injuries | PEDIATRIC ORTHOPEDICS |
| Dr. Dr. Anurag Tiwari | First time shoulder dislocator | TRAUMATOLOGY AND MISC. |
| Dr. C. S. Vishnu Prasath | Occipito Cervical region injuries | SPINE |
| Dr. Rajat Gupta | Benign Bone tumours | ORTHOPEDIC ONCOLOGY |
| Dr. Mukul Mohindra | Anterior shoulder instability | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr. Rahul Upadhyay | O.A knee conservative options, viscosupplementation | HAND, FOOT & ANKLE |
| Dr. Sanjay Arora | Pediatric Trauma Lower Limb Injuries | PEDIATRIC ORTHOPEDICS |
| Dr. Anurag Tiwari | Periprosthetic Fractures | TRAUMATOLOGY AND MISC. |
| Dr. Rajat Gupta | Giant Cell tumour | ORTHOPEDIC ONCOLOGY |

| | | |
|---------------------------------|--|--|
| Dr. Mukul Mohindra | Managing Bone loss in Shoulder Instability | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr Amit Mittal | Important fracture dislocation of Hand | HAND, FOOT & ANKLE |
| Dr Himanshu Champaneri | Vascular Neurosurgery (Introductory lecture) | NEURO SURGERY |
| Dr. C. S. Vishnu Prasath | Thoracolumbar fractures | SPINE |
| Dr Himanshu Champaneri | Arterio Venous Malformation | NEURO SURGERY |
| Dr. Sanjay Arora | Deformity correction in commom pediatric deformities | PEDIATRIC ORTHOPEDICS |
| Dr Himanshu Champaneri | Cavenous and other venous Malformation | NEURO SURGERY |
| Dr. Mukul Mohindra | Managing Bone loss in Shoulder Instability | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr Himanshu Champaneri | Dural avfs | NEURO SURGERY |
| Dr. Anurag Tiwari | Basic Principles of shoulder arthroplasty | ARTHROPLASTY AND JOINT RECONSTRUCTION |
| Dr. C. S. Vishnu Prasath | Subaxial cervical spine injury | SPINE |
| Dr Himanshu Champaneri | Occlusive cerebrovascular disease | NEURO SURGERY |
| Dr. Mukul Mohindra | Posterior and Multi directional sshoulder instability | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr. C. S. Vishnu Prasath | Incomplete Spinal Cord Injury Syndromes + Spinal infections | SPINE |
| Dr Amit Mittal | Injuries of TFCC (Wrist) | HAND, FOOT & ANKLE |
| Dr. Sanjay Arora | Acetabular fractures 1 (Anatomy, Classification and Approaches) | PEDIATRIC ORTHOPEDICS |
| Dr Himanshu Champaneri | Cranial Nerves Part 1 (Olfactory, Optic and Occulomotor) | NEURO SURGERY |

| | | |
|--|---|--|
| Dr. Rajat Gupta | Malignant Bone Tumors 1 (Osteosarcoma) | ORTHOPEDIC ONCOLOGY |
| Dr. Sanjay Arora | Acetabular fractures 2 (Reduction techniques and Fixation methods) | PEDIATRIC ORTHOPEDICS |
| Dr Himanshu Champaneri | Cranial Nerves Part 2 | NEURO SURGERY |
| Dr. Rahul Upadhyay | Elbow and Ankle Arthroplasty Basics | HAND, FOOT & ANKLE |
| Dr. C. S. Vishnu Prasath | Differentiating spinal infections and surgical interventions | SPINE |
| Dr. Anurag Tiwari | Irreparable cuff and RSA | ARTHROPLASTY AND JOINT RECONSTRUCTION |
| Dr. Mukul Mohindra | Multiligamentous knee injuries | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr. C. S. Vishnu Prasath | Clinical assessment of Spinal deformity | SPINE |
| Dr. Himanshu Champaneri | Cranial Nerves Part 3 | NEURO SURGERY |
| Dr. Rajat Gupta | Malignant Bone Tumors 2 | ORTHOPEDIC ONCOLOGY |
| Dr. Mukul Mohindra | Musculoskeletal Rheumatology overview | TRAUMATOLOGY AND MISC. |
| Dr. C. S. Vishnu Prasath | Treatment for Idiopathic Scoliosis | SPINE |
| Dr. Shalin Shah | Obstetric Brachial plexus palsy | PEDIATRIC ORTHOPEDICS |
| Dr. Mukul Mohindra, Dr Manish Attri | Short case Ulnar nerve palsy | CASE DISCUSSION |
| Dr. C. S. Vishnu Prasath | Congenital and Early onset scoliosis | SPINE |
| Dr Amit Mittal | Kienbock's disease | HAND, FOOT & ANKLE |

| | | |
|---------------------------------|--|--|
| Dr. Priyanka Sharma | Microvascular surgery and Limb reimplantation | PLASTIC SURGERY |
| Dr. C. S. Vishnu Prasath | Spino pelvic alignment and balance | SPINE |
| Dr Dr. Sanjay Arora | Gait analysis- 1 | PEDIATRIC ORTHOPEDICS |
| Dr Dr. Rahul Upadhyay | Rotational injuries around ankle | HAND, FOOT & ANKLE |
| Dr. Priyanka Sharma | Introduction to free flaps and Big 5 | PLASTIC SURGERY |
| Dr. Daivik T. Shetty | TB of Hip | TRAUMATOLOGY AND MISC. |
| Dr Mukul Mohindra | Rickets Pathophysiology | PEDIATRIC ORTHOPEDICS |
| Dr. Sanjay Arora | Gait analysis- 2 | PEDIATRIC ORTHOPEDICS |
| Dr. Shikha Dhaundiyal | Doping Part 1 | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr. Priyanka Sharma | Musculocutaneous and Osseous Free tissue transfer | PLASTIC SURGERY |
| Dr. Mukul Mohindra | Short case: Ligament injury knee | CASE DISCUSSION |
| Dr. Daivik T. Shetty | Fractures of Proximal tibia | TRAUMATOLOGY AND MISC. |
| Dr. C. S. Vishnu Prasath | Disc replacement | SPINE |
| Dr Amit Mittal | Stenosing tenosynovitis and Dupuytren's disease | HAND, FOOT & ANKLE |
| Dr. Shikha Dhaundiyal | Doping Part 2 | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr. Rahul Upadhyay | Total Elbow Arthroplasty | HAND, FOOT & ANKLE |
| Dr. Priyanka Sharma | Thumb/ finger recons techniques (toe transfers) | PLASTIC SURGERY |
| Dr. Daivik T. Shetty | Fracture neck femur | HAND, FOOT & ANKLE |

| | | |
|---------------------------------|---|--|
| Dr. Mukul Mohindra | Short case: Diaphyseal Non-union | CASE DISCUSSION |
| Dr. Shikha Dhaundiyal | Doping: Medico-legal aspects | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr. Daivik T. Shetty | Intertrochanteric fractures | TRAUMATOLOGY AND MISC. |
| Dr. C. S. Vishnu Prasath | Paediatric cervical spine problems | SPINE |
| Dr. Priyanka Sharma | Wound healing and Overview of Pressure sores | PLASTIC SURGERY |
| Dr. Sanjay Arora | Hip and Knee affections in paralytic disorders (Polio, Meningomyelocele) | PEDIATRIC ORTHOPEDICS |
| Dr. Daivik T. Shetty | Fractures of Scapula, SSSC injuries and Floating shoulder | TRAUMATOLOGY AND MISC. |
| Dr. Rajat Gupta | Metastatic bone disease | ORTHOPEDIC ONCOLOGY |
| Dr. Shikha Dhaundiyal | Performance enhancing drugs (Part 1) | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr. Priyanka Sharma | Antiseptic solutions, VAC and Dressing materials | PLASTIC SURGERY |
| Dr. C. S. Vishnu Prasath | Disc degeneration | SPINE |
| Dr. Sanjay Arora | Shoulder and elbow affection in paralytic disorders | PEDIATRIC ORTHOPEDICS |
| Dr. Daivik T. Shetty | Recurrent dislocation shoulder (current concepts) | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr. Mukul Mohindra | Osteochondritis dissecans and other osteochondral lesions in knee | ARTHROPLASTY AND JOINT RECONSTRUCTION |
| Dr. Rahul Upadhyay | OD and other cartilaginous lesions of Ankle | HAND, FOOT & ANKLE |
| Dr. Shikha Dhaundiyal | Performance enhancing drugs in sports | ARTHROSCOPY AND SPORTS MEDICINE |

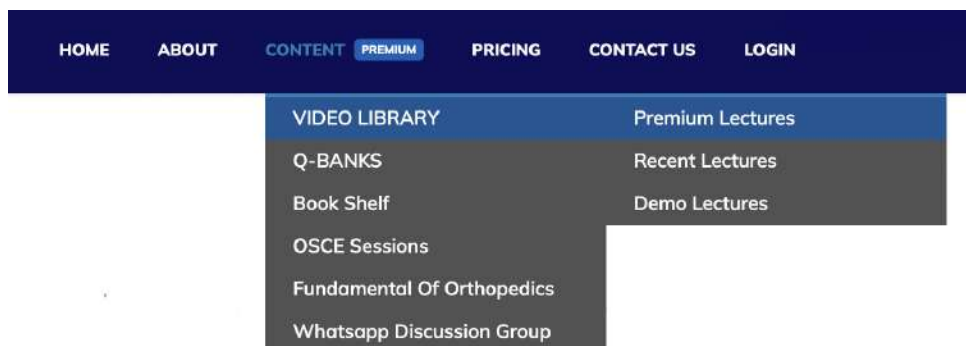
| | | |
|---------------------------------|--|--|
| Dr Shalin Shah | A to Z of pediatric supracondylar humerus fracture | PEDIATRIC ORTHOPEDICS |
| Dr. C. S. Vishnu Prasath | DL Spine Injuries (Classification and treatment guidelines) | SPINE |
| Dr. Daivik T. Shetty | Recent advances in Ortho- 3D printing | TRAUMATOLOGY AND MISC. |
| Dr. Zainab Vora | Overview of various radiological modalities | TRAUMATOLOGY AND MISC. |
| Dr. Shikha Dhaundiyal | Banned sportsmen and drugs in sports (Part 1) | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr Shalin Shah | Pediatric bone infections | PEDIATRIC ORTHOPEDICS |
| Dr. C. S. Vishnu Prasath | Cervical spine injuries | SPINE |
| Dr. Zainab Vora | Radiological Approach to Bone Tumors | TRAUMATOLOGY AND MISC. |
| Dr. Shikha Dhaundiyal | Banned Sportsmen and Drugs in Sports (Part 2) | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr Shalin Shah | Septic Arthritis and Its sequelae in children | PEDIATRIC ORTHOPEDICS |
| Dr. Shikha Dhaundiyal | Biomechanics of Throwing Part 1 | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr Shalin Shah | Flat Foot (Planovalgus) in Child | PEDIATRIC ORTHOPEDICS |
| Dr. Zainab Vora | Radiological Approaches to Arthritis | TRAUMATOLOGY AND MISC. |
| Dr. Mukul Mohindra | Principles of Revision ACL | ARTHROPLASTY AND JOINT RECONSTRUCTION |
| Dr. Amit Mittal | Carpal Tunnel Syndrome | HAND, FOOT & ANKLE |
| Dr. Shikha Dhaundiyal | Biomechanics of Throwing (Part-2) | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr Shalin Shah | Cerebral Palsy (Part 1) Classification and Static | TRAUMATOLOGY AND MISC. |

| | Examination | |
|--------------------------|--|---------------------------------|
| Dr. C. S. Vishnu Prasath | Spinal injection techniques in back pain | SPINE |
| Dr. Shikha Dhaundiyal | Scapular Dyskinesis in a Throwing Athlete | ARTHROSCOPY AND SPORTS MEDICINE |
| Dr. Zainab Vora | Imaging of Metabolic Bone Disorder | TRAUMATOLOGY AND MISC. |
| Dr. C. S. Vishnu Prasath | Spondylolisthesis and Sagittal Spinal Balance | SPINE |
| Dr. Shalin Shah | Important Gait Patterns in Children | PEDIATRIC ORTHOPEDICS |
| Dr. Shikha Dhaundiyal | Kinetic Chain Analysis and Injury Prevention in Throwing | ARTHROSCOPY AND SPORTS MEDICINE |

How to use search option?

You can choose your desired topic easily and find the materials that are most relevant to you. If you are looking for a specific lecture, you can also search for it according to the instructor's name.

Target Ortho website provides you search option under “PREMIUM LECTURES”. You can navigate to premium lectures by going to *CONTENT (PREMIUM) - VIDEO LIBRARY - PREMIUM LECTURES*

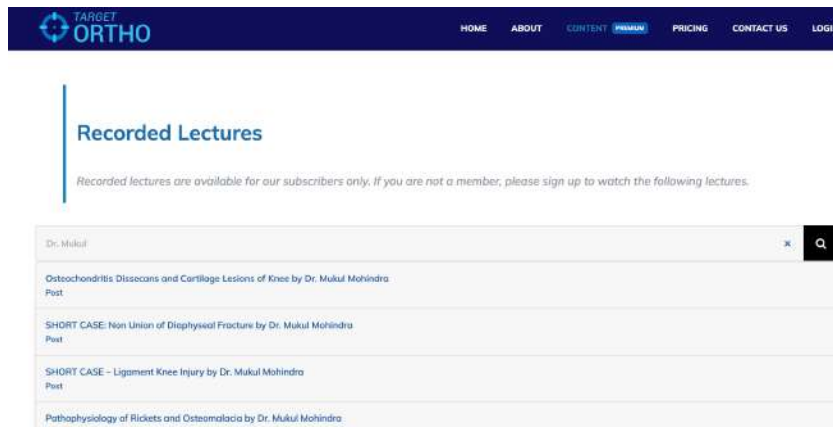


We have categorized the video lectures into the following category:

- Arthroplasty and Joint Reconstruction
- Arthroscopy and Sports Medicine

- Hand, Foot & Ankle
- Orthopedic Oncology
- Pediatric Orthopedics and Metabolic Disorders
- Traumatology and Miscellaneous
- Spine
- Neurosurgery
- Case Discussion
- Biostatistics
- Career counselling sessions

If you would like to search a lecture by its topic name or instructor's name simply type in the search box and navigate to your desired lecture instantly! Please refer to the image below:



QUESTION BANK

At Target Ortho, we provide you with the confidence to succeed in your competitive exams. We've updated our question bank to make it easier for you to prepare for your upcoming competitive exam. Our updated question bank is organized into topics and subtopics, so you can choose the topic you want to read and start your preparation from there. We have also kept the year-wise question bank so that you can approach the questions any way you like.

How to use the search option?

You will be able to search the questions by topic, just like with video lectures. To access the topic, enter the name of the desired topic in the search field.

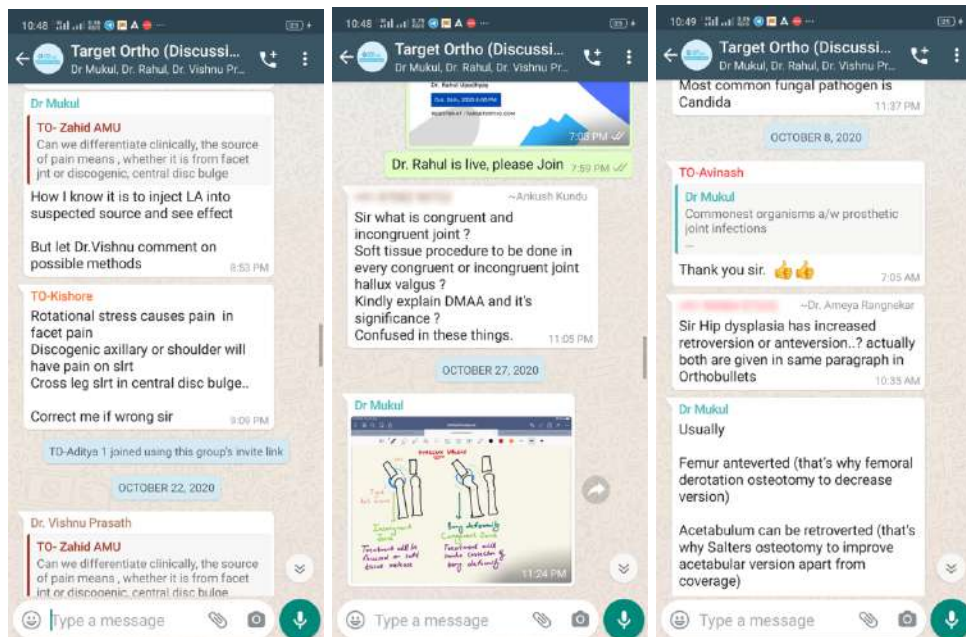
MOCK TESTS

For the past years, Target Ortho has been providing you with full-length mock tests, to help you prepare online for your upcoming exam. We make sure that our mock tests are prepared by the expert faculty. We also ensure that all our questions are based on the latest and updated pattern of questions. After taking our mock test members are provided with a detailed analysis. Our aim is to help you get a good rank in the exam. Therefore, we provide a detailed evaluation of all mock tests so that you get an overview of what your scores may be.

Note: For new members, all previously held mock tests are available on the website with detailed explanations.

DISCUSSION GROUP

Target Ortho gives you exclusive access to a closed group where all the faculties are present. WhatsApp group has been created to provide you with help with your academic queries. You can ask your academic queries directly to your instructor. To join the target ortho group you must be an active member.



If you are a member click on the link below and join the group.
<https://targetortho.com/discussion-group/>

KNOW YOUR FACULTY

Target Ortho faculty are renowned leaders in their fields, extraordinary teachers and dedicated mentors. Professionals from every discipline in healthcare are selected through a rigorous selection process that includes nominations from students, hospital directors and current faculty members. Target Ortho's innovative curriculum designs help you prepare for today's most challenging clinical environments while providing you with an unmatched student experience filled with opportunities for work-based learning and global networking experiences that lead to meaningful career insights.



Dr Mukul Mohindra
ARTHROPLASTY



Dr C S Vishnu Prasath
SPINE



Dr Rahul Upadhyay
FOOT & ANKLE



Dr Amit Mittal
HAND



Dr Zainab Vora
RADIOLOGY



Dr. Rajat Gupta
ORTHOPEDIC ONCOLOGY



Dr. Priyanka Sharma
PLASTIC SURGERY



Dr Daivik T Shetty
TRAUMA



Dr Shikha Dhaundiyal
SPORTS MEDICINE



Dr Himanshu Champaneri
NEUROLOGY



Dr Shalin Shah
PEDIATRIC ORTHOPEDICS



Dr Sanjay Arora
PEDIATRIC ORTHOPEDICS

MEET THE TOPPERS

Target Ortho is renowned for providing excellent study material designed to help students with their academic needs. Our platform has helped hundreds of students across India to achieve their top ranks with ease.



LINK: [▶ Meet FNB Toppers \(FNB 2021 \). All India Rank 1 and Rank 2 from www.tar...](#)

CAREER COUNSELLING

We conduct regular career counselling sessions to help our subscribers to choose the right career path and how to achieve success in the upcoming examination. We will also provide them with useful tips, tricks, and exam guides.

LINK 1: [▶ FNB / NEET SS FAQs!! Which one you should choose ? | How to prepare...](#)

LINK 2: [CAREER PLANNING SESSION](#)

FAQs

Q.1 How to approach Q-Bank for FNB Preparation?

Q-Bank is broadly divided into two categories, Topic-wise and year-wise questions. The “Topic wise” segment contains all the important topics and their questions. “Year-wise segment gives you a memory-based question paper of previous year exams like FNB, AIIMS SRship and NEET SS. All the year-wise questions have also been included in the respective topics of the “topic-wise” segment. So if you want to prepare a particular

topic, read it in the topic-wise segment and if you want to read any particular exam paper of previous years, read it in the “year-wise” segment.

Q.2 Can I search for Video Lectures by Instructor’s name?

Yes. Simply enter the instructor's name to access their lectures, which will appear in the search results.

Q.3 Is target ortho an app or website?

Target Ortho is a web-based portal. You can either log in using a laptop or your mobile browser. It's a mobile-friendly website, so it will work smoothly on your phone too.

Q.4 How many live lectures are conducted every month?

Every month, there are about 5-10 lectures conducted. You must be an active member of Target Ortho in order to attend the webinar. You can watch any lectures anytime because they are all permanently recorded.

Q.5 How many MCQs are available for Target Ortho members?

1500 MCQs are currently available on the website. Every MCQ has a comprehensive explanation accessible.

Q.6 Is the content regularly updated?

Yes, new topics and questions are regularly added to the content by the experts.

SUBSCRIPTION FEES

You can pick between two straightforward Subscription Plans from Target Ortho to meet your academic needs. The content that is offered on the website is accessible to both plans equally. The subscription's duration is the only difference.

PLAN 1: TO Membership with 6-month validity | **COST: 3999 INR**

PLAN 2: GOLD Membership with 12-month validity | **COST: INR 6999**

CONTACT US

Mail ID: info@targetortho.com

Academic Help: +91- 7357406805

Technical Help: +91-7014568918