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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 fields and is 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 orthopaedic 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.

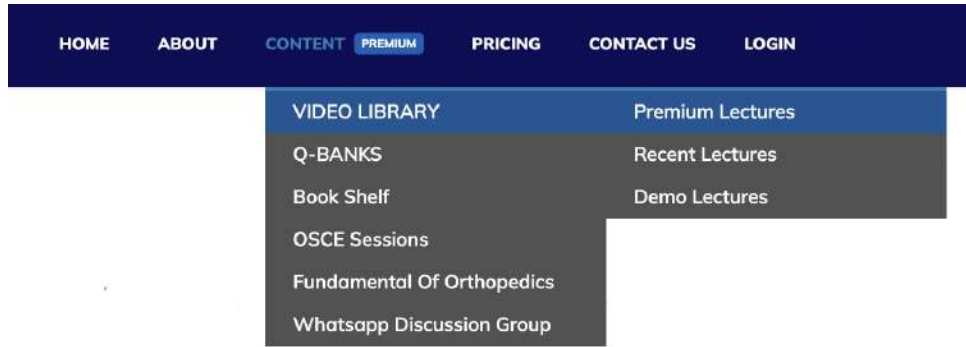
	Examination	
Dr. C. S. Vishnu Prasath	Spinal injection techniques in back pain	SPINE
Dr. Shikha Dhaundiyal	Scapular Dyskinesia in a Throwing Athlete	ARTHROSCOPY AND SPORTS MEDICINE
Dr. Zainab Vora	Imaging of Metabolic Bone Disorder	TRAUMATOLOGY AND MISC.
Dr. C. S. Vishnu Prasath	Spondylolisthesis and 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
Dr. C. S. Vishnu Prasath	Basic Science Regarding Spinal Column	SPINE
Dr. Shikha Dhaundiyal	Stress Injuries:Basic Pathomechanism and Mechanism	ARTHROSCOPY AND SPORTS MEDICINE
Dr. Shalin Shah	Radio-Ulnar Synostosis and other Congenital Anomalies of Forearm	PEDIATRIC ORTHOPEDICS
Dr. Mukul Mohindra	FNB FAQs with Topper Dr Akash Pradip Bera	TRAUMATOLOGY AND MISC.
Dr. Daivik Shetty	Basics of Bones and Fracture Healing	TRAUMATOLOGY AND MISC.
Dr. Zainab Vora	Imaging of Spine Disorders	TRAUMATOLOGY AND MISC.
Dr. Mukul Mohindra	Biceps tendon Lesions	ARTHROSCOPY AND SPORTS MEDICINE
Dr. C. S. Vishnu Prasath	Arnold Chiari Malformation and Syrinx	SPINE
Dr. Mohit Mohindra	Neurosurgery PYQs (Quick FNB recap)	ORTHOPEDIC ONCOLOGY
Dr. Shikha Dhaundiyal	Shin Pain in Runners	ARTHROSCOPY AND SPORTS MEDICINE

Dr. Rahul Upadhyay	Rheumatoid Affection of Foot - Part 1	HAND, FOOT & ANKLE
Dr. Zainab Vora	Approach to knee MRI	TRAUMATOLOGY AND MISC.
Dr. Rahul Upadhyay	Rheumatoid Affection of Foot - Part 2	HAND, FOOT & ANKLE
Dr. Mukul Mohindra, Dr. Shikha Dhaundiyal	FNB Exam Analysis - Feb 10, 2023	TRAUMATOLOGY AND MISC.
Dr. Shalin Shah	Perthes Disease	PEDIATRIC ORTHOPEDICS
Dr. C. S. Vishnu Prasath	Lumbar Canal Stenosis	SPINE
Dr Rajat Gupta	GCT and its Principles of Management	ORTHOPEDIC ONCOLOGY
Dr. Shikha Dhaundiyal	Rheumatoid Arthritis Part-1	ARTHROSCOPY AND SPORTS MEDICINE
Dr. Shalin Shah & Dr Hriday Acharya	Paediatric Spine: Congenital Scoliosis and Early Onset Scoliosis	PEDIATRIC ORTHOPEDICS
Dr. Daivik Shetty	Basic sciences	TRAUMATOLOGY AND MISC.
Dr. Amit Mittal	Rheumatoid Hand Deformities and Their Management	HAND, FOOT & ANKLE

How to use the 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.

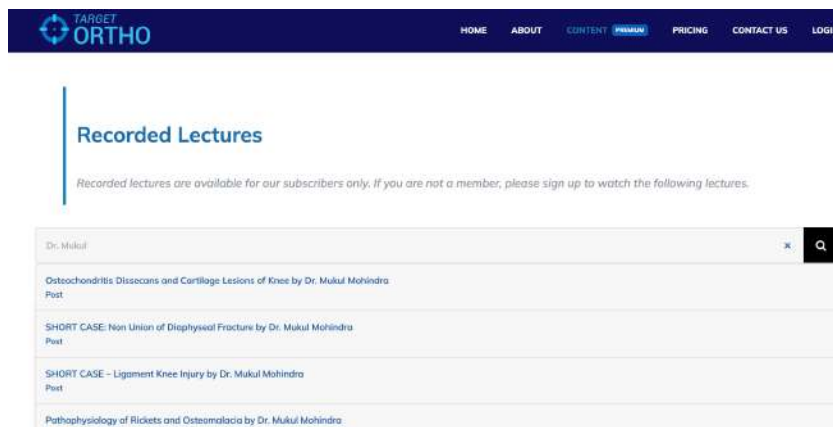
Target Ortho website provides you search option under “PREMIUM LECTURES”. You can navigate to premium lectures by going to *CONTENT (PREMIUM) - VIDEO LIBRARY - PREMIUM LECTURES*



We have categorised 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 you can approach the questions any way you like.

How to use the search option?

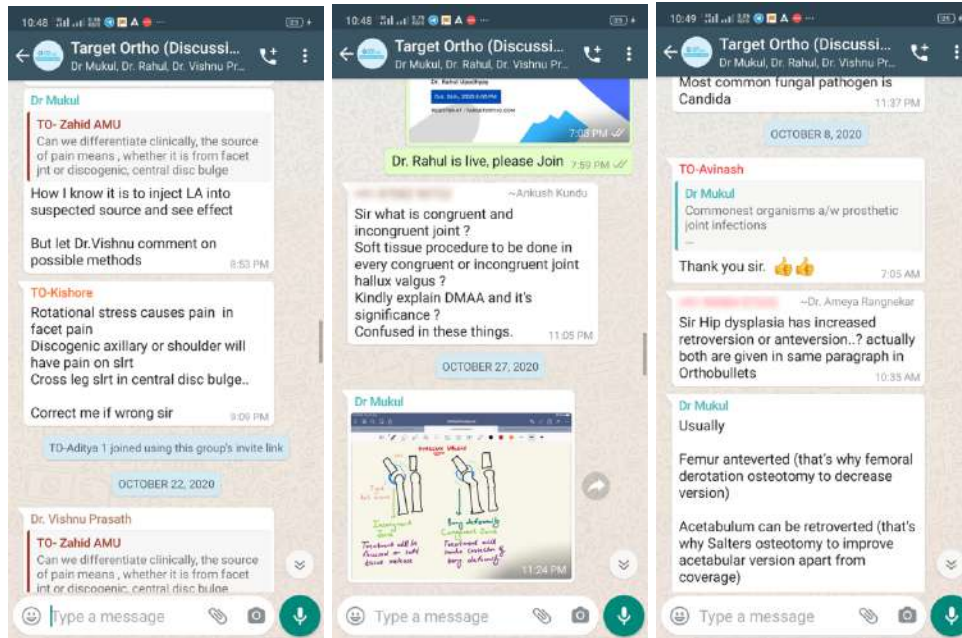
You will be able to search the questions by topic, just like with video lectures. To access the topic, enter the name of the desired topic in the search field.

MOCK TESTS

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

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](#)

LINK 3: [FNB Exam Analysis – Feb 10, 2023](#)

LINK 4: [FNB 2023 – Counselling Queries 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?

Apart from our collection of over 250 recorded lectures, we strive to hold 5-6 live lectures every month, typically one lecture per week. Please note that to attend these live lectures, you must be an active member of Target Ortho. However, we offer the flexibility of accessing all of our lectures at your convenience, as they are permanently recorded and can be watched anytime.

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

1800 MCQs are currently available on the website. Every MCQ has a comprehensive explanation accessible.

Q.6 Is the content regularly updated?

Absolutely, our team of expert faculty members regularly add new video lectures and questions on uncovered topics to the content. Additionally, we actively encourage our students to suggest new topics they would like us to cover in our discussion groups.

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: 4999 INR**

PLAN 2: GOLD Membership with 12-month validity | **COST: 8999 INR**

How to Sign UP?

Go to www.targetortho.com for more information. Or sign up by clicking here: <https://targetortho.com/pricing/>. After registering, a QR Code will appear. The payment can be made by scanning the QR Code. Read the instruction written below the QR Code.

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