

Professor of Orthopedics/Orthopedic Surgeon

Dedicated Orthopedic Surgeon with 15 years of experience as faculty and professor of orthopedic at IIMC-T Riphah International University. Proficient in treating rehabilitative injuries and other musculoskeletal disorders. Proven talents in teaching musculoskeletal disorders and fractures.

**Employment History**

**Professor and Head of the Department of Orthopedic Surgery**

## Riphah International University 2008-to date

* Planned, evaluated and revised course content musculoskeletal system using actual patient scenarios.
* Teaching third and fourth year medical students and physiotherapy students the basic principles of

musculoskeletal disorders

* Involved in research studies with other faculty members and students.
* Developed curriculum for Musculoskeletal disorders.
* Supervised students when administering medications to ensure patient safety.
* Encouraged creative thinking, problem solving, and empowerment as part of the facility management group to improve

morale and teamwork.

# Pain Medicine Specialist

## Railway General Hospital, Rawalpindi Pakistan 2013-to date

* + Delivering all aspects of pain

management including intervention therapies like epidural and nerve block, procedures and medications to treat pain.

* + Taught paramedic staff, junior doctors and physiotherapists the basics of pain management in patients with

musculoskeletal disorders

* Teaching the basics of pain transmission and pain relief focusing on the anatomical and physiological concepts.

# Orthopedic Surgeon/Teaching Faculty

## Railway General Hospital 2008-to date

* + Evaluated patients in orthopedic surgery clinics, emergency rooms, intensive care units and operating rooms.
  + Treated patients with sports injuries, including fractures, arthroplasty, rotator cuff

repairs, ligament reconstructions, and other issues using minimally invasive techniques  and arthroscopic skills.

* + Skilled in intra articular injections for joint pathologies, aspiration of joints for joint effusion
  + Skilled in Total Hip replacement, Total Knee replacement, Tendon transfers, arthrodesis, fracture management of limb fractures, correction of deformities in children like DDH and CTEV.
  + Supervised trainees, medical students, residents and fellows to help them achieve proficiency in the field.

# Consultant Orthopedic Surgeon B.B.Hospital,

# 2008-03-10 to 2008-11-20

# Consultant Orthopedic surgeon H.F.Hospital

# 2005-10-27 to 2007-04-18

# Associate Professor FU Medical College

# 2005-02-13 to 2005-10-25

# Orthopedic Surgeon Fauji Foundation Hospital .Rawalpindi

# 2004-04-18 to 2005-02 -20

# Assistant Professor Orthopedics F U Medical College

# 2004-04-01 to 2005-02-10

# Assistant Professor Orthopedics R.M.C.

# 1999-12-18 to 2003-07-28

# Assistant Professor Orthopedics IIMC

# 1998-11-01 to 1999-12-17

# Assistant Professor Orthopedics R.M.C.

# 1996-12-05 to 1998-05-08

# Senior Registrar Orthopedics H.F.Hospital, Rawalpindi.

# 1996-04-18 to1996-12-10

# Assistant Professor RMC Rawalpindi

# 1996-02-10 to1996-04-17

# Consultant Orthopedics Surgeon, D.H.Q Hospital .Rawalpindi.

# 1992-08-12 to1995-12-06

# Registrar Orthopedics, P.I.M.S.

# 1989-02-02 to1992-07-07

# Medical Officer Pathology Rawalpindi General Hospital

# 1987-06-05 to 1987-09-20

# Registrar Orthopedics Rawalpindi General Hospital

# 1985-01-09 to1987-06-24

# Causality Medical Officer Rawalpindi GENERAL HOSPITAL

# 1983-01-09 to 1983-04-18

# Resident Medical Officer (Surgery) Rawalpindi General Hospital

# 1983-04-19 to1985-01-08

**House Job G. Surgery HOLY FAMIY, .HOSPITAL Rawalpindi,**

1982.-04-02 to 1983-01-07

***EDUCATION***

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| **Master of Science**  Pain Medicine | 2011-2013 | **Riphah International**  **University**- Rawalpindi Pakistan |
|  |  |  |
| **Masters of Science**  Orthopedics | 1991-1995 | **Quaid-e-Azam University** |
| **Diploma in Orthopedics** | 1987-1988 | **University of Vienna**  Wien, Wien |
| **MBBS**  ***LANGUAGES*** | 1975-1982 | **King Edward Medical College**  Pakistan |

Fluent in Urdu, English, Punjabi and Reading Arabic

***AFFILIATIONS***

* + - Member of Pakistan Orthopaedic Association
    - Member of American Medical Society in Vienna, Austria
    - Member of Pakistan Medical and Dental Council

***PUBLICATIONS***

* + - * **Sheikh, S.I**, Khan, A., & Iqbal, J. (2011). **Minimally invasive window procedure for the treatment of congenital Talipes Equinovaris**. *Journal Of Rawalpindi Medical College*, *15*(2).68-71
      * **Sheikh, S.I**., Basit, A.H., Iqbal, J., Shaikh, S.S., & Shaikh, I.S. **Treatment of Colle ' s**

**Fracture with Wrist Immobilization in Palmar flexed & Dorsiflexed Position**.*Journal Of Islamic International Medical College*

* + - * Shakil Ur Rehman, S., **Sheikh, S.I**, & Danish, K. (2012). **The role of early mobilization in prevention of post-operative wound infections after lower extremity orthopedic surgeries**. *Journal Of Islamic International Medical College*, *7*(1), 63-66.
      * **Sheikh, S. I**. (2013). **Image Assisted Percutaneous Intramedullary Fixation of Radius and Ulna Shaft Fractures in older Children**. *Journal of Rawalpindi Medical College*,

*17*(1), 39-41

* + - * **Sheikh, S.I,** Ahmed, A., Javaid, S., Basit, A., Sohail Sheikh, I., Sohail Sheikh, S. and Sohail Sheikh, Z. (2012**). Comparison of Suprascapular Nerve Block & Intra-articular Injection in the treatment of Frozen Shoulder***. Journal of Islamic International Medical College, pp.76-81.*
      * S**heikh, S.I**, Basit, A., Iqbal, J., Sohail Sheikh, S. and Sohail Sheikh, I. (2011).**Treatment of Colle's Fracture with Wrist Immobilization in Palmar flexed & Dorsiflexed Position.** Journal *of Islamic International Medical College, pp.26-34.*
      * **Sheikh, S.I**, Muhammad Ullah, Arab Khan, Javed Iqbal. **Ender’s Nail For Diaphyseal Long Bone Lower Limb Fractures In Children.** *Journal of Rawalpindi Medical College, 16(1)*
      * **Sheikh, S.I,** Javed Iqbal, Osama Jawaid Niazai, Shahzad Yaqoob**. Experience Of Management Of Congenital Talepes Equino Varus By Turco Procedure.** *Journal Of Islamic International Medical College, Vol 5.*
      * **Closed reduction and percutaneous pinning of supracondylar fracture of humerus in children (pak arm forces MEdj 2014,64, (1) 29-***33)*
      * Raja Adnan Ashraf, **Sohail Iqbal Sheikh**, Nabeel Sabir**. Comparison between Hydro Dilatation and Intra Articular Steroid Injection in Patients with Frozen Shoulder in Term of Pain Relief and Range of Movement**. *Journal Of Islamic International Medical College* Vol. 14, No.3 (2019)
      * Raja Adnan Ashraf, Ahmed Javed, Kamran Asghar, Ayesha Amin, & **Sohail Iqbal Sheikh**. (2021**). Comparison of Dynamic Hip Screw and Proximal Femoral Nail in Intertrochanteric Femur Fractures**. *Journal of Pakistan Orthopaedic Association*, *33*(03), 101–106 (2021).
      * Raja Adnan Ashraf, Kamran Asghar, Ahmed Javed, **Sohail Iqbal Sheikh**, Syed Moosa Haider, Muhammad Salim. **COMPARISON OF CLOSED VS OPEN INTERLOCKING NAILING OF FEMUR IN TERMS OF DURATION OF SURGERYAND RATE OF INFECTION**. Foundation University Medical Journal Vol. 5 No. 1 (2022).
      * **TO COMPARE THE EFFECTIVENESS OF PLATELET RICH PLASMA VS STEROID INJECTION IN THE MANAGEMENT OF PLANTER FASCITIS.** Research In process (2023)
      * **COMPARISON OF OUTCOME OF THREE DIFFERENT APPROACHES FOR SUPRACONDYLAR HUMERUS FRACTURES IN CHILDREN.** Research In process (2023)
      * **EFFECTIVENESS OF FASCIA ILIACA BLOCK FOR PREOPERATIVE AND POSTOPERATIVE ANALGESIA IN NECK OF FEMUR FRACTURES PATIENTS.** Research In process (2023)
      * **TO COMPARE THE OUTCOME OF PATIENTS WITH FEMORAL SHAFT FRACTURES TREATED WITH FLEXIBLE INTRAMEDULLARY NAILING AND HIP SPICA CAST.** Research In process (2023)

**CASE STUDY**

* Sohail Sheikh, D.orth. M.Aslam Piracha, f.r.c.s.Neglected Anterro-Interior Dislocation of the Hip. Journal of Pakistan Institute of Medical Sciences Vol . 1. No.. 2.