

Mitchel

MEDICAL DOCTOR

CONTACT

+62 81280968697

mitchelx42@gmail.com

Bandara Mas, Tangerang

ORGANIZATION

2017 – 2018	Staff of the Curriculum Division, PTBMMKI Region 2
April 2018	**PTBMMKI Region 2 event** Staff of Seminar and Joint Training "Jungle Rescue"
2017 – 2019	Medical Search and Rescue (MEDISAR) Atma Jaya

ACHIEVEMENTS

2018 Regional Medical Olympiad (RMO) - 2nd place

2019 Advisor for the International and Regional Medical Olympiad at Atma Jaya University

2021-2022 International Medical Olympiad (IMO) - Semifinalist

Aug 2023 **Popular Health article (Koran Kompas)**

- Keseleo Atau Patah Tulang?
- Kembali Aktif Setelah Cedara Tendon Achilles
- Tips Memilih Sepatu Untuk Anak

Nov 2023 **COE 71 - Scientific poster**
Twelve Weeks Rehabilitation Protocol In The Management Of Chronic Extensor Hallucis Longus Rupture Repaired With Autograft Semitendinosus Tendon

Jun 2024 **COE 72 - Scientific podium presentation**
Robotic Pedicle Screw Placement for Minimal Invasive Thoracolumbar Spine Surgery: a Technical Note

Aug 2024 **IOSSMA 2024 - Scientific poster**
Return to sports following arthroscopic bankart repair: a narrative review

Nov 2024 **KONKER PABOI 2024 - Scientific podium presentation**
Elbow Stiffness Due to Malunited Capitellum Fracture: A Case Report and the Role of 3D Printing in Surgical Managemen

Nov 2024 **Best case report in JOTI 2023-2024**
Acute traumatic bilateral anterior shoulder dislocation in a geriatric patient: a case report

PERSONAL PROFILE

Assistant Researcher at Gatam Institute, EKA Hospital BSD.

Indonesian-licensed General Practitioner at Clinic Pratama IBUNDA, Tangerang

EDUCATIONAL HISTORY

2016-2023	**Medical Doctor** Faculty of Medicine and Health Sciences, Atma Jaya Catholic University of Indonesia

EMPLOYMENT HISTORY

June-Aug 2023	**Observer** St. Carolus Hospital
2023-2024	**Internship** Islam Hospital, Jombang Kabuh Community Health Center, Jombang
2024 – present	**Assistant Researcher** Gatam Institute, Eka Hospital, BSD, Tangerang **General practioner** Clinic Pratama IBUNDA, Tangerang

SOCIAL SERVICES

2017-2018	**Member of disaster management team** • Lombok earthquake (2018) • Cosmetics warehouse fire (2017)
2017-2025	**Member of charity event** • Pekan akhir sosial (2017) • Healthcare personnel at a circumcision event (2023) • General medical in Parung Panjang, Bogor. (2023) • Medventure Sadar Metabolik, Muara Indah, North Jakarta (2025)

JOURNAL PUBLICATION

1. June 2022: Effect of Aerobic Dance Vs Static Cycling on Anthropometric Measures, Cholesterol, and Blood Glucose in Type 2 Diabetes Mellitus: A Randomized Controlled Trial (**Q3**)
2. Aug 2023: Doctor, Will My Sleep Improve After The Rotator Cuff Surgery?
3. Oct 2023: A 12-Week Rehabilitation Protocol for the Management of Chronic Extensor Hallucis Longus Rupture Repaired with an Autograft of the Semitendinosus Tendon
4. April 2024: Return to sports following arthroscopic Bankart repair: a narrative review
5. June 2024: Acute traumatic bilateral anterior shoulder dislocation in a geriatric patient: a case report
6. June 2024: Precision in Total Knee Replacement: A Technical Note on the VELYS Robotic-Assisted Tibial-Femoral Approach
7. Aug 2024: Returning to Sport After Anterior Cruciate Ligament Reconstruction in Active Non-Athlete Individual: A Literature Review
8. Sept 2024: Elbow Stiffness Due to Malunited Capitellum Fracture: A Case Report and the Role of 3D Printing in Surgical Management (**Q3**)
9. Jan 2025 : Robotic-assisted total knee replacement: pioneering precision and the future of joint reconstruction - EDITORIAL (**SINTA 1**)
10. Jan 2025: Misdiagnosed in double primary tumors: a case report (**SINTA 3**)
11. Jan 2025: Robotic Pedicle Screw Placement for Minimal Invasive Thoracolumbar Spine Surgery: a Technical Note (**Q2**)
12. June 2025: Reconstruction Alone Versus Hardware-Augmented Reconstruction in Chronic High-Grade AC Joint Dislocation: A Systematic Review of Treatment Outcomes (**Q3**)
13. June 2025: The feasibility of robotic navigation in single position oblique lateral spine surgery. A technical note and a retrospective study (**Q2**)

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ACHIEVEMENTS

Feb 2025 **IFAF 2025 - Scientific poster**
Plantar pressure Profile in Indonesian Recreational Runners

Apr 2025 **Biennial meeting INASES 2025 - Scientific poster**
Elbow Stiffness Due to Malunited Capitellum Fracture: A Case Report and the Role of 3D Printing in Surgical Managemen

May 2025 **COE 73 2025 - Scientific poster presentation**
Plantar Pressure Profile in indonesian Recreational Runners

Aug 2025 **IOSSMA 2025 - Scientific podium presentation**
Foot Morphology Profile in Indonesian Recreational Runners

Nov 2025 **23rd Congress IOA 2025 - Scientific poster presentation**
Biportal Endoscopic Interlaminar Resection of Lumbar Facet Cyst: A Technical Note

JOURNAL PUBLICATION

14. Aug 2025: Biportal Endoscopic Interlaminar Resection of Lumbar Facet Cyst: A Technical Note (**Q2**)
15. Sept 2025: Surgical outcomes and complication rates in severe scoliosis: a systematic review (**Q1**)
16. Oct 2025: Non-traumatic Medial-Sided Elbow Pain: A Comprehensive Review of Etiologies, Diagnostic Strategies, and Treatment Approaches
17. Nov 2025: Foot Morphology Profile in Indonesian Recreational Runners
18. Des 2025: A Mixed Osseous-Fibrous Talocalcaneal Coalition With a Posterior Extra-articular Bridge in a Nine Year-Old: Resection via a Posteromedial Approach Augmented With Fat Interposition
19. Jan 2026: Malformasi Vena pada Pergelangan Tangan Yang Menyerupai Kista Ganglion: Sebuah Laporan Kasus
20. Jan 2026: En Bloc Discectomy via Anterior Lumbar Approach: A Technical Note (**Q1**)
21. Feb 2026: Association Between Possible Sarcopenia and Fracture Risk Assessment Tool (FRAX)-Estimated Fracture Risk Without Bone Mineral Density in Institutionalized Older Adults: A Cross-Sectional Study
22. March 2026: Sequential Pancreatitis and Diverticulitis Following Elective Anterior Lumbar Disc Replacement: A Case Report of a Rare Postoperative Domino Effect (**Q3**)
23. March 2026: Radial Head Stabilization After Ulnar Lengthening in Type IVB Multiple Hereditary Exostoses: A Pediatric Case Report Using a Limb Reconstruction System and Fixation Button (**Q3**)
24. March 2026: Staged Surgical Management of Chronic Calcaneal Osteomyelitis with Achilles Tendon Loss: A Case Report (**Q3**)
25. ongoing: A Soft Tissue Osteochondrolipoma of the Lateral Ankle: A Case Report and Clinical Insight
26. ongoing: Periumbilical Anterior Retroperitoneal Approach for Lumbar Disc Replacement: Technical Description and Early Experience
27. ongoing: Arthroscopic Treatment of Synovial Chondromatosis in the Ankle: A Case Report of Rare Location

SEMINARS/WORKSHOP

1. 21 November 2020: Update in orthopaedic upper and lower extremity
2. 5 Desember 2020: Update in orthopaedic degenerative and sport injury cases
3. 19 December 2020: Update in orthopaedic pediatric and oncology cases
4. 15 Jan-7 March 2021: Meta analysis & systematic review using open softwares courses
5. 6 March 2021 : Current Update in Spine Problem, PABOI North Sumatra Webinar Series
6. 20 March 2021 : Orthopaedic oncology for GP : management and prognosis webinar series
7. 12 August 2023 : Seminar and Workshop in Jakarta Comprehensive Orthopaedic Seminar and Training (JACOST)
8. 4-5 August 2023: Seminar in Combined Scientific Meeting INASES & INAFAS
9. 22-25 November 2023: Bali. COE 71st Indonesian Orthopaedic Association.
10. 28-1 June 2024: Padang. COE 72nd Indonesian Orthopaedic Association.
11. 1-2 August 2024: 12th Annual Meeting Of IOSSMA 2024
12. 10-11 August 2024: Seminar and Workshop Advanced Trauma Life Support
13. August 2024: Seminar and Workshop Advanced Cardiac Life Support
14. 20-22 November 2024: 16th Working Conference of Indonesian Orthopaedic Association (IOA) - KONKER PABOI (Comprehensive Risk Management in Orthopaedics From Bench to Bed From the Expert Experiences Down to the Evidence Based Point of View)
15. 23 November 2024: Workshop training on trainee INASES
16. 6-7 February 2025: Symposium Indonesian foot and ankle forum 2025 start off the right foot
17. 25-26 April 2025: Symposium biennial meeting INASES 2025 "Advance the Science And Art Of Shoulder And Elbow Care"
18. 8-9 May 2025: Surabaya. COE 73rd Indonesian Orthopaedic Association.
19. 28-29 August 2025: The 13 th Annual Meeting Of ASSA combined meeting with The 5th Congress And The 13th Annual Meeting Of IOSSMA
20. 11-14 Nov 2025: 23rd National Congress of Indonesian Orthopaedic Association (IOA)
21. 9-11 Apr 2026: Jakarta Orthopaedic Innovative Training and Symposium (JOINTS) 2026