

# Mr Dishan Singh

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Mr Dishan Singh MBChB FRCS (Orth)

### Position:

Consultant Orthopaedic Surgeon  
Clinical Lead and Director, Foot and Ankle Unit  
Honorary Senior Lecturer, UCLH, University of London

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**Specialties:**

Foot and Ankle Surgery

**Specialist clinical interests:**

Neurological foot problems, flat foot, pes cavus (high arched foot) bunions, lesser toe deformities, heel pain, plantar fasciitis, tendon disorders.

**Professional profile:**

Mr Singh studied medicine at Manchester Medical School graduating in 1983. He obtained Fellowship of the Royal College of Surgeons of England in 1988 and then proceeded to specialist orthopaedic training at the Royal London Hospital and the Royal National Orthopaedic Hospital during which he spent one year on a research fellowship from the British Orthopaedic Association to study the effects of free radicals on joint inflammation and prosthetic implant loosening.

He was appointed as a clinical senior lecturer in 1995, within the UCL Institute of Orthopaedics and Musculoskeletal Science with clinical commitments at the Royal National Orthopaedic Hospital and Barnet General Hospital. He took leave in 1996 to do a foot and ankle fellowship in Texas, USA and, on his return, set up with John Angel the foot and ankle unit of the Royal National Orthopaedic Hospital where he now works full time and is director of the unit. He is also an **honorary senior lecturer in orthopaedics** at the Royal Free Hospital, London and University College Medical School, University of London. Mr Singh is heavily involved in training and set up the first foot and ankle fellowship in England with over a dozen of past fellows now in post as consultant orthopaedic surgeons with an interest in foot and ankle surgery. The Stanmore Foot and Ankle course continues to educate national and international orthopaedic surgeons in advanced foot and ankle surgery and he lectures nationally and internationally to orthopaedic surgeons, rheumatologists, general practitioners, nurses and professions allied to medicine. More recently, he has become involved in the training and regulation of the profession of physician assistants, a new profession in the United Kingdom.

Mr Singh is a past –president of the British Orthopaedic Foot and Ankle Society and is a referee for many international orthopaedic journals. He is an advisor to the National Institute for Health and Clinical Excellence (NICE) and is a specialist advisor to BMJ Clinical evidence. He has authored several text books and is currently editing the foot and ankle section of the European textbook of Orthopaedics and Trauma. He was instrumental in the introduction of modern foot and ankle surgery techniques (such as Scarf osteotomy, Weil osteotomy and pes cavus correction) to the United Kingdom and has also innovated on surgical techniques himself. He has also set up a multi-disciplinary approach to patient care within the foot and ankle unit where patients are seen not only by doctors but also by nurses and therapists during their journey.

**Education and training:**

1983 MBChB, Manchester

1988 FRCS - Royal College of Surgeons of England

1995 FRCS (Orth)

1996 CCST (Certificate of Completion of Specialist Training)

## Memberships:

General Medical Council (GMC)  
Royal College of Surgeons (England)  
British Orthopaedic Association  
British Orthopaedic Foot and Ankle Society (BOFAS)  
European Foot and Ankle Society (EFAS)  
American Orthopaedic Foot and Ankle Society (AOFAS)

## Publications:

1. **Singh D**, Nazhat NB, Freeman MAR, Blake D. Electron spin resonance spectroscopic demonstration of the generation of reactive oxygen species by diseased human synovial tissue following ex vivo hypoxia-reoxygenation. *Annals of the Rheumatic Diseases* 1995; 54: 94-99.
2. **Singh D**, Bentley G, Trevino SG. Callosities, corns and calluses. *BMJ* 1996; 312: 1403-1406.
3. **Singh D**, Angel JC, Bentley G, Trevino SG. Plantar fasciitis. *BMJ* 1997; 315: 172-175.
4. Yeap JS, **Singh D**, Birch R. A method for evaluating the results of tendon transfers for foot drop. *Clin Orthop* 2001; 383: 208-213
5. Yeap JS, **Singh D**, Birch R. Tibialis posterior tendon dysfunction: a primary or secondary problem? *Foot and Ankle Int* 2001; 22: 51-55.
6. Zammit J, **Singh D**. The peroneus quartus muscle – incidence and clinical significance. *J Bone Joint Surg (Br)* 2003; 85-B:1134-7.
7. Kohls-Gatzoulis JA, Haddad F, Berry G, Livingstone J, Angel JC, **Singh D**. Tibialis posterior insufficiency . *British Medical Journal* 2004; 2004;329:1328-1333.
8. Saifuddin A, Abdus-Samee M, Mann C, **Singh D**, Angel JC. CT guided diagnostic foot injections. *Clinical Radiology* 2005; 60:191-195.
9. Hassouna HZ, **Singh D**. Morton's metatarsalgia: pathogenesis, aetiology and current management. *Acta Orthopaedica Belgica* 2005; 71:646-655.
10. Houlden H, Charlton P, **Singh D**. Neurology and orthopaedics. *J Neurol Neurosurg Psychiatry*. 2007; 78:224-232.
11. Hassouna Z, **Singh D**, Taylor H, Johnson S. Ultrasound guided steroid injection in the treatment of interdigital neuralgia. *Acta Orthopaedica Belgica* 2007; 73:224-229.
12. Patten L, **Singh D**. Setting up a nurse-led patient forum to inform choice. *Nursing Times* 2008; 104: 5 34-35.
13. Tai CC, Ridgeway S, Ramachandran M, Ng VA, Devic N, **Singh D**. Patient expectations for hallux valgus surgery. *J Orthopaedic Surgery* 2008; 16: 91-95.
14. Madhav RT, Kampa RJ, **Singh D**, Angel JC. Cobb procedure and Rose calcaneal osteotomy for the treatment of tibialis posterior tendon dysfunction. *Acta Orthopaedica Belgica*; 2009; 75:64-69.
15. Nguyen C, **Singh D**, Harrison M, Blunn G, Herman A, Dudkiewicz I. Biomechanical properties of new mini compression screws. *Foot and Ankle Int* 2009; 30: 545-550 .
16. Kohls-Gatzoulis J, Woods B, Angel JC, **Singh D**. The prevalence of symptomatic posterior tibialis tendon dysfunction in women over the age of 40 in England. *Foot Ankle Surg* 2009;15: 75-81.
17. Kazzaz S, **Singh D**. Postoperative cast necessity after a Lapidus arthrodesis. *Foot and Ankle Int* 2009; 30: 746-751.
18. **Singh D**, Dudkiewicz I. Lengthening of the shortened first metatarsal after Wilson's osteotomy for hallux valgus. *JBSJ (Br)* 2009;91B:1583-1586.

19. Parker L, **Singh D**. Principles of foot and ankle fusion. *Orthopaedics and Trauma* 2009; 23:385-394.
20. Amin A, Cullen N, **Singh D**. Rheumatoid forefoot reconstruction. *Acta Orthop. Belg.*, 2010; 76: 289-297,
21. Chimutengwende-Gordon M, O'Donnell P, **Singh D**. Magnetic Resonance Imaging in Plantar Heel Pain: night pain and calcaneal oedema. . *Foot and Ankle Int* 2010; 31: 865-870.
22. Williams T, Cullen N, Goldberg AJ, **Singh D**. SPECT-CT imaging of obscure foot and ankle pain. *Foot Ankle Surg* 2011;17: in press.

## **Books**

1. **Singh D**. Biology of cartilage. In: Barrett D, ed. *Essential Basic Sciences for Orthopaedics*. London: Butterworth-Heinemann, 1994.
2. Trevino SG, Murphy GA, **Singh D**. Sports-related disorders of the foot and ankle. In: Janisse D, ed. *Introduction to pedorthics*. Pedorthic Footwear Association, 1998.
3. **Singh D**, Hashemi-Nejad A (eds). *Management of spinal disorders*. Netherlands etc: Harwo-od Academic Publishers, 1998.
4. **Singh D**, Birch R. Principles of management of fractures, joint injuries and peripheral nerve injuries. In: Henry MM, Thompson JN, eds. *Clinical Surgery*. WB Saunders, 2001.
5. *Common disorders of the foot and ankle*. STEP Course. Royal College of Surgeons of England. London, 2002
6. **Singh D**, Lavy C, Bentley G. Orthopaedics. In: Hobsley M, ed. *Pathways in surgical management*. 3rd edition. London: Edward Arnold, 2002.
7. CD ROM on Sports Injuries of the foot, ankle and lower leg. Primal pictures. London, 2002.
8. Logan BM, **Singh D**, Hutchings RT. *McMinn's Color Atlas of Foot and Ankle Anatomy*. 3rd edition. London: Mosby, 2004.
9. **Singh D**, Birch R. Principles of management of fractures, joint injuries and peripheral nerve injuries. In: Henry MM, Thompson JN, eds. *Clinical Surgery* 2nd edition. WB Saunders, 2004.
10. Surgery chapter. In: Isitt J. *Charcot-Marie-Tooth – a practical guide*. London: Resonant Media, 2006.
11. Madhav R, Eastwood D, **Singh D**. Biomechanics and joint replacement of the foot and ankle. In: Ramachandran R, ed. *Basic Orthopaedic Sciences, the Stanmore Guide*. London: Hodder Arnold, 2007. (also associate editor of whole book)
12. James L, **Singh D**. Surgery of the ankle. Briggs T, Miles J, Aston W. *Operative Orthopaedics, the Stanmore Guide*. London: Hodder Arnolt, 2010.
13. Clint S, **Singh D**, Birch R. Principles of management of fractures, joint injuries and peripheral nerve injuries. In: Henry MM, Thompson JN, eds. *Clinical Surgery* 3rd edition. WB Saunders, 2010.

## **Peer-reviewed articles in scientific journals (FULL)**

1. **Singh D**, Nazhat NB, Freeman MAR, Blake D. Electron spin resonance spectroscopic demonstration of the generation of reactive oxygen species by diseased human synovial tissue following ex vivo hypoxia-reoxygenation. *Annals of the Rheumatic Diseases* 1995; 54: 94-99.
2. **Singh D**, Bentley G, Trevino SG. Callosities, corns and calluses. *BMJ* 1996; 312: 1403-1406.
3. McGarvey WC, **Singh D**, Trevino SG. Partial Achilles tendon ruptures associated with fluoroquinolone antibiotics: a case report and literature review. *Foot and Ankle International* 1996; 17: 8-10.
4. **Singh D**, Angel JC, Bentley G, Trevino SG. Plantar fasciitis. *BMJ* 1997; 315: 172-175.
5. **Singh D**. When patients present with an “ankle sprain”. *Pulse* 1997; 57 ( 27): 72.

6. Patel VR, **Singh D**, Calvert PT, Bayley JIL. Arthroscopic shoulder decompression: results and factors affecting outcome. *J Shoulder Elbow Surg* 1999; 8: 231-237.
7. Haddad FS, Bartlett M, **Singh D**. The sequelae of posterior talar fractures. *Injury* 2000; 31: 107-111.
8. **Singh D**. Stress fractures of the tibia in the middle-aged. *Pulse* 2000; 60(50): 80.
9. Yeap JS, **Singh D**, Birch R. A method for evaluating the results of tendon transfers for foot drop. *Clin Orthop* 2001; 383: 208-213
10. Yeap JS, **Singh D**, Birch R. Tibialis posterior tendon dysfunction: a primary or secondary problem? *Foot and Ankle Int* 2001; 22: 51-55.
11. Yeap JS, **Singh D**, Birch R. Long-term results of tibialis posterior tendon transfer for foot drop. *International Orthopaedics* 2001; 25:114-118.
12. **Singh D**. Diagnosing common disorders of the feet. *The Practitioner* 2001;245:452-456.
13. Kohls-Gatzoulis JA, **Singh D**, Angel JC. Tibialis posterior insufficiency occurring in a patient without peronei: a mechanical aetiology. *Foot and Ankle Int* 2001; 22:950-952.
14. Clint S, **Singh D**, Saifuddin A. Posterior impingement of the ankle due to myositis ossificans. *Foot and Ankle Surgery* 2003; 9:137-140.
15. Zammit J, **Singh D**. The peroneus quartus muscle – incidence and clinical significance. *J Bone Joint Surg (Br)* 2003; 85-B:1134-7.
16. Jackson M, **Singh D**. Total ankle replacement. *Current Orthopaedics* 2003; 17:292-298.
17. **Singh D**. Ottawa ankle rules: Patients with ligamentous injury need better treatment in Britain. *BMJ* 2003;326:1147.
18. Madhav R, **Singh D**. Re: Scarf osteotomy, the dark side. *Foot and Ankle International* 2003; 24:572
19. **Singh D**, Carrington R. Common soft tissue injuries and disorders. *Surgery* 2004; 22:37-39.
20. Ridgeway S, Lee C, Tai C, **Singh D**. Malignant multifocal haemangio-endothelioma of the lower leg. *Foot and Ankle Surgery* 2004;10:75-78.
21. Malik AK, **Singh D**. Intermittent acute dorsal foot pain secondary to a talonavicular osteophyte. *The Foot* 2004;14:113-115.
22. Ridgeway S, Tai C, **Singh D**. A case report of brachydactyly types D and E: a new variation of brachydactyly. *Foot and Ankle Int* 2004; 25:419-422.
23. Kohls-Gatzoulis JA, **Singh D**. Tibialis posterior dysfunction as a cause of flatfeet in elderly patients. *The Foot* 2004;14: 207-9.
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25. Panchbhavi VK, **Singh D**, Trevino SG. Clinical Tip: Distraction technique for restoring length of the fibula in ankle fractures. *Foot and Ankle Int* 2005; 26:501-502.
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29. Dudkiewicz I, **Singh D**, Blankstein A. Missed diagnosis fracture of the proximal fifth metatarsus – the role of ultrasound. *Foot and Ankle Surgery* 2005;11:161-166.
30. Cullen NP, Angel J, **Singh D**, Smith J, Dudkiewicz I. Clinical tip: revision first metatarsophalangeal joint arthrodesis for sagittal plane malunion with an opening wedge osteotomy using a small fragment block plate. *Foot and Ankle Int* 2005; 26:1001-3.
31. Cullen NP, **Singh D**, Clowry O, Dudkiewicz I. Symptomatic nonunion of second metatarsal stress fracture following talo-navicular arthrodesis. *Foot and Ankle Surgery* 2005;11:203-205.

32. Hassouna HZ, **Singh D**. Morton's metatarsalgia: pathogenesis, aetiology and current management. *Acta Orthopaedica Belgica* 2005; 71:646-655.
33. Cullen NP, **Singh D**. Plantar fasciitis: a review. *Brit Journal Hospital Medicine* 2006; 67:72-76.
34. Ritchie J, **Singh D**. Commentary on the clinical diagnosis of Achilles tendon rupture. *Foot and Ankle Int* 2006; 27:1161-2.
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39. Jowett C, **Singh D**, Mitra P, O'Donnell P. Synovial Lipomatosis of Hindfoot Tendon Sheaths: Case Reports and Literature Review. *Foot and Ankle Int* 2008; 29: 752-755.
40. Madhav RT, Kampa RJ, **Singh D**, Angel JC. Cobb procedure and Rose calcaneal osteotomy for the treatment of tibialis posterior tendon dysfunction. *Acta Orthopaedica Belgica*; 2009; 75:64-69.
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44. Parker L, **Singh D**, Biz C. The "dot-in-circle" sign in Madura Foot. *Journal of Foot and Ankle Surgery* 2009;48:690.
45. **Singh D**, Dudkiewicz I. Lengthening of the shortened first metatarsal after Wilson's osteotomy for hallux valgus. *JBJS (Br)* 2009;91B:1583-1586.
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48. Amin A, Cullen N, **Singh D**. Rheumatoid forefoot reconstruction. *Acta Orthop. Belg.*, 2010, 76, 289-297,
49. Jowett C, **Singh D**. Osteoid Osteoma of the Great Toe: A case report. *Foot and Ankle Surgery* 2010;16: e12-e15.
50. **Singh D**, Biz C. Pseudotumour of the foot due to hypermobility of the first ray. *Foot and Ankle Surgery* 2010;16: e40-e43.
51. Chimutengwende-Gordon M, O'Donnell P, **Singh D**. Magnetic Resonance Imaging in Plantar Heel Pain: night pain and calcaneal oedema. . *Foot and Ankle Int* 2010; 31: 865-870.
52. Williams T, Cullen N, Goldberg AJ, Singh, D (2011) SPECT-CT imaging of obscure foot and ankle pain. *Foot Ankle Surg* (2011), doi:10.1016/j.fas.2011.01.009 (In press)

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