Curriculum Vitae

Winyou Ratanachai, M.D.

Nationality: Sex: Male

Tel(662) 02-222-222

Email: toywinyou@yahoo.com

Address: Samitivej Srinakarin Hospital, Bangkok

Expertise:

Orthopedics and Orthopedic Surgery

Specializes in shoulder, knee and hip arthroscopic surgery, sports injuries, all level of ligament and cartilage repair. From cartilage regeneration to living osteochondral and meniscus transplant.

Education and Training:

1990-1992 Fellowship: MCh (Orth.): University of Liverpool

1987-1989 Board: Proficiency in orthopaedics: Bhumipol Adulyadej Hospital

1976-1983 MD: Chulalongkorn University 1974-1975 High School: Triamudomsuksa School

Clinical experiences:

Winyou Ratanachai, M.D., is a board-certified orthopedic surgeon with over 30 years of experience. He further mastered an MCh Orth in Orthopaedic Surgery at the University of Liverpool, UK, and completed clinical training at the Royal Liverpool Hospital and San Diego Shoulder Institute. With over 30 years of experience, he has held key academic and leadership roles, including serving as Chairman of the Orthopaedics Basic Science training course and examination under the Royal College of Orthopaedic Surgeons of Thailand.

Throughout his career, Dr. Winyou has international experience spanning areas such as shoulder and knee arthroscopy, shoulder replacement, and complexed trauma care. He is recognized for developing innovative repair techniques such as the “B-Stitch” and “X-Square” methods for meniscus repair. He initiated a concept of 3-dimension repair of the meniscus describing suture mechanic to repair the meniscus with minimal disturbance of blood supply and inducing marrow stem cell to the repair site. He is a part of the team who pioneer a living osteochondral transplant to restore irreparable injury of the cartilage and ligaments in Thailand. His attitude of treatment went beyond just repair to reinforcement to maximize the patient’s function, both conservatively and surgically, has attracted many world champions and doctors under his care. His extensive publications and research contributions have shaped practices in sports orthopedics and cartilage regeneration.

His expertise includes:

Arthroscopic surgery of the shoulder, knee, and hip

Treatment of shoulder instability, load sharing repair of rotator cuff tear, collagen patch reinforcement and shoulder replacement (primary and revision)

Non-operative and joint preservative treatment of knee osteoarthritis

Advanced meniscus repair techniques (e.g., B-Stitch, X-Square) meniscus and living osteochondral transplant.

Management of simple/complex sports injuries and adult orthopedic trauma

Researches and publications:

1988 Liver Packing in severe hepatic injuries (The awarded Resident Paper: BAH 1988)

1989 Physical properties of used plate (The awarded Resident Paper: TOA 1989)

1990 Bone Healing in Head Injuries Patient: an animal study (MCh.Orth. Thesis)

1995 Self Limp Lengthening system: this was a study of a self lengthening nail, both in vitro and in vivo (in cows) 1996 Hospital Accreditation in Bhumipol Adulyadej Hospital

1996 Patient Adjustable/Exercise Brace. A study of newly designed Brace that introduce a new principle of correction of stiffness and at the same time improving muscle function. By using the principle of tissue adaptation to force and body's to most reliable preventive mechanism, the design allow fastest and safest recovery of joint function. The result of some cases even exceed those by surgery.

2001 Computer aided Distal Screw fixation this study is based on an assumption that an x-ray image is transferred to the computer as an image features, the computer can analyze the position of the axis of an oval-appeared image of the distal screw hole. All of variables may be used to suggest screw fixation or, in the future, control mechanical models that automatically insert the distal screw. The study was

2002 Cuff strengthening exercise and the throwing athlete. This paper is designed to improve throwing and prevent cuff related problems in the throwing athletes.

2015 How to Achieve a good documentation in knee arthroscopy procedure

2016 Photo-activated Platelet Rich Plasma injection for knee osteoarthritis

2018 Agreement between plain Radiograph and MRI assessment of Medial Meniscus Extrusion

2019 Circumferential fiber relocation of medial meniscus extrusion in vitro porcine study

2020 The use of Very Small Embryonic-Like Stem cells (VSELs) in cell therapy of human cartilage lesion

2021 “B-Stich” Technique for horizontal meniscus repair (submitted except for publication)

2021 “X-Square” Technique for radial meniscal root tear (submitted except for publication)