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### **Scientific Curriculum Vitae**

Professor Tomasz Karski was born in January 2, 1939 in Rudka / Zwierzyniec / Zamość district (eastern Poland). Primary school in Zwierzyniec, high school in Zamość. In the years 1956–1963 study on Medical University of Lublin. During study he was active member of Students Scientific Orthopedic Association. In the year 1971 become specialist of orthopedic surgery and traumatology of movement apparatus.

In 1972 he become PhD, then in 1982 Associate Professor title.

In 1993 he was nominated to be Professor Ordinaries, by President of Poland.

1995–2009 he was the Director of Chair and Department of Pediatric Orthopedics and Rehabilitation of Medical University of Lublin/Poland.

He is a member of Polish Orthopedic and Traumatology Association (PTOiTr) since 1963. For 12 consecutive years he was elected as Secretary of Lublin Branch (Section) of Polish Orthopedic and Traumatology Association, for 4 years he was Vice-President of the Section and for next 4 years he was President of the Lublin Section. He works in Editorial Board of Polish Hand Surgery, of the Journal of Paediatric Orthopaedics part-B (till 2004) of Biblioteka Ortopedii Dziecięcej (Pediatric Orthopedics' Library) and of the journal Locomotor System – „Pohybové ústrojí“ (Czech Republic).

In the years 2009–2024 he was a Reviewer – Member of Editorial Offices of many Scientific Journals in USA. He is a member of EPOS since 1985 and a member of Société Internationale de Chirurgie Orthopédique et de Traumatologie (SICOT) since 2002.

### **Scholarships abroad**

Orthopedic Departments: Neuruppin (German Democratic Republic – one month every year in years 1963–1972), Heidelberg/Essen (1972 – 10 months) – as DAAD scholarship holder, Budapest, Brno, London, Erfurt, Leipzig, Paris, Bratislava, Vienna, Debrecen, Amsterdam, Szeged, Stolzalpe, Berlin, Hubertusburg, Siebenlehn (as Lecturer – many times), Rummelsberg, Copenhagen, Björred, Heinola, Lubjana, Hong Kong, Beijing.

He was an active participant of many congresses: Hajduszoboszlo, Szekesfehervar, Neubrandenburg, Chemnitz, London, Amsterdam, Montpellier, Leipzig, Erfurt, Paris, Vienna – EPOS / Congress - Oulu, Milano, Beijing, Helsinki. In years 2009–2018 he take active part in Physiotherapy Congresses in London, UK. In years 2018–2023 he take active part “on line” in Congresses in Thailand, Dubai, Madrid, London, Berlin.

He was awarded 39 times for scientific and educational work by the Rector of Lublin Medical University. He received three times award from the Ministry of Health of Poland (1975, 1986, 1993).

He was also awarded with medals: „*Przyjaciół Dziecka*” (1978), “*Medal Pamiątkowy Sześćdziesięciolecia TPD*” and “*Międzynarodowego Roku Dziecka*” (1979), *Złotą Odznakę TWK* (1984), *Złoty Krzyż Zasługi*

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(1987), Medal *im. dr Henryka Jordana* (2000) and Krzyż Kawalerski *Polonia Restituta* (2000) and Medal *Komisji Edukacji Narodowej* (2003), medal *Vincentego Pola* (2010). He is Honorary Member of Orthopedic and Traumatology Association in Hungary, Slovakia, Czech Republic.

Prof. Karski is an active member and coordinator of annual Praga-Lublin-Sydney-St. Petersburg Symposium from 2001. In 2006 he was awarded by Honorary Membership of The Society for Connective Tissues, Czech Medical Association, J.E. Purkyně, in 2008 by a Medal of honour of the Czech Medical Association J.E. Purkyně and in 2009 by a Medal for Clinical and Scientific Merits of The Society for Connective Tissues, Czech Medical Association, J.E. Purkyně. In 2019, on the occasion of his 80th birthday, the Committee of the Czech Medical Association J. E. Purkyně awarded Prof. Karski membership in the Czech Medical Association J. E. Purkyně for his lifelong scientific work and care for paediatric orthopaedic patients. The award was presented by the President of the Czech Medical Association J. E. Purkyně, Professor Štěpán Svačina, MD, DSc. during 6th International Anthropological Congress of Dr. Aleš Hrdlička – 150th anniversary of birth – “All mankind is of one origin” – see photo on the opening page.

In 2003 he was awarded by International Biographical Center Cambridge, England as Outstanding Intellectual of the 21st Century. Since 2005 his name is putting on list in The Contemporary Who's Who of Professionals ABI (USA).

He described the biomechanical etiopathogenesis of the so-called idiopathic scoliosis (1995–2007) and he is the author of a new rehabilitation

treatment of this spine deformity. In the year 1997 he found that all children with scoliosis has the habit to stand 'at ease' only on the right leg and it was deciding for development of "C" 2nd/A scoliosis and "S" 2nd/B group of scoliosis and additional cause of development of "S" 1 group of scoliosis. In 2001 he described two etiopathological groups (1st and 2nd) and in 2004 the 3rd group of the development of so-called idiopathic scoliosis which proved to be crucial for prophylactics and new conservative treatment. In 2006 he described the "model of hips movement" – deciding in "development of every types of scoliosis". In 2007 he found the answer – why the blind children do not have scoliosis and in this year he also described the "indirect influences coming from CNS in small children and their influence for development of scoliosis in future".

He published these clinical findings in numerous polish and foreign publications and also in four books on scoliosis (2000, 2002, 2003 and 2011). His articles have been published also by International Research Society of Spinal Deformities – IRSSD Meetings in Athens (2002), in Ghent (2006) and in Liverpool (2008) and in Poznań (2012). He presented his ideas about etiology of scoliosis during SICOT Congress in Egypt (2002), in Cuba (2004), in Turkey (2005), in Marrakech (2007) and in Prague (2011). In years 2012 – 2014 he attended many Symposia and Congresses IRSSD – in Liverpool, SOSORT – in Wiesbaden, in Hungary, in Czech Republic, in Germany, in Belgium, in England, in Greece, in Egypt. The recent information about so-called idiopathic scoliosis he published in many articles: in 2005, in 2007 and in 2010 in Pan Arab Journal of Orthopedics and Trauma and in 2011 in Spain and in US-China Orthopedic Journal (USA). In the time 2009–2023 he published 255 | LOCOMOTOR SYSTEM vol. 30, 2023, No. 2 / POHYBOVÉ ÚSTROJÍ, ročník 30, 2023, č.

2 many articles – mostly – about etiology, about new classification and new therapy of the so-called idiopathic scoliosis in 64 articles in USA, Canada, Spain, Czech Republic. Others articles – about Minimal Brain Dysfunctions, about Syndrome of Contractures and Deformities – about spine, hips, knees, feet – together in 2009–2023 – 125 articles. All these papers are presented in website [www.ortopedia.karski.lublin.pl](http://www.ortopedia.karski.lublin.pl) in point 17.

### **His scientific interest**

1. **DDH** – etiopathogenesis, new functional treatment at newborn, babies and small children; new concept of femur osteotomy and innominate bone osteotomy of dysplasia hips – here many successes in treatment

2. **Congenital feet deformities (club foot)** – modification of skin incision

3. **Torticollis** – effective early new conservative treatment of new-born and small babies (described in Orthopädische Praxis in Germany and in American Research Journal of Medicine and Surgery). The successfully therapy – only stretching rotation exercises / position – in direction to the wry neck (torticollis) side

4. **Morbus Blount** – explanation of etiology and operative procedures and since 33 years effective conservative treatment children in age of 1.5 – 3 years (described in Orthopädische Praxis in Germany and in Pohybove Ustroji – Locomotor System Journal in Czech Republic and in many articles in USA)

5. **Genua valga** – new operative procedure – “lateral high realize”. The fasciotomy of tractus ilio – tibialis – it was described in Locomotor System Journal edited in Czech Republic

6. **Cerebral palsy (CP)** – concept of new treatment through the RAO method [R – rehabilitation, A – apparatus, O – operation (if needed)]. It was described in the Locomotors System Journal edited in Czech Republic

7. **Perthes disease** – describing of the causes – permanent jumping on the hard surface. Publication about this subject in USA. Title of the article: “*Perthes disease. Etiology. Symptoms. Physiotherapy*”. Publication in International Journal of Orthopedic Research / USA / Kansas / 2021.

8. **Coxarthrosis (arthrosis in hips)** – adults patients, new concept for rehabilitation, new prevention’s methods. This preventive method was presented in many Meetings in many countries. Two articles are published in USA. The paper about “Syndrome of Standing ‘at ease’ on the Right Leg” – presented rules of prophylaxis of the coxarthrosis is publish in Locomotors System in Czech Republic.

9. **Gonarthrosis (arthrosis in knees)** – adults patients, new rehabilitation, new prevention, preventive surgery (simple surgery) – fasciotomy of tracts ilio-tibialis.

10. **Hallux valgus and other foot insufficiency** – adults patients, new rehabilitation, new prevention. Importance of “*toes flexion test*” (described in *Beitrage zur Orthopädie und Traumatologie / GDR*) and in India / UK.

11. **Back pain** – adults patients, new rehabilitation, new prevention and physiotherapy methods.

Many articles about this problem were published in USA and two articles published in Neurologia Praktyczna in Poland.

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12. **Ankle joint distortion syndrome by drivers and passengers** using small cars. Publication – three (3) in USA, one (1) in Czech Republic – in Locomotor System Journal, one (1) in India / UK.

13. **Rehabilitation methods of therapy – in geothermal water** – article published in Locomotor System Journal in Czech Republic (2022).

14. For many years he has preparing the *Scientific – Orthopedic and Rehabilitation Calendar* – sent to many countries and many orthopedic surgeons on the world.

He is author of 7 original orthopedic devices (apparatus).

### **Publications in medical literature**

Author of 6 monographs, author or co-author of 453 papers + many manuscripts after 2009 (plenty in English and in German). In 2011 he published a monograph about aetiology of the so called idiopathic scoliosis and about new treatment and causal prophylaxis of this spine deformity (4th Edition).

### **Foreign languages**

z German (full active)

z English (full active)

z Italian (passive / active)

z French (passive)

z Russian (passive / active).

In the year 2009 he become Professor Emeritus of Medical University. In the years 2009, till now he is working as Professor Lecturer in Vincent Pol University of Lublin, Poland, on Faculty of Physiotherapy. 2009–2018 he was on Orthopaedic Surgeon Consultant in Military Hospital of Lublin.

In years 1977–2018 he was consultant of Sanatorium of Children Orthopaedic Department under name of Dr Janusz Korczak in Krasnobród, Zamość. In 2013–2019 he had the series of lectures for students of University of Dresden and of University in Idstein, in Belgium, in Italy, in Spain (Erasmus)

### **Karski family**

Wife | Jolanta Wójcikowska-Karska MD – ophthalmologist.

Son | Jacek Karski MD PhD – orthopedic surgeon.

Daughter | Catherine Karska – Doctor of English language.

Five grand-daughters and sons:

one grand-daughter – Klaudia Karska MD PhD, specialist in radiology.

Two grand-grand daughters: Julia Antonina live in Warsaw and Zofia Maria Teresa live in Caen, France.

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*Dear Professor Tomasz Karski,*

*On the occasion of your 85th birthday, the members of the Committee of the Connective Tissue Society of the Czech Medical Association J.E.*

*Purkyně and the Committee of the Orthopaedic and Prosthetic Society*

*of the Czech Medical Association J.E. Purkyně wish You good health, happiness and love in the circle of your big beautiful family, many happy patients and students passionate about paediatric orthopaedics and physiotherapy.*

*Thank you for many years of cooperation and friendship.*

From both Medical Societies

**Professor Ivo Marik, MD, Ph.D.**

and

**Petr Krawczyk, MD, Ph.D.**

Ad Multos Annos!