

Scientific Program for Orthopedics

Thursday, 25th July, 2019 » Grand Hyatt Hotel, Santacruz, Mumbai

CHECK IN AND REGISTRATION

7.45 pm

Faculty Dinner

Day 1 • Friday, 26th July, 2019 • Grand Hyatt Hotel, Santacruz, Mumbai

7.30-8.30 am Theme – Evolving Techniques in Knee and Shoulder Sports Injuries

ICL – FREE FOR CONFERENCE REGISTERED DELEGATES – ONLY 35 SEATS EACH

ICL 1	ICL 2	ICL 3	ICL 4
ACL (8 min each) 1. Things I Want Know in Patients with Anterior Instability 2. Inside Out Vs Outside in Drilling of femoral tunnel- Does it make a difference 3. Improving Accuracy in Tibial Tunnel 5. Suspensory Vs Interference fixation on Tibial side- Does it make any difference 6. When standalone ACLR is not enough – Role of LET or Osteotomy	Patellofemoral Instability (8 min each) 1. Clinical aspects which can shape line of management 2. Radiological aspect which will shape line of Management 3. MPFL - anatomy and reconstruction 4. Anteromedialisation of Tibial Tuberosity 5. Is Trochlear dysplasia a cause or effect? Which Trochleoplasty technique is the best?	First Time Shoulder Dislocation in Contact Athlete (8 min each) 1. Approach to first time shoulder dislocation evaluation 2. Role of conservative management 3. Surgery –Which and Why? 4. Contact athlete – Latarjet is it best option 5. Arthroscopic Bankart – whats failure rates?	Basics of PCL R (8 min each) 1. SB Anatomical tunnel placement on femoral side - Current scenario 2. Double Bundle PCL tunnel 3. Safe technique for PCL Tibial tunnel position. 4. All inside sockets – is it the future? 5. Tibial Onlay technique for PCL reconstruction

PLENARY HALL

8.45 am

Welcome by *Organising Chairman and Scientific Chairman*

8.45-9.15 am

LIVE SURGERY 1: BTB - ACL Reconstruction

9.15-10.10 am

Symposia – 1: ACL - Surgical technique (8 min. each)

1. Optimizing graft preparation with Hamstrings, BTB, Q
 2. Improving accuracy of femoral and Tibial tunnel placement
 3. Managing tunnels in obese patients and narrow notches
 4. Reconstruction in patients with Laxity & hyperextension
 5. Graft positioning and fixation in 10 year old child for ACLR
- Discussion – 5 min

10.10-10.40 am

LIVE SURGERY 2: Quadriceps tendon - ACL reconstruction

10.40-10.50 am

Tea Break and Visit to Trade

- 10.50-11.35 am **Symposia 2: Evolving Techniques in ACL Surgery** (8 min. each)
1. Biological and Biomechanical effects of Remnant preservation in ACLR
 2. Deciding between Single Bundle Vs Double Bundle Vs Remanant Preservation
 3. Biologic/ Synthetic augmentation of ACL Graft
 4. Options for improved tibial and Femoral fixation in ACLR
 5. Evolving Techniques –Primary ACL repair – Is it Hoax?
- Discussion – 5 min
- 11.35-12.05 am **LIVE SURGERY 3: ST ACL reconstruction**
- 12.05-12.35 am **Panel Discussion –Breaking Myths and Creating New Thoughts in ACLR**
- 12.35-1.05 pm **Debates** (15 min. each)
- Debate 1. Slope corrections with primary ACLR – is it always necessary? Yes or No
- Debate 2. Adding rotational stability to primary ACLR – ALLR vs LET
- 1.05-1.30 pm **Patellofemoral Instability**
1. MPFL& MPTL reconstruction- Tips and Tricks
 2. Trochleoplasty- Evolving Techniques
 3. Other Bony procedures in PF instability
- 1.30-2.30 pm **Lunch and Industry-backed Product Workshops**

LPW 1	LPW 2	LPW 3	LPW 4
Implant placement in ligament injury (Only Videos) 1. SB ACLR 2. DB ACLR 3. SB PCLR 4. DB PCLR SAW BONE Demo	Cartilage repair (Only Videos) 1. Video-Microfracture 2. Video-OATS- When and why 3. Video-BMAC for cartilage defect- 4. Video-ACI Demonstration	Meniscus Surgery (Only Videos) 1. Video- Menisectomy 2. Video-Meniscus Repair diff tech 3. Video-All inside Meniscus R 4. Video-Meniscus Transplant Demonstration	Double Row Rotator cuff - Videos (Only Videos) 1. Suture bridge 2. Double row RCTR 3. Double row RCTR with Augmentation

<p>Concurrent Knee Session (Hall 1) 2.30-3.15 pm</p> <p>LIVE SURGERY 4: Double Bundle PCL Reconstruction 3.15-4.00 pm</p> <p>Symposia 3: Burning Issues in PCL Surgery (8 min. each)</p> <ol style="list-style-type: none"> 1. Reconstruction in acute scenario 2. Approach and surgical options in chronic laxity 3. Avoiding tunnel coalition in double bundle PCL reconstruction 4. Best autograft options for single and double bundle PCL surgery 5. Overview of the tibial onlay technique <p>Discussion - 5 min 4.00-4.20 pm</p> <p>Case-based Panel Discussion – PCL and Multi-ligament surgeries 4.20-5.00 pm</p> <p>LIVE SURGERY 5: Multi-Ligament Reconstruction 5.00-5.20 pm</p> <p>Symposia 4: Surgical approach and tips: Multi-ligament surgery (8 min. each)</p> <ol style="list-style-type: none"> 1. ACL + PCL 2. ACL + PLC 3. PCL + MCL 4. ACL+PCL+PLC /PMC- KD IV <p>Discussion – 5 min 5.20-5.30 pm</p> <p>High-Tea Break and Visit to trade</p>	<p>Concurrent Shoulder Session (Hall 2) 2.30-3.00 pm</p> <p>LIVE SURGERY SHOULDER 6: Bankart repair 3.00-3.45 pm</p> <p>Symposia – Bankart- General</p> <ol style="list-style-type: none"> 1. Descision Making in Young Unstable Throwers shoulder. 2. ALPSA, GLAD, HAGLand so on: Does ABCDE matters in repair 3. When will I do open bankart repair? Capsulorrhaphy. 4. Understanding off track - on track concepts of Instability. 5. Posterior Shoulder Instability in Athletic population <p>3.45-4.15 pm</p> <p>LIVE SURGERY SHOULDER 7: Knottless Bankart repair with Remplissage 4.20-4.30 pm</p> <p>Tea Break and Visit to Trade 4.30-4.50 pm</p> <p>Debates 15 % bone loss in 25 Year old Kabaddi Player Bankart with Remplissage or Latarjet 4.50-5.20 pm</p> <p>Symposia – Instability and Bone loss</p> <ol style="list-style-type: none"> 1. Remplissage my Favoured Technique –DR or SR 2. Latarjet Surgery and Its Variants-French, Latin American & American 3. Arthroscopic Latarjet-Is It Dead ? 4. ICBG in Ant Shoulder instability reconstruction <p>5.20-5.30 pm</p> <p>High Tea</p>
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5.30 pm **Main Hall**

5.30-6.00 pm **6th Arthroscopy Academy Knee Oration**
Patellofemoral Instability- What I learned so far?

6.10-7.00 pm **Industry sponsored product workshop- EPW**

EPW 1	EPW 2	EPW 3	EPW 4
Rotator Cuff repair	ACL reconstruction	Ostetomies around knee	Newer meniscus repair technique

7.30 pm **Inauguration of Arthroscopy Academy and Felicitation of International faculty and Fellow**

07.40 pm **Chief Guests Address**

7.45 pm **Gala Dinner with Entertainment**

7.30-8.30 am **Tea & Coffee**

Theme- Evolving Techniques in Knee and Shoulder Sports Injuries

ICL – FREE FOR CONFERENCE REGISTERED DELEGATES – ONLY 35 SEATS EACH

ICL 5 - Knee	ICL 6	ICL 7	ICL 8
Save Meniscus 1. Meniscus Preservation – Current concepts repairs 2. Meniscus Root and RAMP repair 3. Meniscus scaphold and Transplants 4. Role of Menescecomy in eilte Athlete. 5. Biological Augmentation of Meniscus repair	Biceps Lesions 1. Biomechanics of Biceps 2. Biceps Pully Lesion 3. Biceps Tenotomy 4. Biceps Tenodesis 5. SubPectoral Tenodesis	Bankart repair in 2018 1. Open Bankarts repair 2. Arthroscopic Bankarts repair 3. AR Bony bankart repair 4. Latarjet surgery 5. Bankarts with Remplissage 6. Arthrolatarjet	AC joint injury (10 min each) 1. Biomechanics, injury pattern and classification of AC joint injury 2. Management of acute AC joint injury 3. Management of chronic AC joint injury 4. Return to sports after rehabilitation

PLENARY SESSION – MAIN HALL

SESSION 1

08.45-09.20 am **LIVE SURGERY SHOULDER 8: Arthroscopic Rotator Cuff SR repair**

9.20-10.10 am **Symposia 1: Rotataor Cuff – General (8 min. each)**

1. Biological and Biomechanics of Rotator Cuff Tear
2. How to choose Best technique in 60 Yr old male for RCR
3. SAD Vs No SAD – How reliable is the evidence?
4. Defining Successful RCR – what does really matter?
5. The workhorse- Releases and repairs

Discussion – 5 min

10.10-10.40 am **Case Based Panel Discussion**

Cases

1. Small cuff tears
2. Laminated cuff tears
3. Partial cuff tears
4. Transosseous Repair

10.40-10.50 am **Tea Break and Visit to Trade**

10.50-11.30 **LIVE SURGERY SHOULDER 9: Arthroscopic DR Rotator cuff repair**

11.30-12.30 **Symposia – Massive Cuff Tears (8 min each)**

1. Partial Cuff repair and Augmentation
2. Be all you can be- Subscapularis and Infraspinatus are enough !
3. Improving healing of Massive RCR
4. Suprascapular Nerve Release in Massive cuff repair
5. SCR – Evolving techniques
6. Truth About Tendon Transfer- Do they work or do we give up?

Discussion-5 min

12.30-1.00 pm **LIVE SURGERY 10: Superior Capsular Reconstruction**

1.00-1.30 pm **Debates**

Debate 3. Is It Optional to choose between Single row and Double row repair

Yes, You can choose any of Two irrespective of Pattern

No, Cuff tear dictates method of repair

Debate 4. Partial repair Vs Tendon Transfer in Massive Irreparable Cuff in Active patient

Partial repair- Always

Tendon Transfer- Better

1.30-2.30 pm **Lunch- Industry Sponsored Lunch on Product Workshop**

LPW 5	LPW 6	LPW 7	LPW 8
Rotator Cuff repair Videos 1. Single row cuff repair 2. Double row cuff repair 3. Patch Augmentation 4. SCR	Meniscus Root Repair Videos 1. Identifying root tears 2. Right techniques for root Capture 3. Tunnels positioning and Fixation 4. Dry Demo	Addressing Bony Intability 1. Latarjet Procedures and its modifications 2. Arthrolatarjet 3. Bone Block in throwing athlete 4. ICBG or Synthetic graft for ant glenoid bone defect.	Bankart repair Videos 1. Banakrt repair 2. Remplissage 3. Arthroscopic SLAP repair 4. Post Instability repair

**Concurrent Knee Session (Knee Preservation)
(HALL 1)**

2.30-3.10 pm

LIVE SURGERY 11: Medial Closing Wedge HTO

3.10-3.50 pm

Symposia: Burning Issues in the young arthritic knee
(8 min. each)

1. What are limits for a root repair: cartilage Status, duration of Tear?
2. Is root repair needed with concurrent unloading HTO?
3. Understanding the Knee osteotomies
4. Medial Open wedge osteotomy - Complications
5. Cartilage Repair Techniques in 2019-

Discussion-10 min

3.50-4.20 pm

Case-Based Panel Discussion – Combined Instability and Alignment issues

4.20-5.00 pm

LIVE SURGERY 12: Lateral Closing Wedge HTO

5.00-5.20 pm

Symposia 4: Approach to focal Cartilage defects (8 min. each)

1. Deflexion Osteotomy of Knee for Coronal and Saggital correction
2. Meniscus repair – How to get it right healing in Buckets handle tears.?
3. MACI/ ACI/ BMAC- what works best in Young Arthritic knee?

Discussion – 5 min

5.20-5.30 pm

Tea Break and Visit to trade

Concurrent Shoulder Session (Hall 2)

2.30-3.00 pm

LIVE SURGERY 13: AC Joint reconstruction

3.00-3.45 pm

Symposia – Failed Instability and Cuff repair

1. Failed bankart – Clinico radiological Assessment
2. Technical approach to failed instability- what surgery and when?
3. Bankart with early cuff repair in Younger population
4. Addressing Failed cuff repair – Key points to be addressed.
5. Tendon Loss in Failed RCT – Bail out techniques

3.45-4.20 pm

LIVE SURGERY 14: All suture anchor cuff repair

4.20-4.30 pm

Tea Break and Visit to Trade

4.30-5.00 pm

Symposia- Stiff Shoulder

1. Decision making in Management of stiff shoulder
2. Cuff repair in stiff shoulder – Current concepts
3. Calcific Tendinitis- How right you are when you plan decompression?
4. SICK scapula Syndrome in Younger population

5.00-5.20 pm

LIVE SURGERY 15: Mini open anchor less rotator cuff repair

1. Arthroscopic Distal Clavicular Resection – Best Way.
2. Arthroscopic AC Joint reconstruction
3. Scapulothoracic arthroscopy- Current Indication and Technique

5.20-5.30 pm

Tea Break and Visit to trade

Hall 1

5.30-6.00 pm

6th Arthroscopy Academy Shoulder oration

Massive cuff repair - Horses for Courses

6.00 pm

Valedictory

ISAKOS BASIC ARTHROSCOPY CADAVERIC HANDS ON TRAINING WORKSHOP

Dept. of Anatomy, Seth G.S. Medical College and KEM Hospital, Parel, Mumbai

BASIC WORKSHOPS

7.45 am

Breakfast

Hall 1 8.00 -11.30 am Basic Knee Arthroscopy Cadaveric Hands on Training Workshop 8.00-9.00 am Video Presentations (5 mins each Video) 1. Setup and Position 2. Portals for Knee Arthroscopy 3. Diagnostic Round of Knee Joint 4. Menisectomy 5. Loose Body 6. Synovectomy 7. Lateral Release 8. Micro Fracture 9. Medial Plication	Hall 2 8.00 -11.30 am Basic Shoulder Arthroscopy Cadaveric Hands on Training Workshop 8.00-9.00 am Video Presentations (5 mins each Video) 1. Basic Shoulder Setup and Instruments 2. Positioning for Shoulder Arthroscopy 3. Portals for Shoulder Arthroscopy 4. Diagnostic Round of Shoulder 5. SAD 6. Labral Diagnosis 7. Locating RC Tear 8. Biceps Pathology 9. Capsular Release
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11.30-12.30 noon **Lunch**

ISAKOS ADVANCED CADAVERIC TRAINING WORKSHOP

Dept. of Anatomy, 2nd Floor, Seth G.S. Medical College and KEM Hospital, Parel, Mumbai

ADVANCE KNEE	ADVANCE SHOULDER
10.30 am	10.30-12.00 noon
Registration	Video Presentation (4 mins each)
10.30-12.00 noon	<ul style="list-style-type: none"> • Diagnostic Arthroscopy of Bankart • Preparation and Releases for Bankart Repair • Anchor Placement for Bankart Repair • Remplissage • SAD • Rotator Cuff Tear - Preparation • Anchor Placement for Rotator Cuff Repair • Single Row Repair • Double Row Repair • Subscap Repair
Video Presentation (4 mins each)	
<ul style="list-style-type: none"> • Hamstring Graft Harvest • BTB Graft Harvest • ACL Graft Preparation Technique • Tibial Tunnel for ACL • Femoral Tunnel for ACL • Graft Fixation for ACL Reconstruction • PCL Tibial Tunnel • PCL Femoral Tunnel • Meniscus Repair 	
12.00 noon	12.00 noon
Lunch	Lunch
	12.30-4.00 pm
12.30-4.00 pm	Advanced Shoulder Arthroscopic Cadaveric Hands on Training Workshop
Advanced Knee Arthroscopic Cadaveric Hands on Training Workshop	<ul style="list-style-type: none"> • Bankart Repair • Rotator Cuff Repair
<ul style="list-style-type: none"> • ACL Reconstruction • PCL Reconstruction • Meniscus Repair 	

Scientific Program for Physiotherapist

Saturday, 27th July, 2019 >> Grand Hyatt Hotel, Santacruz, Mumbai

MODULE 1: KNEE REHAB

Breakfast sessions: Arthroscopic Academy

9.00-10.00 am **SESSION I : Symposia: Getting the Basics**

9.00-9.10 am Changing face of soft tissue injuries

9.10-9.20 am Road from Surgery to recovery – Timing rehabilitation right.
(Common tips while planning Rehab protocols Staging the rehabilitation.)

9.20-9.30 am Update on graft types (Autograft Vs others- healing period and important points for consideration)

9.30-9.40 am What you need to know about training loads post tendon/ligament/graft reconstruction

9.40-9.50 am Pain Neuro Science education: Representation of pain in brain

9.50-10.00 am Graded Motor Imagery in rehab

10.00-10.20 am Discussions

SESSION II: Panel Discussion

10.20-11.00 am Key to complete rehab (Pain consultant, nutritionist, psychologist, physio & ortho)

SESSION III: Key Note address

Landing following arthroscopy / Kinetic chain

SESSION IV: Symposia: Exercise Considerations

11.30-11.40 am Importance of core in Rehab

11.40-11.50 am Points to ponder: Training the young Vs Training an elderly

11.50-12.00 noon Exercise Programming: Mobility Vs Strength Vs conditioning

Session V: Tricky Shoulder

12.00-12.15 pm **Case 1**

Case 2

12.15-12.30 pm Evidence based approach to decision making: Rehabilitating rotator cuff injuries and long term outcomes

12.30-12.45 pm Scapula Dyskinesia -Setting it right: What does evidence say

12.45-1.00 pm Unstable shoulder: Repair and Rehab

1.00-1.30 pm Oration: Movement based Return to sport

1.30-2.30 pm **LUNCH**

SESSION VI: Knee

2.30-2.45 pm **Case 1: ACL injury**

Case 2: Meniscal Injury

2.45-2.55 pm Knee arthroplasty: What do physios need to know

2.55-3.05 pm Chronic Knee Pain: Hands on or Hands off

3.05-3.20 pm ACL post reconstruction rehabilitation protocols: Factors affecting it

SESSION VII : Getting back to action & Preventing Injuries

- 3.20-3.30 pm Preparticipation assesment
- 3.30-3.40 pm Injury prevention in adolescent and school athletes
- 3.40-3.50 pm Preventing injuries in Marathon runners : Tips & tricks
- 3.50-4.00 pm LE muscle inury in footballers : How to prevent
- 4.00-4.20 pm Oration :EBP: lessons learnt and Future ahead

SESSION VIII: Master Class

- 4.30-5.30 pm **Master Class**
- 5.30-6.30 pm **High Tea & Arthroscopy Academy Oration**
- Dinner**

MODULE 1: KNEE REHAB

- 9.00-9.30 am Two case-based scenarios: Functional evaluation & Movement analysis of injured knee (on patient)
- 9.30-9.40 am Functional testing algorithm for knee
Red flags
- 9.40-10.10 am Protocols:
Rehab. After ACL reconstruction
Rehab. After meniscus repair and meniscectomy
- 10.10-10.25 am Procedure modified Rehab
- 10.25-10.40 am Rehab after multiple Ligament inuries
- 10.40-10.55 am Managing Patello femoral pain
- 10.55-11.05 am PCL Reconstruction Rehab. How does it differ from ACL rehab
- 11.05-11.25 am Bracing and taping
Demonstration of techniques
- 11.25-11.40 am Dealing with stiffness
Demonstration of exercises
- 11.40-11.55 am Building strength
Demonstration of exercises
- 11.55-12.10 pm Role of EMS in Rehab
- 12.10-12.25 pm Return to function
- 12.25-12.40 pm Aqua-rehab
- 12.40-12.50 pm Discussion, Q & Ans

MODULE 2: SHOULDER REHAB

9.00-9.30 am	Two case-based scenarios :Functional evaluation & Movement analysis (on Patient)
9.30-9.45 am	Functional testing algorithm for shoulder Red flags
9.45-10.00 am	Shoulder dysfunction & dyskinesia
10.00-10.15 am	Scapular stabilization
10.15-10.30 am	Recruiting the right muscles(overactivation& Inhibition)
10.30-11.00 am	Protocols: After cuff repair Slap lesion
11.00-11.15 am	Taping Demonstration
11.15-11.30 am	Dealing with stiffness Demonstration
11.30-11.45 am	Building strength Demonstration Return to function – outcomes and performance measures Dos and donts Discussion, Q & Ans

MODULE 3 - FUNCTIONAL ASSESSMENT

2.00-5.30 pm	Safe return to sports Assessing Amateur athletes What to check for in Runners Football Cricket Cyclist Other sports Triple hop test Agility testing Functional testing Assessing VO2 max and stamina Assessing strength Core assessment Preventing injuries Disucssion and Q & A
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MODULE 4 - RETURN TO SPORTS ADVANCED STRENGTH AND CONDITIONING MODES

2.00-5.30 pm

Wholistic approach

Power

Strength

Mobility

Endurance

Skill specific