



*Indo-German Orthopaedic Foundation*

Master course in  
**SPORTS**  
**MEDICINE**

12<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup> October 2023

Retreat Auditorium,  
MIOT International, Chennai, India

# PROGRAMME SCHEDULE

**Day 1: Thursday, 12<sup>th</sup> October 2023**

Shoulder, Knee - Physio, Rehab and Prehab Sessions

TIME	TOPIC	SPEAKERS
12.00 noon - 12.50 pm	Registration	
12.50 pm - 1:00 pm	<b>Introduction</b>	
	<b>Shoulder in the Overhead Athlete</b> Chairperson: Dr. Sunder S	
1.00 pm - 1.10 pm	Management of Internal Impingement, GIRD	Ms. Shanthi Dass
1.10 pm - 1.20 pm	Shoulder Instability with Laxity - Challenges we Face Today!	Dr. Alagappan T
1.20 pm - 1.30 pm	Scapulothoracic Dyskinesia - Protocols and Management	Ms. A K Vaheda Banu
1.30 pm - 1.40 pm	Importance of Nutrition in the Overhead Athlete	Ms. Shiny Surendran
1.40 pm - 1.50 pm	Discussion	
	<b>Rotator Cuff</b> Chairperson: Dr. Alagappan T	
1.50 pm - 2.00 pm	Shoulder - Measurement is Everything	Dr. Sunder S
2.00 pm - 2.10 pm	Use of Electrical Stimulation and Deltoid Rehab in Cuff Deficient Shoulders	Ms. Swetha M
2.10 pm - 2.20 pm	Prehab and Rehab after Reverse Shoulder Replacement - Protocols! Protocols! Protocols!	Mr. Ravi Kumar A
2.20 pm - 3.20 pm	<b>Hands on Workshop - Shoulder</b>	Ms. Shanthi Dass Mr. Ravi Kumar A Ms. Swetha M Ms. A K Vaheda Banu
3.20 pm - 3.30 pm	Working as a Team	
3.30 pm - 4.00 pm	<b>Soft Tissue Knee Pathologies - Management and Guidelines</b> Chairperson: Dr. Kannabiran Bhojan	
3.30 pm - 3.37 pm	Role of Conservative Management and Effectiveness of Hamstring Co-contraction after ACL Injury	Mr. Rajesh M
3.37 pm - 3.44 pm	ACL and PCL Reconstruction: Post-operative Rehabilitation - An Overview and Fundamental Difference	Mr. D Vincent Jeyaraj
3.44 pm - 3.51 pm	Anterior Knee Pain Syndrome and its Management.	Mr. Irfan Baigh J
3.51 pm - 3.58 pm	Assessment and Return to Sports Criteria Following ACL Reconstruction.	Mr. Arunkumar S R
3.58 pm - 4.00 pm	Discussion	
4.00 pm - 4.30 pm	<b>Complex Problems in Knee Rehabilitation</b> Chairperson: Dr. Vijay Selvan Natarajan	
4.00 pm - 4.07 pm	Role of Muscle Stimulation in Restoring Quadriceps Strength Following Knee Ligament Surgery	Dr. Kannabiran Bhojan
4.07 pm - 4.14 pm	Usage of Blood Flow Restriction Techniques in Restoring Quadriceps Muscle Bulk in Chronic Knee Injuries	Mr. D Vincent Jeyaraj
4.14 pm - 4.21 pm	Role of Static and Dynamic Braces Following Ligament Surgeries	Mr. Balu Manohar R
4.21 pm - 4.28 pm	Compression vs Non compression Cryotherapy in Management of Post-operative Swelling and Effusion - A comparison	Mr. Christoher Kamaraj
4.28 pm - 4.30 pm	Discussion	
4.30 pm - 5.30 pm	<b>Workshop/Demonstration - Around the Knee</b>	
4.30 pm - 5.00 pm	Taping Techniques	Mr. E Logesh Ms. Gayathri K
5.00 pm - 5.30 pm	Myofascial Release	Dr. Kannabiran Bhojan Ms. Ramya R
5.30 pm - 5.35 pm	Vote of Thanks followed by High Tea	

## Day 2: Friday, 13<sup>th</sup> October 2023

### Knee Programme

TIME	TOPIC	SPEAKERS
8.00 am - 8.30 am	<b>THE GREAT DEBATE</b> Graft choice in primary ACL reconstruction Moderators: Dr. Rik Kundra & Dr. Bhushan Sabnis	
8.00 am - 8.10 am	All Hail Hamstrings	Dr. Gustavo Socorro
8.10 am - 8.20 am	Are You Joking? - There is No Match for BPTB	Dr. S R Sundararajan
8.20 am - 8.30 am	Discussion	
8.30 am - 9.15 am	<b>Session I: ACL Reconstruction</b> Chairpersons: Prof. Raj Ganesh & Dr. Sabin Surendran	
8.30 am - 8.38 am	Getting the Tunnels Right In ACL Reconstruction - Technique Video/Tips and Tricks	Dr. Raju Easwaran
8.38 am - 8.46 am	ACL Repair - When and How? Technique and Literature Review	Dr. Vikram Mhaskar
8.46 am - 8.54 am	Why Does ACL Reconstruction Fail Today? - A Comprehensive Review	Dr. Karthik Selvaraj
8.54 am - 9.02 am	Role of Concomitant ALL Reconstruction - Indication, Technique and Outcome	Dr. Santosh Sahanand
9.02 am - 9.10 am	Revision ACL Reconstruction – How to Avoid a Third One?	Dr. Rik Kundra
9.10 am - 9.15 am	Discussion	
9.15 am - 09.45 am	<b>Live Surgery I</b> Moderators: Dr. Karthik Selvaraj, Prof. Anjan Ramachandranath & Prof. Gopisankar G	
9.45 am -10.15 am	<b>Session II: Panel Discussion</b> Patello Femoral Instability - Across the Spectrum (Case based) Moderator: Dr. Billy Paul Wilson	Panelists: Dr. Gustavo Socorro Dr. Santosh Sahanand Dr. Vikram Mhaskar Dr. K N Subramanian
10.15 am - 10.45 am	<b>INAUGURATION</b>	
10.45 am - 11.15 am	<b>Live Surgery II</b> Moderators: Dr. Vikram Mhaskar & Dr. Santosh Sahanand	
11.15 am - 12.00 noon	<b>Session III: Meniscus And Cartilage Session</b> Chairpersons: Dr. Vikram Mhaskar & Dr. I Geethan	
11.15 am - 11.23 am	How to Repair Complex Meniscal Tears - Technique Video	Dr. B Bhupesh Karthik
11.23 am - 11.31 am	Meniscus Root Repair and Centralisation - Surgical Technique and Current Evidence	Dr. Jagadeesh P C
11.31 am - 11.39 am	Ramp Lesion - Fact or a Myth? What does the Literature Say?	Dr. Sabin Surendran
11.39 am - 11.47 am	Cartilage Repair - OATS : Indication & Surgical Technique	Dr. Harish Chandran
11.47 am - 11.55 am	Cartilage Repair - ACL: Indication & Surgical Technique	Dr. Santosh Sahanand
11.55 am - 12.00 noon	Discussion	
12.00 noon - 12.30 pm	<b>Live Surgery III</b> Moderators: Dr. K N Subramanian & Dr. Kanniraj M	
12.30 pm - 1.00 pm	Paper Session 1: 4 papers - 5 min presentation + 2 min discussion <b>MOHANDAS-WELLER GOLD MEDAL AWARD</b> Moderators: Dr. Ramprasad J, Dr. Sunil Magudam	
1.00 pm - 1.30 pm	Lunch Break	
1.30 pm - 2.00 pm	<b>INTERESTING CASE SCENARIOS</b> 5 cases by faculties - 6 minutes each followed by discussion Moderators: Dr. I Geethan & Prof. Gopisankar G	Dr. Vikram Mhaskar Dr. Sameer Shaikh Dr. Subair Khan Dr. Suresh Perumal
2.00 pm - 2.45 pm	<b>Session IV - Master Techniques in Collateral Injuries</b> Chairpersons: Prof. Navin Balasubramaniam & Dr. Gustavo Socorro	

	<b>Posterolateral Injuries</b>	
2.00 pm - 2.08 pm	La Prade Technique - Is the Best	Dr. I Geethan
2.08 pm - 2.16 pm	Modified Larson - More than Adequate	Dr. K N Subramanian
2.16 pm - 2.24 pm	All Arthroscopic Posterolateral Reconstruction - Technique Demonstration Video	Dr. Sameer Shaikh
	<b>Posteromedial Injuries</b>	
2.24 pm - 2.32 pm	Lind Technique Works Best Medially	Dr. Raju Easwaran
2.32 pm - 2.40 pm	LaPrade Technique all the Time	Dr. Nagraj Shetty
2.40 pm - 2.45 pm	Discussion	
2.45 pm - 3.15 pm	<b>Session V: Panel Discussion</b> Multiligament Knee Injuries/Knee Dislocation Moderator: Dr. Ashok Selvaraj	Panelists: Dr. K N Subramanian Dr. Rik Kundra Dr. B Bhupesh Karthik Dr. Sabin Surendran
3.15 pm - 3.45 pm	<b>Live Surgery IV</b> Moderators: Dr. Sameer Shaikh & Dr. Jagadeesh P C	
3.45 pm - 4.40 pm	<b>Session VI: Complex Osteotomies</b> Chairpersons: Prof. Cheralathan & Prof. A N Sarath Babu	
3.45 pm - 3.53 pm	Osteotomy for Varus Knee - Indication and Planning	Dr.Kanniraj M
3.53 pm - 4.01 pm	Medial Opening Wedge High Tibial Osteotomy - Operative Technique	Dr. Rik Kundra
4.01 pm - 4.09 pm	Considerations When Performing Ligament Reconstruction with Osteotomy	Dr. Gustavo Socorro
4.09 pm - 4.17 pm	Distal Femoral Osteotomy - Planning and Technique	Dr. Bhushan Sabnis
4.17 pm - 4.25 pm	How to Perform Tibial Slope Correction Osteotomy in Revision ACL Surgery?	Dr. Nagraj Shetty
4.25 pm - 4.30 pm	Discussion	
4.30 pm - 5.00 pm	<b>Session VII: Industry Sponsored Bone Model Workshop</b>	Dr. I Geethan Dr. Sabin Surendran Dr. Santosh Sahanand Dr. Harish Chandran Dr. B Bhupesh Karthik Dr. Karthik Selvaraj Dr. Jagadeesh P C

### Day 3: Saturday, 14<sup>th</sup> October 2023

#### Shoulder Programme

TIME	TOPIC	SPEAKERS
8.00 am - 9.00 am	<b>THE GRAND ORTHOPAEDIC QUIZ</b> Moderator: Dr. R Mahesh Karthik	
9.00 am - 9.30 am	<b>MY WORST CASE</b> Moderators: Dr. Raju Easwaran, Prof. Raj Ganesh, Dr. Dhanalakshmi D	Prof. Leonard Ponraj Dr. K N Subramanian Prof. Saseendar S Dr. Rajeev Raman
	<b>Session I: Shoulder Instability -Soft Tissue Procedures</b> Chairpersons: Dr. Rajeev Raman, Dr. Ayyappan Nair	

9.30 am - 9.38 am	The Perfect Bankart Repair - Bumper/No Bumper/Mattress/Rotator Interval Closure - Providing Clarity.	Dr. Srinivas BS Kambhampati
9.38 am - 9.46 am	Shoulder Instability Track - I do Remplissage for Most of my Cases. Technique, does it restrict ROM? Do Number of Anchors Matter?	Dr. Dinesh Chidambaram
9.46 am - 9.50 am	Discussion	
9.50 am - 10.30 am	<b>Live Surgery I</b> Moderators: Dr. K N Subramanian, Dr. Prakash Ayyadurai, Dr. Dinesh Chidambaram	
	<b>Session II: Shoulder Instability - Glenoid Bone Loss</b> Chairpersons: Dr. K N Subramanian, Dr. Prakash Ayyadurai, Dr. Dinesh Chidambaram	
10.30 am - 10.38 am	To Latarjet or Not to Latarjet - What is the question and how?	Prof. Srinath Kamineni
10.38 am - 10.46 am	Arthrolaterjet - Why do we Have to Switch from Open? Is it the Future?	Dr. Ayyappan Nair
10.46 am - 10.54 am	Shoulder Instability in Bone Loss Scenarios. Why I Don't do Latarjet and Prefer Eden Hybinette	Dr. Deborah Higgs
10.54 am - 11.00 am	Discussion	
11.00 am - 11.15 am	<b>Master Technique - Arthroscopic Shoulder Muscle Advancement in Massive Rotator Cuff Tears</b>	Dr. Ashish Gupta
	<b>Session III: Rotator Cuff</b> Chairpersons: Dr. Roshan Wade, Dr. Rajeev Raman, Dr. Prabhakar Singh R	
11.15 am - 11.30 am	My Experience of First 50 Shoulder Rotator Cuff Repairs. Mastering the Art. How To Learn? Is there an Effective Way?	Prof. Srinath Kamineni
11.30 am - 11.38 am	Is there Still a Role for Arthroscopic Subacromial Decompression? When and How?	Dr. Sandeep Biraris
11.38 am - 11.46 am	What Not to Scope? Shoulder Pathologies Masquerading as Cuff Tears	Dr. Prakash Ayyadurai
11.46 am - 11.54 am	My Technique of Arthroscopic Cuff Repair: Single Row Repair is Enough for Most - Video Technique	Dr. Raju Easwaran
11.54 am - 12.02 pm	Arthroscopic Double Row Repair. It's Biomechanically and Clinically Better. Let Me Explain and Show You How.	Dr. Subair Khan
12.02 pm -12.10 pm	Subscapularis - How to Visualise the Tear Better. Technique and Tips to Get a Robust Repair.	Dr. S R Sundararajan
12.10 pm - 12.18 pm	Massive Subscapularis Tears - How to Visualise and Manage Surgically? Repair to Tendon Transfer	Dr. Shyam Sundar
12.18 pm - 12.30 pm	Discussion	
12.30 pm - 1.00 pm	Paper Session 2: 4 - paper presentation (5 mins P + 2 mins Q) <b>MOHANDAS-WELLER GOLD MEDAL AWARD</b> Moderators: Dr. Ram Prasad J, Dr. Sunil D Magadam	
1.00 pm - 1.30 pm	Lunch	
1.30 pm - 2.00 pm	<b>Live Surgery II</b> Moderators: Dr. Raju Easwaran, Dr. Sandeep Biraris	
	<b>Session IV: Complex Rotator Cuff Session</b> Chairpersons: Dr. Raju Easwaran, Dr. Sandeep Biraris	
2.00 pm - 2.08 pm	Arthroscopic Massive Rotator Cuff Repair - Superior Capsular Reconstruction with Fascia Lata. Deconstructing the Complexity of Suture Management .	Dr. Roshan Wade
2.08 pm - 2.16 pm	Management of Irreparable Tears with Biceps Superior Capsular Reconstruction. It's there, use it. Does it Provide a Robust Superior Restraint?	Dr. Sivaraman B
2.16 pm - 2.24 pm	Latissimus Dorsi Transfer for Massive Posterosuperior Tears. How to Get the Perfect Length and Tension? Do we Need to Augment the Tendon?	Dr. Karthikraj Kuberakani
2.24 pm - 2.32 pm	Irreparable Tears and Role of Lower Trapezius Transfer	Dr. Ruth Delaney

2.32 pm - 2.40 pm	Discussion	
2.40 pm - 3.15 pm	<b>Live Surgery III/IV</b> Moderators: Dr. Karthikraj Kuberakani, Dr. Sivaraman B, Dr. Srinivas BS Kambhampati	
	<b>Session V: Shoulder Arthroplasty - Anatomic TSA versus RSA</b> Chairpersons: Dr. Karthikraj Kuberakani, Dr. Sivaraman B, Dr. Srinivas BS Kambhampati	
3.15 pm - 3.23 pm	Anatomic Total Shoulder Arthroplasty is the Way to Go for Primary Shoulder Osteoarthritis. Better Movements and Less Complications!	Dr. Deborah Higgs
3.23 pm - 3.31 pm	Cuff is Anyway Going to Fail in Primary Arthritis in Elderly. Reverse Shoulder is Better. Better Biomechanics, Better Results!	Dr. David Butt
3.31 pm - 3.40 pm	Stemless Shoulder Arthroplasty. Why is it my go to implant? Technical pearls	Dr. Ruth Delaney
3.40 pm - 3.50 pm	Discussion	
	<b>Session VI: Shoulder Planning/Trauma Session</b> Chairpersons: Dr. M Ravikumar, Dr. Gopinath, Dr. Kathirazhagan S	
3.50 pm - 4.05 pm	Role of Integrated Data, Pre-op Planning and Mixed Reality in Shoulder Arthroplasty	Dr. Ashish Gupta
4.05 pm - 4.13 pm	Displaced Proximal Humerus Fractures - How to Get the Optimal Fixation in Hemiarthroplasty?	Dr. Prahalad Singhi
4.13 pm - 4.20 pm	Use of Intramedullary Just UNIC Prosthesis for Managing Difficult Proximal Humerus fractures	Dr. Rajsirish S
4.20 pm - 4.25 pm	Discussion	
	<b>Session VII: Shoulder Arthroplasty Session</b> Chairpersons: Dr. Sujit Jos, Dr. Ayyappan Nair	
4.25 pm - 4.36 pm	Reverse Shoulder Arthroplasty for Fractures. How to Get Height and Version Correct? Holy Grail of Restoring Deltoid Tension	Dr. Senthilvelan R
4.36 pm - 4.44 pm	Reverse Shoulder Arthroplasty in Cuff Tear Arthropathy. How to Get Rotations Restored? Role of Tendon Transfers in Addition to Reverse	Dr. Deborah Higgs
4.44 pm - 4.52 pm	Revision Reverse Shoulder Arthroplasty. Planning and Executing for Glenoid Loss Scenarios. How to Achieve Stable Fixation and Avoid Neurological Injury?	Dr. David Butt
4.52 pm - 5.00 pm	Discussion	
5.00 pm - 5.30 pm	Felicitation, Distribution of Prizes, Vote of Thanks	