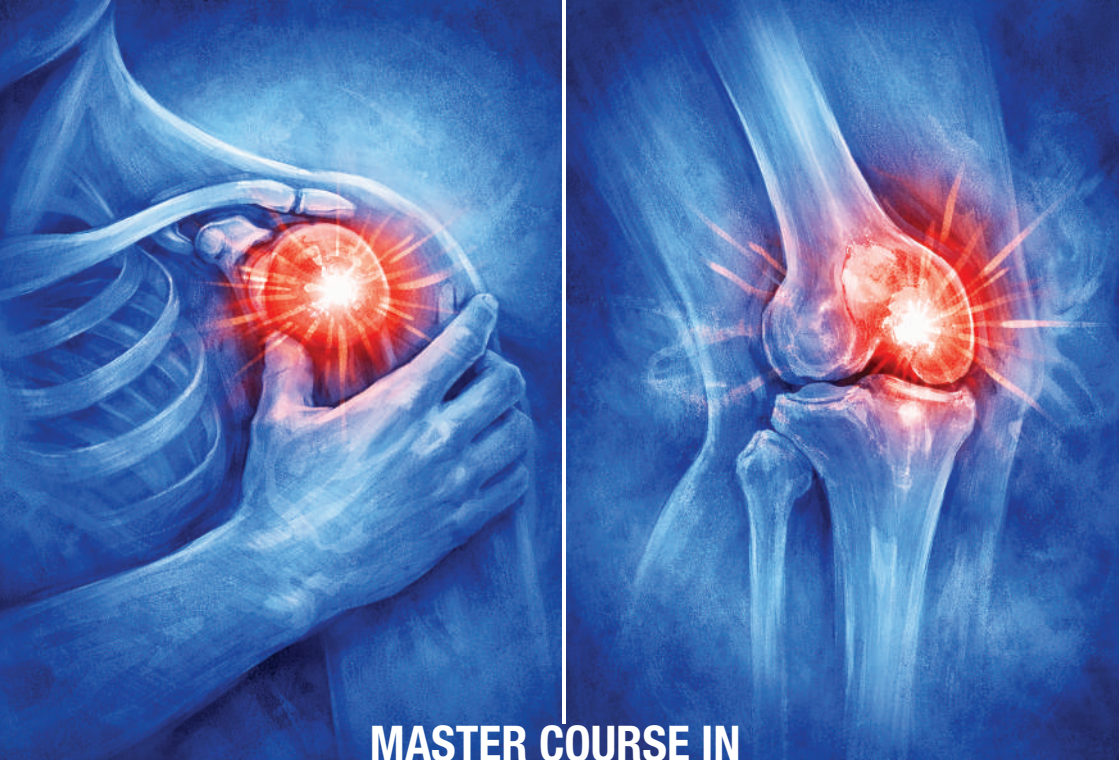




Indo-German Orthopaedic Foundation



MASTER COURSE IN
**SHOULDER &
KNEE**

17th, 18th & 19th September 2026
Retreat Auditorium, MIOT International, Chennai, India



Indo-German Orthopaedic Foundation

Dear Colleague,

Greetings from the **Indo-German Orthopaedic Foundation!**

When two AO stalwarts, Prof. Siegfried Weller and Prof. Dr. P. V. A. Mohandas, came together with a visionary idea to create a common platform that would empower young orthopaedic surgeons across the world, the Indo-German Orthopaedic Foundation (IGOF) was born in 1992. Rooted in a shared commitment to learning, collaboration, and excellence, the Foundation has grown steadily over the decades.

What began as an educational initiative has evolved into a movement shaping surgeons to meet the demands of modern orthopaedic care.

I am delighted to invite you to a three-day academic fest, **IGOF Master Course in Shoulder and Knee, from 17th, 18th & 19th September 2026**. The programme integrates advanced shoulder and knee surgery with sports medicine, followed by evidence-based rehabilitation and physiotherapy. The course reinforces a fundamental truth that our work is complete not at the final suture, but when patients regain ease of movement and confidence in daily life.

This event promises to be a remarkable blend of youth and experience as delegates in the field of orthopaedics from across the globe gather to share their knowledge and expertise.

I look forward to welcoming you in person to the healthcare capital of India, Chennai.

With warm regards,

Dr. Prithvi Mohandas
Secretary, IGOF

Programme Schedule

Day 1: Thursday, 17th September 2026

Shoulder, Knee - Physio, Rehab and Prehab Sessions

TIME	TOPIC
8:00 am - 8:20 am	Registration
8:20 am - 8:30 am	Introduction
8:30 am - 9:45 am	Session I:
8:30 am - 8:42 am	Shoulder rehabilitation exercise with kinematic biofeedback after arthroscopic rotator cuff repair - Integrated rehabilitation programme
8:42 am - 8:54 am	How to get back patients to their normal activities after reverse shoulder replacement
8:54 am - 9:06 am	Use of AI and automated monitoring and managing upper limb sports injuries
9:06 am - 9:18 am	Is there a Role for injection and rehab in Partial Rotator Cuff tears - MIOT's Experience
9:18 am - 9:30 am	Role of Post-operative Deltoid Muscle Stimulation after Arthroscopic Rotator Cuff Repair
9:30 am - 9:45 am	Scapular Dyskinesia and Shoulder Pain - Diagnosis and Management
9:45 am - 10 15 am	Session II: Workshop
9:45 am - 10 15 am	Activation through Strength - Advanced Scapular Rehab
10:18 am - 10:42 am	Session III:
10:18 am - 10:30 am	When can patient return to sports after Shoulder Instability Surgery - Comprehensive assessment
10:30 am - 10:42 am	Role of micronutrients in sports injury
10:42 am - 10:50 am	Tea Break
10:50 am - 12:15 pm	Session IV: Workshop
10:50 am - 11:15 am	BFRT - Blood flow restriction training for upper limb
11:15 am - 11:45 am	Taping approach for sports injuries - Shoulder & Knee
11:45 am - 12:15 pm	Clinical Examination of Shoulder - How to get it right
12:15 pm - 1:00 pm	Session V: Basic Knee Arthroscopy
12:15 pm - 12:25 pm	Role of ACL Prehab - Getting the knee ready for Arthroscopic Surgery
12:25 pm - 12:35 pm	Post ACL Reconstruction Rehabilitation Protocol - An Overview
12:35 pm - 12:45 pm	Role of Muscle Stimulation in Restoring Quadriceps Strength Following Knee Ligament Surgery
12:45 pm - 12:55 pm	Assessment and Return to Sports Criteria following ACL Reconstruction - Our Results
12:55 pm - 1.00 pm	Discussion
1:00 pm - 2:00 pm	Lunch

2:00 pm - 2:45 pm	Session VI: Knee Ligament Injuries - Management and Guidelines
2:00 pm - 2:10 pm	Concentric and Eccentric exercises - When and How?
2:10 pm - 2:20 pm	Usage of Blood Flow Restriction Techniques in Restoring Quadriceps Muscle Bulk in Chronic Knee Injuries
2:20 pm - 2:30 pm	Rehabilitation following PCL /Multi-ligament Reconstruction - how is it different from ACL Rehab?
2:30 pm - 2:40 pm	Patellar and Quadriceps tendinopathy - Assessment and Treatment Strategies
2:40 pm - 2:45 pm	Discussion

2:45 pm - 3:30 pm	Session VII: Ankle Injuries
2:45 pm - 2:55 pm	Clinical classification of Ankle Injuries and management guidelines
2:55 pm - 3:05 pm	Strengthening of Peroneal Muscles-key in Ankle Instability - What is the science behind it?
3:05 pm - 3:15 pm	Achilles Tendinopathy- Physiotherapy treatment strategies
3:15 pm - 3:25 pm	Physiotherapy management of Common foot Pathologies - Current trend
3:25 pm - 3:30 pm	Discussion

3:30 pm - 5:00 pm	Session VIII: Knee Workshop
3:30 pm - 4:15 pm	Knee and Ankle Taping
4:15 pm - 5:00 pm	Return to Sports Testing
5:00 pm - 5:10 pm	High Tea

Day 2: Friday 18th September 2026

Shoulder Programme - Theme: Visual Learning - Shoulder Concepts Simplified

TIME	TOPIC
8:00 am - 8:30 am	Session I:
	THE GREAT DEBATE The Perfect Solution for Irreparability: Fascia Lata SCR versus Lower Trapezius Transfer
8:00 am - 8:10 am	Lower Trapezius Tendon Transfer for most Massive Cuff tears
8:10 am - 8:20 am	Biological augmentation still holds the key
8:20 am - 8:30 am	Verdict

8:30 am - 9:20 am	Session II: Bony Defects in Anterior Shoulder Instability - Relive Surgeries
8:30 am - 8:38 am	Relive Failed Bankart - Arthroscopic DAS
8:38 am - 8:46 am	Relive Rethinking Subcritical Bone Loss: The Role of Distal clavicle Anterior Stabilisation
8:46 am - 8:54 am	Relive Arthroscopic Latarjet: Step-by-Step Technical Mastery
8:54 am - 9:02 am	Relive Iliac crest is available and Lets use it!
9:02 am - 9:10 am	Relive Open Latarjet
9:10 am - 9:20 am	Discussion

9:20 am -10:00 am	Session III: Posterior Shoulder instability - Pearls Relive Surgeries
9:20 am - 9:28 am	Relive Paralabral cyst decompression Labral repair - Pearls
9:28 am - 9:36 am	Relive Posterior instability and Reverse Hill Sachs - Technical Detailing
9:36 am - 9:44 am	Relive Arthroscopic Bony Bankart Repair
9:44 am - 10:00 am	Discussion

10:00 am - 10:30 am	INAUGURATION
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10:30 am - 11:10 am	Session IV: Shoulder Replacement 2026: Precision, Performance and Progress
10:30 am - 10:38 am	Relive APC in Failed Reverse Shoulder Arthroplasty
10:38 am - 10:46 am	Relive Optimising deltoid tension in RSA
10:46 am - 10:54 am	Relive Custom Implants for Glenoid Deficiency Shoulder Arthroplasty
10:54 am - 11:02 am	Relive Revision Shoulder Arthroplasty - Learnings from my experience of 30 years
11:02 am - 11:10 am	Discussion

11:10 am - 12:00 pm	Session V: From Transfers to Biologics: Management of Massive Cuff Tears: Relive
11:10 am - 11:18 am	Relive Subacromial Balloon Spacers in Massive Rotator Cuff Tears
11:18 am - 11:26 am	Relive Lower Trapezius Transfer for Restoration of External Rotation
11:26 am - 11:34 am	Relive Synthetic Augmentation in Massive Rotator Cuff Repair
11:34 am - 11:42 pm	Relive Fascia Lata- Still the go to Option
11:42 pm - 12:00 pm	Discussion

12:00 pm - 1:00 pm	4 papers - 5 min presentation + 2 min discussion MOHANDAS-WELLER GOLD MEDAL AWARD
1:00 pm - 1:30 pm	Lunch Break

1:30 pm - 2:15 pm	Session VI: Wake up call: Mind bending cases to keep you alert
	5 cases by faculties - 5 minutes each followed by discussion
	Discussion

2:15 pm - 2:55 pm	Session VII: Additional Arsenal to conquer massive cuff tears: Relive
2:15 pm - 2:23 pm	Relive Muscle Slides for Massive tears
2:23 pm - 2:31 pm	Relive Thinking out of the box - for Retracted subscapularis tears
2:31 pm - 2:39 pm	Relive Arthroscopic Transosseous Repair
2:39 pm - 2:47 pm	Relive Arthroscopic Augmentation Patch
2:47 pm - 2:55 pm	Discussion

3:00 pm - 3:40 pm	Session VIII: Learn, Ask, Do - Shoulder Mastery Simplified: Relive
3:00 pm - 3:08 pm	Relive Arthroscopic Pectoralis Release and Scapulopexy
3:08 pm - 3:16 pm	Relive Surgery Shoulder Resurfacing
3:16 pm - 3:24 pm	Relive Reverse Shoulder Arthroplasty - Trauma
3:24 pm - 3:32 pm	Relive Reverse Shoulder Arthroplasty - Cuff Tear Arthropathy
3:32 pm - 3:40 pm	Discussion

3:40 pm - 4:20 pm	Session IX: Musings on Trauma from Modern day Masters: Relive
3:40 pm - 3:48 pm	Relive Arthroscopic calcific deposit management
3:48 pm - 3:56 pm	Relive Management of Adhesive capsulitis with Transarterial embolisation
3:56 pm - 4:04 pm	Relive Arthroscopic AC Joint Reconstruction
4:04 pm - 4:12 pm	Relive Arthroscopic Greater tuberosity fixation
4:12 pm - 4:20 pm	Discussion

4:20 pm - 5:05 pm	Session X: Reverse Shoulder Arthroplasty - Nuances
4:20 pm - 4:38 pm	Role of Sensors in Shoulder Arthroplasty - Navigating the Future
4:38 pm - 4:46 pm	Complexities in RSA - Uncovering Tendon transfers in RSA
4:46 pm - 4:54 pm	Avoiding and Managing Complications in Reverse Shoulder Arthroplasty
4:54 pm - 5:05 pm	Discussion

5:05 pm - 5:37 pm	Session XI: Level Up: Uncovering Secrets Shoulder: Relive
5:05 pm - 5:13 pm	Relive - Arthroscopic Patch Augmentation - Technique Made Easy
5:13 pm - 5:21 pm	Relive - Arthroscopic Biceps SCR
5:21 pm - 5:29 pm	Relive - Arthroscopic Transtendinous Cuff Repair
5:29 pm - 5:37 pm	Relive - Arthroscopic Pan Labral Repair

Day 3: Saturday, 19th September 2026
Knee Programme

TIME	TOPIC
8:00 am - 9:00 am	THE GRAND ORTHOPAEDIC QUIZ
9:00 am - 9:30 am	My Nightmare Case- Lessons Learnt
9:00 am - 9:05 am	CASE I
9:05 am - 9:10 am	CASE II
9:10 am - 9:15 am	CASE III
9:15 am - 9:20 am	CASE IV
9:20 am - 9:25 am	CASE V
9:25 am - 9:30 am	DISCUSSION
9:30 am - 10:00 am	Relive Surgery I - Rectus Femoris Graft Harvest and ACL Reconstruction
	Relive Surgery II - Lateral Extra Articular Tenodesis - Modified Lemaire/ Ellison
	Relive Surgery III - ACL Reconstruction with Biobrace
10:00 am - 10:45 am	Session I: Current Concepts in ACL Reconstruction
10:00 am - 10:08 am	Perfect ACL Reconstruction - Are we there yet in 2026?
10:08 am - 10:16 am	Why does a ACL Reconstruction fail? Are we too close to the Tree?
10:16 am - 10:24 am	Arthroscopic ACL Avulsion Reattachment - Jaipur Technique
10:24 am - 10:32 am	Why identifying RAMP lesion and its Repair important in ACL Reconstruction ?
10:32 am - 10:40 am	Complications during ACL reconstruction - How to recover?
10:40 am - 10:45 am	Discussion
10:45 am - 11:15 am	Relive Surgery IV - Bucket Handle Medial Meniscus Repair
	Relive Surgery V - RAMP Lesion Repair
	Relive Surgery VI - Radial Root Tear - Meniscal Centralization
11:15 am - 12:10 pm	Session II: Recent Advances In Meniscus Repair
11:15 am - 11:23 am	Is it Worthwhile repairing Radial tears?
11:23 am - 11:31 am	Complex Meniscus tears - repair or resect? What does the evidence say?
11:31 am - 11:39 am	Root Repair - To centralise or not, that is the Question
11:39 am - 11:47 am	Discoid Lateral Meniscus tear - Principles of repair
11:47 am - 11:55 am	Innovative and Cost effective techniques to repair meniscus - The Indian Way!
11:55 pm - 12:00 pm	Discussion
12:00 pm - 12:30 pm	Relive Surgery VII - Cartilage Restorative Procedure - OATS
	Relive Surgery VIII - Dynamic MPFL Reconstruction
	Relive Surgery IX - Cartilage Restorative Procedure - ACL
12:30 pm - 1:00 pm	Paper Session 2: 4 - paper presentation (5 mins P + 2 mins Q) MOHANDAS-WELLER GOLD MEDAL AWARD
1:00 pm - 1:30 pm	Lunch

1:30 pm - 2:15 pm	Session III: Cartilage Restorative Surgery/Patellar Procedures - Final Frontier
1:30 pm - 1:38 pm	Management of Cartilage Lesions - Treatment Algorithm
1:38 pm - 1:46 pm	Indications and Technique - Mosaicplasty
1:46 pm - 1:54 pm	Minced Cartilage - Technique and current evidence.
1:54 pm - 2:02 pm	Indications and Technique - Tibial Tubercle Transfer for patellar Instability
2:02 pm - 2:10 pm	Future of Cartilage Restorative Procedures - Where are we headed?
2:10 pm - 2:15 pm	Discussion
2:15 pm - 2:45 pm	Relive Surgery X - Arthroscopic PCL Reconstruction
	Relive Surgery XI- PLC Reconstruction - Modified Larson/ Laprade
	Relive Surgery XII - MCL Reconstruction - Laprade/ Lindt Technique

2:45 pm - 3:30 pm	Session IV: Complex procedures made Simple
2:45 pm - 2:53 pm	Revision ACL Reconstruction - Single Stage or Two Stage: When and How?
2:53 pm - 3:01 pm	Principles of PCL reconstruction - Does Double Bundle Reconstruction still have a Role?
3:01 pm - 3:09 pm	Management of MCL in Knee Dislocation - Primary Repair or Reconstruction?
3:09 pm - 3:17 pm	PLC reconstruction - Which is Better? Modified Larson or Laprade Technique
3:17 pm - 3:25 pm	Role of Interventional radiology in Knee Injuries
3:25 pm - 3:30 pm	Discussion
3:30 pm - 4:00 pm	Relive Surgery XIII - High Tibial Osteotomy
	Relive Surgery XIV - Distal Femoral Osteotomy
	Relive Surgery XV - Tibial Condylar Valgus Osteotomy

4:00 pm - 5:00 pm	Session V: Joint Preservation with Osteotomies
4:00 pm - 4:08 pm	Importance of Pre-operative Planning in Knee Osteotomies
4:08 pm - 4:16 pm	Cruciate Reconstruction with High Tibial Osteotomy
4:16 pm - 4:24 pm	Osteotomies post Malunion Tibia - How to plan and prevent surprises?
4:24 pm - 4:32 pm	Anterior Slope Changing Osteotomy - Why correction of slope is Important?
4:32 pm - 4:40 pm	How to avoid complications in Osteotomy Surgery? How to tackle Complications?
4:40 pm - 5:00 pm	Discussion
5:00 pm - 5:30 pm	Felicitation, Distribution of Prizes, Vote of Thanks

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For more information
www.igof.in
or Scan the QR code



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THE GRAND ORTHOPAEDIC QUIZ

18th September 2026: Preliminary (5.30pm)

19th September 2026: Finals (8.00am - 9.00am)

IGOF organizes the Grand Orthopaedic Quiz to test the sharpest IQs of some of the finest minds in the healthcare fraternity. The platform welcomes those medical professionals who have a penchant for the intricacies in the field of orthopaedics. The event offers an opportunity to stamp a seal of authority in the country's premier battle of the medical brains.

Participation Requisites:

- Should be a Postgraduate Trainee
- Each team should send CVs of all team members (Total 3 members per team) to registrations@igof.in

Accolades:

- Winning team shall be awarded a cash prize of Rs. 30,000/-
- First runners-up team shall be awarded a cash prize of Rs. 15,000/-
- Every participant shall claim their participation certificate

MOHANDAS-WELLER GOLD MEDAL AWARD



Pre-Lunch Session:

18th & 19th September 2026

The prestigious Mohandas-Weller Gold Medal Award is conferred to young orthopaedic surgeons who can come up with innovative ideas or a distinguished presentation on a complex case. This award is an initiative to boost the budding talent to spread their lateral thinking across various interests in the field of orthopaedics and to attend complex scenarios with special interest, giving attention to details and to crack difficult problems.

Participation Requisites for Paper Presentation:

- Should be a postgraduate or young orthopaedic surgeon below 40 years
- The participants have to register and then submit the paper at the preview booth before 9am on the day of their presentation
- Only first 4 registrants (1 presentation by each) will be selected for this pre-lunch presentation
- Each presentation will be for 5 mins, with 2 mins for questions

Accolades:

- 'Mohandas-Weller' Gold Medal for the Winner
- Cash prize of Rs. 80,000 for the Winner and Rs. 50,000/- for the Runner-up
- Certificate for Winner and Runner-up

For registration and enquiry:

IGOF Co-ordinator: Ms. Lorraine Satur +91 77080 63651 | E-mail: enquiry@igof.in



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THE GREAT DEBATE

18th September 2026 (8am - 8.30am)

'The Great Debate' is a programme to unearth conflicting standpoints among experts for in-depth analysis of pros and cons of techniques used in complex cases.

**The Perfect Solution for Irreparability:
Fascia Lata SCR versus Lower Trapezius Transfer**

**Lower Trapezius Tendon Transfer for
Most Massive Cuff Tears
&
Biological Augmentation Still
Holds the Key**

Followed by Discussion

MY WORST CASE

This one-of-its-kind event on Day 3 is expected to receive a warm welcome from the attendees, as it is filled with personal experiences of some of the most renowned experts in orthopaedics. Experts come forward to share their worst encounters and throw more light to justify their stand on the case. Criticalities, unexpected events and crisis management would all be part of their discussion.

For registration and enquiry:

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