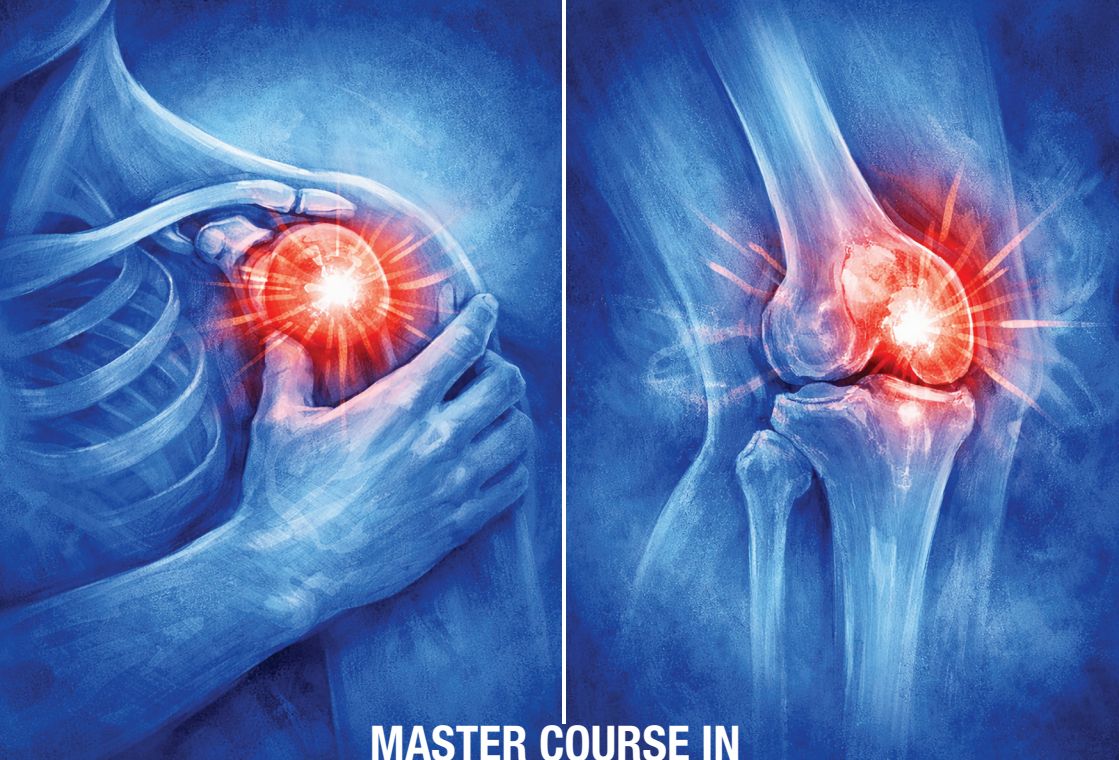




Indo-German Orthopaedic Foundation



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	SPEAKERS
8:00am - 8:20am	Registration	
8:20am - 8:30am	Introduction	
8:30am - 9:42am	Session I: Shoulder Injuries Chairpersons: Dr. Vibishek Raj, Dr Dinesh Choudary & Mr. K Christofer	
8:30am - 8:42am	Shoulder Rehabilitation Exercise with Kinematic Biofeedback after Arthroscopic Rotator Cuff Repair - Integrated Rehabilitation Program	Ms. A Shanthi Dass
8:42am - 8:54am	How to get back patients to their normal activities after Reverse Shoulder Replacement	Mr. Ravikumar Arul
8:54am - 9:06am	Natural History of Partial Rotator Cuff Tear	Dr. Karu Shanmuga Karthikeyan R
9:06am - 9:18am	Role of Post operative Deltoid Muscle Stimulation after Arthroscopic Rotator Cuff Repair	Ms. M Swetha
9:18am - 9:30am	Use of AI and Automated Monitoring and Managing Upper Limb Sports Injuries	Mr. Babu Sampath
9:30am - 9:42am	Shoulder Subluxation and Dislocation - A Comprehensive Review!	Ms. Logavarshini R
9:42am - 10:40am	Session II: Workshop	
9:42am - 10:20am	Activation through Strength - Advanced Scapular Rehabilitation	Ms. A Shanthi Dass
10:20am - 10:32am	Clinical Examination of Shoulder - How to get it Right	Dr. Senthilvelan R
10:32am - 10:40am	From 0/5 to Back to Work: Power of Tailored Rehabilitation, An Upper Limb Recovery Journey From Severe Weakness To Full Functional Independence	Dr. Chinju Babu
10:40am - 10:50am	Tea Break	
10:50am - 11:30am	Session III: Shoulder & Scapular Injuries Chairpersons: Dr. Bheeshma B, Dr. Sista Raghuram & Ms. S Jayapriya	
10:50am - 11:02am	Scapular Dyskinesia and Shoulder Pain - Diagnosis and Managment	Mr. R Karthikeyan
11:02am - 11:15am	Role of Micronutrients in Sports Injury	Ms. Shiny Surendaran
11:15am - 11:27am	The connection Between Good Posture and Shoulder Well Being - What it is & Why it matters?	Dr. Geetha Hari Priya G A
11:27am - 11:30am	Back to beyond the Routine after Shoulder Surgeries - Milestone's of MIOT	
11:30am - 12:15pm	Session IV: Workshop	
11:30am - 12:15pm	Back in the Game - Comprehensive Return to Sports Assessment and Management after Shoulder Instability Surgery	Mr. D Earnest Paul
12:15pm - 1:00pm	Session V: Basic Knee Arthroscopy Chairpersons - Dr. Hariharan Selvam, Dr. Dorai Kumar & Mr. M Karthick	
12:15pm - 12:25pm	Role of ACL Prehab- Getting the knee ready for Arthroscopic Surgery	Mr. Indria Priyan
12:25pm - 12:35pm	Current concepts of Advanced ACL Reconstruction Rehabilitation Protocol - An Overview	Mr. G Bhuvanesh Kumar
12:35pm - 12:45pm	Role of Muscle Stimulation in Restoring Quadriceps Strength Following Knee Ligament Surgery	Mr. R.B Ijaz Rahman
12:45pm - 12:55pm	Return to sports testing protocol Following ACL Reconstruction - Overview	Mr. K Aravind Kumar
12:55pm - 1:00pm	Discussion	
1:00pm - 2:00pm	Lunch	

2:00pm - 2:45pm	Session VI: Knee Ligament Injuries - Management and Guidelines Chairpersons: Dr. Chinju Babu & Dr. Alle Naga Harshavardhan Reddy	
2:00pm - 2:10pm	Concentric and Eccentric exercises in knee injuries - When, Why and How?	Ms. S Angel
2:10pm - 2:20pm	Usage of Blood Flow Restriction Techniques in Restoring Quadriceps Muscle Bulk in Chronic Knee Injuries	Mr. E Praveenkumar
2:20pm - 2:30pm	Rehabilitation following PCL/Multiligament Reconstruction - How is it different from ACL Rehab?	Mr. Suresh Franklin
2:30pm - 2:40pm	Patellar and Quadriceps tendinopathy - Assessment and Treatment Strategies	Mr. Earnest Vijay
2:40pm - 2:45pm	Discussion	

2:45pm - 3:30pm	Session VII: Ankle Injuries Chairpersons: Dr. Rashaad Rahman & Ms. Malathy	
2:45pm - 2:55pm	Advanced management of Common Foot Pathologies	Mr. G Bhuvanesh Kumar
2:55pm - 3:05pm	Strengthening Peroneal Muscles key in Ankle Instability - What is the science behind it?	Ms. M Shivani
3:05pm - 3:15pm	Achilles Tendinopathy - Physiotherapy Treatment Strategies	Mr. Earnest Vijay
3:15pm - 3:25pm	Bridging the Gait: Biomechanics, Orthotics and Rehabilitation in foot drop	Dr. Chinju Babu
3:25pm - 3:30pm	Discussion	

3:30pm - 5:00pm	Session VIII: Knee Workshop	
3:30pm - 4:15pm	Knee and Ankle Taping	Mr. Thirumoorthi G Subburaj
4:15pm - 5:00pm	Current concepts of Return to Sports Testing and Techniques	Mr. T P Vallaban
5:00pm - 5:10pm	High Tea	

Day 2: Friday 18th September 2026

Shoulder Programme - Theme: Visual Learning - Shoulder Concepts Simplified

TIME	TOPIC	SPEAKERS
8:00am - 8:30am	Session I: THE GREAT DEBATE	
	The Perfect Solution for Irreparability: Biological Augmentation versus Lower Trapezius Transfer Chairpersons: Dr. Ayyappan Nair, Dr. Ramakanth R, Dr. Christos Koukos & Dr. Loiy Alkhatib	
	Lower Trapezius Tendon Transfer Is My Choice	Dr. S R Sundararajan
	Biological Augmentation is My Go To Option	Prof. Yong-Girl Rhee
	Verdict	

8:30am - 9:28am	Session II: Bony Defects in Anterior Shoulder Instability Relive Surgeries Chairpersons: Dr. Debashish Mishra, Dr Vinay Kumar Pandey & Dr. Kamarulzaman Bin Haji M.S Kadir	
8:30am - 8:38am	Humeral Avulsion of the Glenohumeral Ligament Repair	Dr. Loiy Alkhatib
8:38am - 8:46am	Relive Arthroscopic Latarjet : Step-by-Step Technical Mastery	Dr. Ayyappan Nair
8:46am - 8:54am	Relive - Congruent Arc Latarjet	Dr. Amit Joshi
8:54am - 9:02am	Relive Iliac crest is available and Lets use it!	Dr. Girinivasan C
9:02am - 9:10am	Relive Open Latarjet - Still the Gold Standard	Dr. Sunit Hazra
9:10am - 9:28am	Discussion	

9:28am - 10:00am	Session III: Posterior Shoulder Instability - Pearls Relive Surgeries Chairpersons: Dr. Loiy Alkhatib, Dr. Ranarjit Panigrahi & Dr. Bhupesh Karthik	
9:28am - 9:36am	Relive Paralabral Cyst Decompression Labral Repair - Pearls	Dr. Prakash Ayyadurai
9:36am - 9:44am	Relive Posterior Instability and Reverse Hill Sachs- Technical Detailing	Dr. Sarthak Patnaik
9:44am - 9:52am	Relive Arthroscopic Bony Bankart Repair	Dr. Ramakanth R
9:52am - 10:00am	Discussion	

10:00am - 10:30am	INAUGURATION	
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10:30am - 11:10am	Session IV: Shoulder Replacement 2026: Precision, Performance and Progress Chairpersons: Dr. Christos Koukos, Dr. Karthikraj Kuberakani & Dr. Priyadarshi Amit	
10:30am - 10:38am	APC in Failed Reverse Shoulder Arthroplasty	Prof. Yong-Girl Rhee
10:38am - 10:46am	Optimising deltoid tension in RSA	Dr. Senthilvelan R
10:46am - 11:00am	Management of Glenoid Defects in Shoulder Replacement	Dr. Karthikraj Kuberakani
11:00am - 11:10am	Discussion	

11:10am - 12:00pm	Session V: From Transfers to Biologics: Management of Massive Cuff Tears: Relive Chairpersons: Dr. Sivaraman B, Dr. Prakash Ayyadurai & Dr. Vineeth Abraham	
11:10am - 11:18am	Relive Subacromial Balloon Spacers in Massive Rotator Cuff Tears	Dr. Bhupesh Karthik
11:18am - 11:26am	Relive Lower Trapezius Transfer for Restoration of External Rotation	Dr. Karthikraj Kuberakani
11:26am - 11:34am	Relive Fascia Lata - Still the go to Option	Dr. Bhupesh Karthik
11:34am - 11:42pm	Relive Synthetic Augmentation in Massive Rotator Cuff Repair	Dr. IPS Oberoi
11:42pm - 12:00pm	Discussion	

12:00pm - 12:30pm	4 papers - 5 min presentation + 2 min discussion MOHANDAS-WELLER GOLD MEDAL AWARD Chairpersons: Dr. Ramprasad J & Dr. Sunil.D Magadum	
12:30pm - 1:30pm	HANDS-ON WORKSHOP	
1:00pm - 1:30pm	Lunch Break	

1:30pm - 2:15pm	Session VI : Wake up call: Mind bending cases to keep you alert 6 cases by faculties - 5 minutes each followed by discussion Chairpersons: Prof. Yong-Girl Rhee, Dr. Sunit Hazra, Dr. Girinivasan C & Dr. Sista Raghuram	Dr. Prakash Ayyadurai Dr Tirth Vyas Dr. Debashish Mishra Dr. Rajsirish S Dr. Vinay Kumar Pandey Dr. Vineeth Abraham
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2:15pm - 3:10pm	Session VII: Additional Arsenal to Conquer Massive Cuff Tears: Relive Chairpersons: Dr. Christos Koukos, Dr. Vinay Kumar Pandey & Dr. Tirth Vyas	
2:15pm - 2:23pm	Massive rotator cuff tears - Pre-operative Decision factors .	Dr. Loiy Alkhatib
2:23pm - 2:31pm	Relive Muscle Slides for Massive tears	Dr. Ayyappan Nair
2:31pm - 2:39pm	Relive Thinking out of the box - Subscapularis Tears	Dr. Priyadarshi Amit
2:39pm - 2:47pm	Relive Arthroscopic Transosseus Cuff Repair	Dr. Satish Sonar
2:47pm - 3:05pm	Relive Arthroscopic Patch Augmentation	Dr. Appu Benny
3:05pm - 3:10pm	Discussion	

3:10pm - 3:55pm	Session VIII: Learn, Ask, Do - Shoulder Mastery Simplified Chairpersons: Dr. Sivaraman B, Dr. Ayyapan Nair & Dr. Chetan Nagaraj	
3:10pm - 3:18pm	Relive 270 Degree Labral Tear - Arthroscopic Repair	Dr. IPS Oberoi
3:18pm - 3:26pm	Relive Arthroscopic Pectoralis Minor Release and Scapulopexy	Dr. Chistos Koukos
3:26pm - 3:34pm	Relive Reverse Shoulder Arthroplasty - Cuff Tear Arthropathy	Dr. Senthilvelan R
3:34pm - 3:42pm	Surgery Shoulder Resurfacing - My Take On It	Dr. Debashish Mishra
3:42pm - 3:50pm	Return to sports after latarjet for Anterior Shoulder Instability	Prof. Yong-Girl Rhee
3:50pm - 3:55pm	Discussion	

3:55pm - 4:32pm	Session IX: Musings on Trauma from Modern Day Masters: Relive Chairpersons: Dr. Vinay Kumaraswamy, Dr. Saseendar Shanmugasundaram, Dr. Vijay Kumar Sahu & Dr. Kamarulzaman Bin Haji M.S Kadir	
3:55pm - 4:03pm	Relive Arthroscopic Calcific Deposit Management	Dr. Sivaraman B
4:03pm - 4:11pm	Relive Management of Adhesive capsulitis with Transarterial Embolization	Dr. Karthikeyan Damodharan
4:11pm - 4:19pm	Relive Arthroscopic AC Joint Reconstruction	Dr. Ranarjit Panigrahi
4:19pm - 4:27pm	Relive Arthroscopic Greater Tuberosity Fixation	Dr. Satish Sonar
4:27pm - 4:32pm	Discussion	

4:32pm - 5:00pm	Session X: Level Up: Uncovering Secrets Shoulder: Relive Chairpersons: Dr. Christos Koukos, Dr. Debashish Mishra & Dr. Rajsirish S	
4:32pm - 4:39pm	Relive - Arthroscopic Patch Augmentation - Technique Made Easy	Dr. Sarthak Patnaik
4:39pm - 4:46pm	Relive - Arthroscopic Biceps SCR	Dr. Saseendar Shanmugasundaram
4:46pm - 4:53pm	Relive - Arthroscopic Double Row Cuff Repair	Dr. Chetan Nagaraj
4:53pm - 5:00pm	Relive - Arthroscopic Pan Labral Repair	Dr. Vinay Kumaraswamy
5:00pm - 6:00pm	HANDS-ON WORKSHOP	

Day 3: Saturday, 19th September 2026

Knee Programme

TIME	TOPIC	SPEAKERS
8:00am - 9:00am	THE GRAND ORTHOPAEDIC QUIZ Moderator: Dr. R Mahesh Karthik	

9:00am - 9:30am	MY WORST CASE Moderators: Dr Christos Koukos & Dr. Santosh Sahanand	
9:00am - 9:05am	Case I	Dr. Rajesh Bhalla
9:05am - 9:10am	Case II	Dr. Suresh Perumal
9:10am - 9:15am	Case III	Dr. Saravanan M
9:15am - 9:20am	Case IV	Dr. Neeraj Srivastava
9:20am - 9:25am	Case V	Dr. Jagadeesh P C
9:25am - 9:30am	Discussion	

9:30am - 10:00am	Relive Surgery I - Rectus Femoris Graft Harvest and ACL Reconstruction	Dr. Saseendar Shanmugasundaram
	Relive Surgery II - Lateral Extraarticular Tenodesis - Modified Lemaire/ Ellison	Dr. Ranajit Panigrahi
	Relive Surgery III - ACL Reconstruction With Biobrace	Dr. Sridhar Gangavarapu
	Moderators: Dr. Suresh Perumal & Dr. Rajat Jangir	

10:00am - 10:45am	Session I - Current Concepts in ACL Reconstruction Chairpersons : Dr. Rajesh Bhalla & Dr. Neeraj Srivastava	
10:00am - 10:08am	Perfect ACL Reconstruction - Are we there yet in 2026?	Dr. Pradeep Kumar
10:08am - 10:16am	Why does a ACL Reconstruction fail? Are we too close to the Tree?	Dr. Raghavendra Kembhavi
10:16am - 10:24am	Arthroscopic ACL Avulsion Reattachment - "Jaipur Technique"	Dr. Rajat Jangir
10:24am - 10:32am	ACL Graft Augmentation - Journey From Autograft to Biological Graft	Dr. Sarthak Patnaik
10:32am - 10:40am	Complications during ACL Reconstruction - How to Recover?	Dr. Sridhar Gangavarapu
10:40am - 10:45am	Discussion	

10:45am - 11:15am	Relive Surgery IV - Meniscus Repair in Resource Limited Setting - How I Do It?	Dr. Amit Joshi
	Relive Surgery V - Ramp Lesion Repair	Dr. Purnachandra Tejaswi
	Relive Surgery VI - Radial Root Tear - Meniscal Centralization	Dr. Gustavo Socorro
	Moderators: Dr. Raghavendra Kembhavi & Dr. Saseendar Shanmugasundaram	

11:15am - 12:10pm	Session II - Recent Advances In Meniscus Repair Chairpersons: Dr. Sandeep T George & Dr. Rajat Jangir	
11:15am - 11:23am	Management of MCL in Knee Dislocation - Primary Repair or Reconstruction?	Dr. Santosh Sahanand
11:23am - 11:31am	Complex Meniscus tears - repair or resect? What does the evidence say?	Dr. Anshu Shekhar
11:31am - 11:39am	Why identifying Ramp lesion and its Repair important in ACL Reconstruction?	Dr. Rajesh Bhalla
11:39am - 11:47am	Discoid Lateral Meniscus Tear - Principles of Repair	Dr. Suresh Perumal
11:47am - 11:55am	Innovative and Cost effective techniques to repair meniscus - The Indian Way!	Dr. Nandipalli Akhilesh Kumar N
11:55am - 12:00pm	Discussion	

12:00pm - 12:10pm	Relive Surgery VII - Osteochondral Autograft Transfer System(OATS) Surgery	Dr. Santosh Sahanand
12:10pm - 12:20pm	Relive Surgery VIII - Dynamic MPFL Reconstruction	Dr Christos Koukos
12:20pm - 12:30pm	Relive Surgery IX - Autologous Chondrocyte Implantation (ACI)	Dr. Rajat Jangir
	Moderators : Dr. Gustavo Socorro & Dr. Sridhar Gangavarapu	

12:30pm - 1:00pm	Paper Session 2: 4 - paper presentation (5 mins P + 2 mins Q) MOHANDAS-WELLER GOLD MEDAL AWARD Moderators: Dr. Ramprasad J & Dr. Sunil D Magadum	
12:30pm - 1:00pm	HANDS-ON WORKSHOP Dr. Raj Kanna, Dr. Hariharan Selvam & Dr. Alle Naga Harshavardhan Reddy	
1:00pm - 1:30pm	Lunch	

1:30pm - 2:15pm	Session III: Cartilage Restorative Surgery/Patellar Procedures - Final Frontier Chairpersons: Dr. Saravanan M & Dr. Pradeep Kumar	
1:30pm - 1:38pm	Management of Cartilage Lesions - Treatment Algorithm	Dr. Arun Kumar KV
1:38pm - 1:46pm	Indications and Technique - Mosaicplasty	Dr. Gustavo Socorro
1:46pm - 1:54pm	Minceed Cartilage - Technique and Current Evidence	Dr. Krishna Kumar
1:54pm - 2:02pm	Cartilage Scaffold (Hyalofast) - Operative Technique and Literature Review of Outcome	Dr. Ashok Selvaraj
2:02pm - 2:10pm	Future of Cartilage Restorative Procedures - Where are we headed?	Dr. Samundeeswari Sassendhar
2:10pm - 2:15pm	Discussion	

2:15pm - 2:45pm	Relive Surgery X - Arthroscopic PCL Reconstruction	Dr. Vikram Arun Mhasakar
	Relive Surgery XI - PLC Reconstruction - Modified Larson/Laprade	Dr. I Geethan
	Relive Surgery XII - MCL Reconstruction - Laprade/ Lindt Technique	Dr. Shanavas KP
	Moderators: Dr. Krishna Kumar & Dr. Akshay Dhanda	

2:45pm - 3:30pm	Session IV: Complex procedures made Simple Chairpersons: Dr. Amit Joshi & Dr. Arun Kumar KV	
2:45pm - 2:53pm	Revision ACL Reconstruction - Single Stage or Two Stage: When and How ?	Prof. Nitin Mehta
2:53pm - 3:01pm	Principles of PCL reconstruction - Does Double Bundle Reconstruction still have a Role?	Dr. Jagadeesh P C
3:01pm - 3:09pm	Root Repair - To centralise or not, that is the Question	Dr. Sandeep T George
3:09pm - 3:17pm	PLC reconstruction - Which is Better ? Modified Larson or Laprade Technique	Dr. Neeraj Srivastava
3:17pm - 3:25pm	Role of Interventional Radiology in Knee Arthritis	Dr. Karthikeyan Damodharan
3:25pm - 3:30pm	Discussion	

3:30pm - 4:10pm	Relive Surgery XIII - Medial Opening Wedge High Tibial Osteotomy	Dr. Ashok Selvaraj
	Relive Surgery XIV - Distal Femoral Osteotomy	Dr. Anshu Shekhar
	Relive Surgery XV - Root Repair With HTO	Dr. Nitin Mehta
	Relive Surgery XVI - Bucket Handle Medial Meniscus Tear Repair	Dr. Akshay Dhandra
	Moderators: Dr. Jagadeesh P C & Dr. Akhilesh Kumar N	

4:10pm - 5:00pm	Session V: Joint Preservation with Osteotomies Chairpersons: Dr. Purnachandra Tejaswi & Dr. Anshu Shekhar	
4:10pm - 4:18pm	Importance of Preoperative Planning in Knee Osteotomies	Dr. Shanavas KP
4:18pm - 4:26pm	Cruciate Reconstruction with High Tibial Osteotomy	Dr. Ashok Selvaraj
4:26pm - 4:34pm	Osteotomies post Malunion Tibia - How to plan and prevent surprises?	Dr. Saravanan M
4:34pm - 4:42pm	Anterior Slope Changing Osteotomy - Why Correction of slope is Important?	Dr. I Geethan
4:42pm - 4:50pm	How to avoid complications in Osteotomy Surgery? How to tackle Complications?	Dr. Vikram Arun Mhaskar
4:50pm - 5:00pm	Discussion	
5:00pm - 5:30pm	Felicitation, Distribution of Prizes, Vote of Thanks	

For registration and enquiry:

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Scan the QR code
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