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Dr. Pradeep Bageja	Dr. Pranshul
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Dr. Rupinder Chahal	Dr. Nitin
Dr. Gurdip Singh	Dr. Gopal
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Dr. Chetan Giroti	Dr. Vikas

Outstation Faculty
Dr. Anant Joshi - Mumbai
Dr. D. Chatterjee - Kolkata
Dr. Sanjay Desai - Mumbai
Dr. Ashish Babulkar - Pune

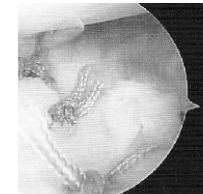
ARTHROSCOPY
TELESCOPIC SURGERY

AGENDA



Approach to
Painful Shoulder
Frozen Shoulder

Treatment option



Instability

Results of Arthroscopic Bankart's Repair



Rotator Cuff Injury

Identifying Impingement Syndrome

SURGICAL SYSTEMS

Endoscopes
Instrumentations
Equipments & Consumables

Authorised Distributors for:
M/s Smith & Nephew, U.S.A
M/s Medit Endoscopes, Canada
M/s Bolin Endoscopes, China

Mr. Padam Bajpai
WZ-97 B, Tekchand Complex, Matke Wali Gali
Jwala Heri Market, Paschim Vihar, New Delhi 110 063
Tele Fax : 91-011-25272733 Cell: 93505 99762

For further information, please contact

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Sports Medicine & Arthroscopy Workshop
Department of Orthopaedics, Joint Replacement Centre
4th Floor, C Block, Sir Ganga Ram Hospital, New Delhi 110 060



Basic

SHOULDER
CME POINTS APPLIED

Sir Gangaram Hospital
New Delhi

March 2007



Organised By

Sports Medicine Unit
Department of Orthopaedics

SIR GANGARAM HOSPITAL

In Association with

Indian Federation of Sports Medicine
&
Indian Arthroscopy Society

ARTHROSCOPY
an integral part of Sports Medicine and Orthopaedics

3rd Sports Medicine & Arthroscopy Workshop



Dear colleagues,

I welcome you to the Third Edition of the **Sports Medicine and Arthroscopy Workshop** of Delhi to be held on 17th and 18th March 2007 at Sir Ganga Ram Hospital, New Delhi. The earlier workshops in March 2005 and 2006 were extremely successful and appreciated due to your interest in the subject. We had over 125 delegates each time from all over India to attend the scientific congress. In view of the feedback and the demand for more subjects on Sports Medicine, and a very under-developed field of '**Shoulder Surgeries**', this time the basic workshop has the central theme of '**Shoulder Problems**'. As done in the previous conferences, we will invite the experts in the field of Sports Medicine, Minimal Intervention Surgery - Arthroscopy with expertise in shoulder, on one platform to interact with and share their experiences to understand and practice Sports Medicine.

It is our endeavor that you get better understanding and experience of science and art of dealing with basic shoulder problems with regards to Sports Medicine & Arthroscopy. The exclusive hands-on workshop on models, especially ordered and imported from Germany for the conference - shoulder workstation, more practical exercises are being organized where the participants will have a chance to practice and understand basic principles of shoulder arthroscopy. This time there is an additional workstation on '**Knot Tying Techniques**', the bridging procedures for shoulder surgery that has made possible to do almost all shoulder surgeries arthroscopically. Also, there will be an opportunity to have better understanding of taping techniques and prevention of injuries in Sports Medicine. For beginners, the workshop is a good opportunity to develop psychomotor skills.

The scientific programme has been planned focusing on basic '**Getting to Start Understanding Shoulder problems**', with crisp and to the point didactic lectures, guest lectures and symposia in the morning followed by live demonstration and hands-on workshop with the faculty consisting of experienced pioneers in the field of shoulder surgery. Each workstation is so set-up that it gives ample opportunity to the delegates to discuss on one-to-one basis, the principle and nitty-gritties of the subject.

I assure you that the day will be action-packed and fruitfully spent, leaving you with better understanding and improved skills on shoulder problems.

We look forward to your visit and spending your day with us!

Dr. Prateek K. Gupta, Organizing Secretary

ARTHROSCOPY
Life is Movement, Movement is Life

PROGRAMME

Morning Session

Sports Medicine Topics

- Approach to athlete with shoulder pain
- Cricketing injuries and its prevention
- Over training and recovery in sports
- TUE (*Therapeutic Utility Exemption*) form and its application
- Anti-Doping programme in India
- Tennis elbow
- Running injuries and its prevention
- PEP programme (*Prevention of Injury & Enhancement of Performance*)
- Nutrition requirement in sports
- Anthropometry - Its role in sports
- Sports equipment and its importance
- Role of psychology in sports
- Prevention of sports injury

Arthroscopy Topics

- Examination & correct diagnosis of shoulder problems
- Radiology of shoulder
- Basic biomechanics and anatomy of shoulder
- Basic instrumentation, minimum theatre requirement, positioning and draping for shoulder
- Shoulder portals
- Guided tour of shoulder
- Impingement syndrome - How to tackle painful arc?
- SAD
- Frozen shoulder - How to get shoulder going?
- Calcific tendinitis
- AC joint pathologies
- Rotator cuff tear
- Labral tear and SLAP lesions
- Shoulder instability
- Bankart's repair - Open or close

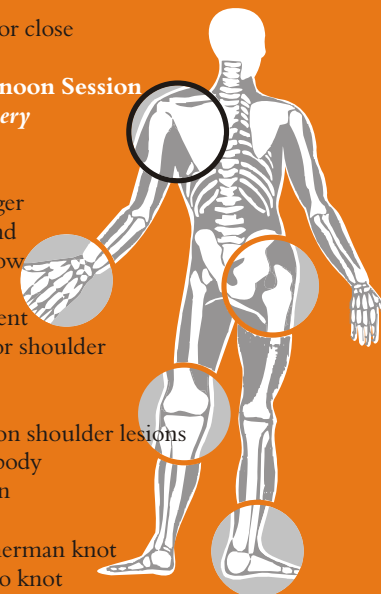
Afternoon Session

Live Demonstration of Surgery

- Hands-on Workshop
 - Taping Techniques
 - Foot
 - Ankle
 - Knee
 - Finger
 - Hand
 - Elbow
 - Arthroscopy
 - Positioning of patient
 - Surface marking for shoulder
 - Orientation
 - Triangulation
 - Identifying common shoulder lesions
 - Removal of loose body
 - Labral tear excision

Knot Tying Session

- Duncan loop
- Fisherman knot
- SMC knot
- Revo knot



REGISTRATION FORM

Please write in CAPITAL letters only

Name

Designation

Qualification

Institution

Address

Email

Tel..... Mobile

Previous exposure to Shoulder Arthroscopy Nil/Basic/Advance

Was your initial exposure supervised Yes/No

Registration Fee	Till 15th Feb' 2007	After 15th Feb' 2007
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Conference	Rs. 400.00	Rs. 600.00
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Conference (For Postgraduates)	Rs. 300.00	Rs. 300.00
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Conference with Workshop	Rs. 600.00	Rs. 900.00
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Conference with Workshop (For Postgraduates)	Rs. 500.00	Rs. 500.00
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For Postgraduates: Letter from HOD required

I am enclosing a Cheque / Draft No

for Rs. dated

drawn on (name of bank)

On the spot registration for the Workshop will not be considered. Workshop has 50 limited seats on first-come-first-serve basis in order to maintain standard and ensure one-to-one interaction for the delegates.

Cheques/Drafts may please be drawn at Delhi in favour of "**Sports Medicine and Arthroscopy Workshop**" (No outstation cheques will be entertained, please)

Duly completed form with one **Photograph** (for workshop) and cheque / draft to be sent by **Courier only** to:

Dr. Prateek K. Gupta

Organizing Secretary

Sports Medicine & Arthroscopy Workshop

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4th Floor, A Block, Sir Ganga Ram Hospital, New Delhi 110 060