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Dr. Siddhanth Kapur

**Outstation Faculty**  
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**ARTHROSCOPY**  
TELESCOPIC SURGERY

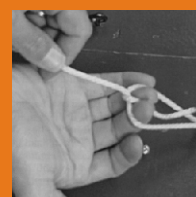
## AGENDA



**Arthroscopy Portal**  
Posterior  
Anteroinferior  
Anterosuperior  
Inside-out/Outside-in Techniques



**Bankart Repair**  
Metallic / Bio Anchor  
Knot / Knotless Anchors



**Knot Tying**  
Sliding Knot  
Duncans Loop  
Fisherman Knot  
Fixed Knot  
Square Knot  
Revo Knot

 **surgical systems**

### Surgical Systems

WZ-97 B, Tekchand Complex  
Matke Wali Gali,  
Jwala Heri Market, Paschim Vihar  
New Delhi 110 063, India  
Tele: +91-11-4557 3184

**Distributors for**  
smith&nephew USA

Tel: 99714 57711, 92107 89296 Telfax: +91-11-2527 2733  
92127 24416, 92123 35665 [surgicalsystems@rediffmail.com](mailto:surgicalsystems@rediffmail.com)

*For further information, please contact*

### Dr. Prateek K. Gupta

M.B.B.S., M.S., M.ch. (Liverpool, UK), F.I.C.S. (USA)  
D.Orth. (London), F.R.C.S.-Orth. (London)

Mobile: 98108 52876

Email: [sportsmedicinedelhi@yahoo.com](mailto:sportsmedicinedelhi@yahoo.com)

**Sports Medicine & Arthroscopy Workshop**

**A<sup>+</sup> ORTHOPAEDIC AND SPORTS MED  
CLINIC**

C- 2/5 Safdarjung Development Area, Aurobindo Marg, New Delhi 110 016  
Tel: 11 - 2651 7776 Fax: 11 - 2586 1002 Email: [sportsmedicinedelhi@yahoo.com](mailto:sportsmedicinedelhi@yahoo.com)  
[www.sportsmedicineclinicdelhi.com](http://www.sportsmedicineclinicdelhi.com)

5th Sports Medicine & Arthroscopy Workshop



## RECURRENT INSTABILITY - SHOULDER Advance

SHOULDER WORKSHOP  
CME POINTS APPLIED

Sir Gangaram Hospital  
New Delhi

1st March 2009



Organised By

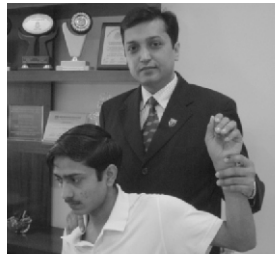
**Sports Medicine Unit**  
Department of Orthopaedics

**SIR GANGARAM HOSPITAL**

In Association with

Indian Federation of Sports Medicine  
&  
Indian Arthroscopy Society

**ARTHROSCOPY**  
an integral part of Sports Medicine and Orthopaedics



Dear colleagues,

I welcome you to the **5th edition of Sports Medicine & Arthroscopy Workshop** to be held on 1st March 2009 (Sunday) at Sir Ganga Ram Hospital, New Delhi. The earlier four workshops in March 2005, March 2006, April 2007 and March 2008 were extremely well attended (*over 130 delegates each year*) due to your interest in the subject. Encouraged by this previous response and growing demand to understand shoulder region, this time we are conducting workshop on "**Shoulder Arthroscopy— Recurrent Dislocation**". As in previous conferences, we will invite eminent and experts in the field of Sports Medicine dealing with shoulder instability, on one forum, to interact with enthusiastic delegates and share their experiences regarding this common pathology.

It is our endeavour that you get better understanding and experience of science and art of dealing with shoulder problems with regards to Sports Medicine and Arthroscopy. The exclusive hands-on workshop with practical exercise on new shoulder models imported from Germany for the conference, the participants will have a chance to understand and practice basic principles of shoulder arthroscopy and be able to apply those in the cases of Bankart repair for recurrent dislocation. There will be an additional workstation on "Knot Tying Techniques", where delegates can understand and practice the nitty-gritty of producing a secure knot, which is the bridging procedure for shoulder surgery that has made possible to do almost all shoulder surgeries arthroscopically. The workshop will also have interactive electronic station, which will give delegates a chance to discuss with the faculty on one-to-one basis the ins and outs of safe and successful shoulder arthroscopy and arthroscopic stabilization.

The morning scientific programme has been planned keeping in mind "**Transition from open to arthroscopic shoulder stabilization**" with crisp and to the point talks and guest lectures followed by live demo of the surgical principles and hands-on workshop with faculty of experienced shoulder surgeons of India. The workshop is so designed that it allows ample opportunity to the delegates to discuss on one-to-one basis the principles and any other query they may have regarding arthroscopy.

I once again assure you that the day will be dynamic and usefully spent, leaving all of us with better understanding and improved skills of shoulder arthroscopy.

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

Wishing you Merry Christmas and Happy New Year, 2009!

**Dr. Prateek K. Gupta**, Organizing Secretary

**ARTHROSCOPY**  
Life is Movement, Movement is Life

## PROGRAMME

### Morning Session

#### Sports Medicine Topics

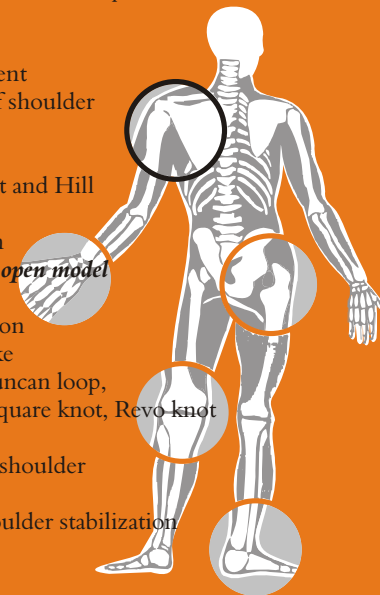
- Approach to athlete with shoulder pain
- Sports nutrition
- Biomechanics of shoulder
- Pre-participation medical examination of athletes
- Shoulder injury in cricket
- Prevention of sports injury
- Shoulder injury - on field assessment and participation
- Over training and recovery in sports
- Banned substances

#### Instability Symposia

- Arthroscopic anatomy of shoulder
- Patho-anatomy of shoulder
- Role of radiology in shoulder-instability
- Clinical examination and correct diagnosis
- Treatment algorithm for shoulder instability
- Basic instrumentation for shoulder stabilization
- Anchors and their role - Metallic/Bio, Knotted/Knotless
- Positioning, Draping and Portals for stabilization
- Guided tour of shoulder - Bankart/Hill sach lesion
- Arthroscopic Bankart repair
- Arthroscopic tightening of capsular laxity
- Interval closure and its importance
- Open versus closed Bankart repair
- Post operative regimen
- Results of of Arthroscopic shoulder stabilization

### Afternoon Session

- Live Demonstration of Surgery
  - Recurrent dislocation - arthroscopic stabilization
- Hands-on Workshop
  - **Arthroscopy**
    - Positioning of patient
    - Surface marking of shoulder
    - Portal making
    - Orientation
    - Identifying Bankart and Hill sach lesion
    - Labral tear excision
  - **Knot Tying: Shoulder open model**
    - Anchor placement with instrumentation
    - Knot tying - life like
    - Various knots - Duncan loop, Fisherman knot, Square knot, Revo-knot
  - **Electronic station**
    - Safe and successful shoulder arthroscopy
    - Ins and outs of shoulder stabilization



## 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' 2009	After 15th Feb' 2009
Conference	Rs. 500.00	Rs. 700.00
Conference (For Postgraduates)	Rs. 400.00	Rs. 500.00
Conference with Workshop	Rs. 800.00	Rs. 1000.00
Conference with Workshop (For Postgraduates)	Rs. 600.00	Rs. 700.00

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Conference (For Postgraduates) Rs. 400.00 Rs. 500.00

Conference with Workshop Rs. 800.00 Rs. 1000.00

Conference with Workshop (For Postgraduates) Rs. 600.00 Rs. 700.00

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 60 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

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C- 2/5 Safdarjung Development Area, Aurobindo Marg, New Delhi 110 016