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ARTHROSCOPY
TELESCOPIC SURGERY

AGENDA



Graft Options

Hamstrings
Quadriceps
BTB
Allograft

Healthy graft investing technique



Graft Fixation Options

Endobutton
Interference Screw
Transfix

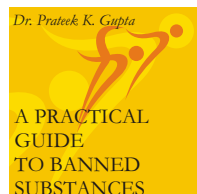
Saw bone model for PCL and ACL fixation technique practice



Tunnel Drilling

Identification of footprint
Anatomical drilling of tunnel
Reaming v/s dilators

Technique to achieve rotational stability of knee



Dope and Dope Testing

TUE-Therapeutic Utility Exemption Form
Commonwealth Games 2010 preparation

Distribution of detailed booklet on banned substances/drugs

For further information, please contact

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Sports Medicine & Arthroscopy Workshop

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6th Sports Medicine & Arthroscopy Workshop



**CRUCIATE LIGAMENT INJURY
PCL & ACL**



Advance

KNEE WORKSHOP
CME POINTS APPLIED

Sir Gangaram Hospital
New Delhi

7th March 2010



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 6th edition of Sports Medicine and Arthroscopy Workshop of Delhi to be held on 7th March 2010 at Sir Gangaram Hospital, New Delhi. The earlier 5 workshops in March 2005 to 2009 were extremely successful and appreciated due to your interest in the subject. We had over 150 delegates from all over India to attend this scientific congress. This time the advance knee workshop is centered over "Cruciate Ligament Injury and its Reconstruction" with special focus on PCL and Commonwealth Games 2010. As done in past five congresses we will invite the expert in this field of sports medicine, minimal intervention surgery, Arthroscopic PCL and ACL reconstruction on one platform to interact with the enthusiastic delegates and share their experience to understand principles of PCL & ACL sports related (CWG2010) injury management.

It is our endeavor that you get best understanding and experience of science and art of healthy graft harvesting and preparation for a robust PCL/ACL Reconstruction. The exclusive hands on workshop of specially designed and formatted vet lab(harvested tissue) will enable the delegate to practice harvesting and preparation on animal tissue in the same manner as done in live patient. The focus will be on using and practicing baseball stitch to get maximum hold on the graft tissue. There will be ample opportunity to the delegate to interact with the eminent faculty in order to understand the fine point of good harvesting technique and preparation. Further workshop will allow the delegate to use their animal tissue graft and fix it to the bone by different fixation technique. This gives them an hands on experience on graft fixation and to understand the principles and the fine points in tunnel drilling of tibia and femur and using different modalities to fix the graft on to the saw bone. For those in their early stages of arthroscopy, who wants to graduate to advance arthroscopy technique, this workshop is a good opportunity to develop psychomotor skills required for arthroscopic PCL Reconstruction.

The morning has scientific programme that is planned to focus on nitty-gritty of clinical decision making after PCL injury, biomechanics of knee, different graft option and different fixation choices available to us in cruciate ligament injury with crisp and to the point lectures, guest lectures and symposia followed by live demonstration of cruciate reconstruction and hands on workshop with the faculty of the experts and pioneer in the field of cruciate surgery. Each station gives ample opportunity to the delegate to practice and discuss on one to one basis the principles and nitty-gritty of cruciate ligament reconstruction.

I assure you that the day will be action packed fruitfully spent, leaving you at the end with better understanding and improved skills with regard to cruciate ligament reconstruction.

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

Wishing you Merry Christmas and Happy New Year 2010!

Dr. Prateek K. Gupta, Organizing Secretary

ARTHROSCOPY
Life is Movement, Movement is Life

PROGRAMME

Morning Session

Sports Medicine Topics

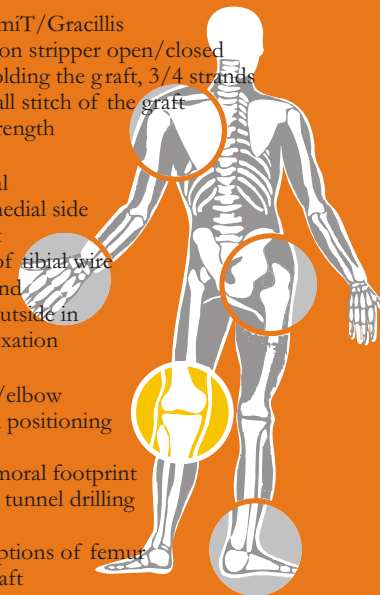
- ACL injury in female athlete
- Cruciate ligament injury in football
- Sport nutrition and supplement
- Gait cycle in cruciate deficient knee
- Alternative therapy in cruciate ligament injury
- Dope and dope testing
- TUE-Therapeutic Exemption Form
- Prevention of cruciate injury in sports
- On field injury assessment and management
- Readiness for 2010 common wealth games

Cruciate Symposia

- Anatomy of ACL/PCL and its role in biomechanics of knee
- Examination of PCL deficient knee
- Radiology of PCL/ACL deficient knee
- PCL injury when to operate or not to operate
- Graft choice for cruciate reconstruction
- Graft harvesting of Hamstring/BTB/Quadriceps
- Identification of footprint of ACL/PCL
- Tunnel drilling for PCL: inside out; outside in
- Graft fixation options for cruciate ligament
- Accelerated vs conventional rehabilitation
- Time and quality of participation in 1st class sports
- Complications of PCL/ACL reconstruction
- Cruciate injury in skeletally immature patient
- Double bundle, is it there to stay?

Afternoon Session

- Live Surgery of cruciate ACL/PCL reconstruction
- Hands-on Workshop
 - Graft Preparation
 - Identification of SemiT/Gracillis
 - Correct use of tendon stripper open/closed
 - Different ways of folding the graft, 3/4 strands
 - Cleaning and baseball stitch of the graft
 - Testing of suture strength
 - PCL Graft Fixation
 - Posteromedial portal
 - Safety incision on medial side
 - Tibial zig placement
 - Correct placement of tibial wire
 - Femoral footprint and drilling inside out, outside in
 - Graft passage and fixation
 - ACL Graft Fixation
 - Use of tibial zig tip/elbow
 - Correct tibial tunnel positioning and drilling
 - Identification of femoral footprint
 - Anatomical femoral tunnel drilling
 - Graft passage
 - Different fixation options of femur
 - Tibial fixation of graft



REGISTRATION FORM

Please write in CAPITAL letters only
(Photocopy of this form can also be used for registration)

Name

Designation

Qualification

Institution

Address

.....

Email

Tel Mobile

Previous exposure to Knee Arthroscopy Nil / Basic / Advance

Was your initial exposure supervised Yes / No

Registration Fee Till 15th Feb' 2010 After 15th Feb' 2010

Conference	Rs. 500.00	Rs. 800.00
Conference (For Postgraduates)	Rs. 400.00	Rs. 600.00
Conference with Workshop	Rs. 800.00	Rs. 1100.00
Conference with Workshop (For Postgraduates)	Rs. 600.00	Rs. 800.00

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

Sports Medicine & Arthroscopy Workshop

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