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Dr. Sarabjeet Singh	Dr. Prashant
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Dr. Ashwani Maichand	Dr. Ram Babu
Dr. Chetan Giroti	Dr. Vikas
Dr. Rajesh Verma	

**Outstation Faculty**  
Dr. Anant Joshi - Mumbai

**ARTHROSCOPY**  
TELESCOPIC SURGERY

#### AGENDA



**Graft Options**  
Bone Tendon Bone  
Hamstring  
Quadriceps

**Graft harvesting technique**



**Graft Fixation**  
Interference Screw  
Endo Button  
Transfixing Devices

**Saw bone workshop on various fixation options**



**Tunnel Drilling**  
Identification of Tunnel Site  
Reaming v/s Dilators  
Measurements

**Technique to avoid graft tunnel mismatch**

#### SURGICAL SYSTEMS

*Authorized Distributors*

**Smith & Nephew**  
(Endoscopy Division)

WZ-97 B, Tekchand Complex, Matke Wali Gali  
Jwala Heri Market, Paschim Vihar, New Delhi 110 063  
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**Sports Medicine & Arthroscopy Workshop**

**A+ ORTHOPAEDIC AND SPORTS MED**  
CLINIC

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[www.sportsmedicineclinicdelhi.com](http://www.sportsmedicineclinicdelhi.com)



ACL RECONSTRUCTION

**Advance**

KNEE WORKSHOP  
CME POINTS APPLIED

Sir Gangaram Hospital  
New Delhi

2 March 2008



Organised By

**Sports Medicine Unit**  
Department of Orthopaedics

**SIR GANGARAM HOSPITAL**

In Association with

Indian Federation of Sports Medicine  
Indian Arthroscopy Society

&  
Indian Association of Sports Medicine

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

4th Sports Medicine & Arthroscopy Workshop



Dear colleagues,

I welcome you to the 4th edition of **Sports Medicine and Arthroscopy Workshop** of Delhi to be held on 2nd March 2008 at Sir Ganga Ram Hospital, New Delhi. The earlier three workshops in March 2005, March 2006 and April 2007 were extremely successful and appreciated due to your interest in the subject. We had over 130 delegates from all over India to attend the scientific congress. This time the basic workshop has central theme focused on "**ACL Reconstruction**". As done in last three conferences, we will invite the experts in the field of Sports Medicine, Minimal Intervention Surgery—Arthroscopic ACL Reconstruction on one platform to interact with enthusiastic delegates and share their experiences to understand principles of ACL Reconstruction.

It is our endeavour that you get better understanding and experience of science and art of healthy graft harvesting for a robust ACL Reconstruction. The exclusive hands on workshop of especially designed and formatted vet lab (harvested tissue) will enable the delegates to harvest hamstring graft and prepare it in same manner as done in live patients. This gives chance to the delegate to interact with the eminent faculty in order to understand the finer points of good graft harvesting technique and preparation. The focus will be on using baseball stitch. Further workshop will allow the delegates to use their harvested graft and fix it to the bone by various fixation techniques. This gives them hands on experience on graft fixation and to understand the principles and fine points of tunnel drilling in tibia and femur and also using different modalities to fix the graft on to the sawbones. Delegates will also get an opportunity to understand taping technique and its role in prevention of injuries in sports. For those in the early stages of arthroscopy, this workshop is a good opportunity to develop psychomotor skills required to advance to arthroscopic ACL reconstruction.

The morning scientific programme has been planned focusing on the basics of ACL anatomy, biomechanics, different graft options and different fixation choices available to us with crisp and to the point lectures, guest lectures and symposia followed by live demonstration of ACL reconstruction and hands on workshop with faculty of experts and pioneers in the field of ACL Reconstruction. Each station gives ample opportunity to the delegates to practice and discuss on one-to-one basis the principles and nitty-gritty of ACL 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 regards to ACL Reconstruction.

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

Wishing you Merry Christmas and Happy New Year, 2008!

Dr. Prateek K. Gupta, Organizing Secretary

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

## PROGRAMME

### Morning Session

#### Sports Medicine Topics

- Pre-participation medical examination of athlete
- Sports nutrition
- Biomechanics of gait cycle and its role in sports
- Prevention of sports injury
- On field injury assessment and participation
- Dope and dope testing
- TUE - Therapeutic Utility Exemption form
- Mind set matters - sports psychology
- How to choose correct equipment in sports
- Knee pain in sports
- Cricketing injury and their prevention
- Exercise prescription
- Physiology of exercise fitness & cardiopulmonary adaptation

#### ACL Symposia

- Anatomy and role of ACL in biomechanics of knee
- Examination of ACL deficit knee
- Radiology of ACL
- Do all ACL tear need reconstruction?
- Role of non-operative treatment in ACL injury
- Graft option in ACL reconstruction
- Graft harvesting & preparation - BTB / Hamstring
- Tunnel positioning, graft passage & fixation
- Graft fixation option
- Accelerated rehabilitation
- Complications during ACL
- When can I drive after ACL?
- ACL injury in skeletally immature

### Afternoon Session

- Live Demonstration of ACL Reconstruction Surgery
- Hands-on Workshop

#### Graft Harvesting and preparation

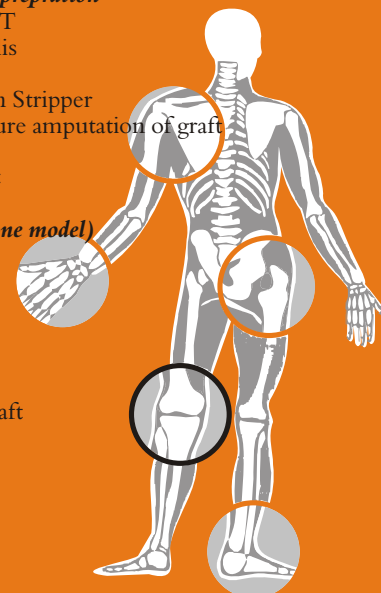
- Identification of SemiT
- Identification of gracilis
- Removal of vaeculae
- Correct use of Tendon Stripper
- Prevention of premature amputation of graft
- Cleaning of graft
- Baseball stitch of graft

#### Graft fixation (saw bone model)

- Use of tibial zig
- Tibial tunnel position
- Tibial drilling
- Femoral off set guide
- Femur drilling
- Passage of Graft
- Femoral fixation of graft
- Tibial fixation of graft

#### Taping Techniques

- Foot Finger
- Ankle Hand
- Knee Elbow



## REGISTRATION FORM

Please write in CAPITAL letters only

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' 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. 700.00	Rs. 1000.00
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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 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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