



LOWER LIMB SYMPOSIA

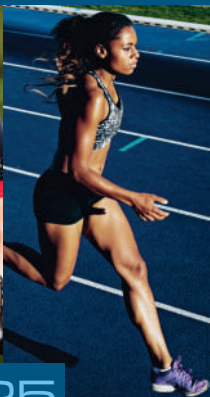
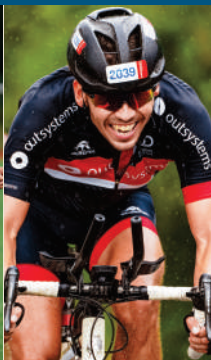
Advanced

KNEE WORKSHOP

Sir Ganga Ram Hospital
New Delhi

Sunday, 2nd March 2025

PCL & PLC - No More a Dark Corner



SMAY 2025



Organised By

Sports Medicine Unit

Department of Orthopaedics

SIR GANGA RAM HOSPITAL

with

SS Foundation

In Association with

Delhi Orthopaedic Association

&

Indian Arthroscopy Society



ARTHROSCOPY

Life is Movement, Movement is Life



Dear Friends

We at Sir Ganga Ram Hospital invite you to the 21st Sports Medicine and Arthroscopy Workshop on Sunday, 2nd March 2025. The conference will be focusing on the postero-lateral instability of the knee highlighting PCL and PLC injury management giving stop press update on the issue.

PCL and PLC injury are commonly seen in every day clinic, road traffic accident and sports being the major causative reasons. The complete clinical assessment of the injured knee and understanding of radiological (MRI) findings can be an enigma for most orthopaedic surgeons. No wonder this region was historically labelled 'The dark corner of the knee'. Now, with better understanding of the local anatomy and advances in radiology, our approach to PCL and PLC injury has seen a paradigm shift. We are now able to catch them early and treat them fully, whether it be acute injury where primary repair along with augmentation is required or chronic injury where reconstruction with or without osteotomy is mandated.

All the nitty-gritty of assessment and algorithm to approach the PCL and PLC injuries will be discuss threadbare by national and international faculty during the SMAW 2025.

I assure you, the meeting will erase many of the myths associated with the dark corner, leaving us much clearer in our understanding for the management of PCL and PLC injuries.

Looking forward to meeting you all.

Wish you and family a Merry Christmas &
A Happy New Year



Dr. Prateek Kumar Gupta
Organising Chairman
SMAW/2025



SCIENTIFIC SESSION

Scientific Deliberations

- Acute PLC - is repair enough?
- Chronic PLC which repair techniques fairs best
- All inside PCL reconstruction - does it hold better outcome?
- PCL Avulsion repair techniques
- PLC augmented repair results
- Role of osteotomy in chronic PLC injuries
- PCL - does double bundle on femur work better?

Video Technique Session

- Various arthroscopic PCL Avulsion repair techniques
- Antero - lateral portal technique for PCLR
- Different techniques of PLC reconstruction
- Double bundle PCL reconstruction
- All inside PCL reconstruction

Panel Discussions

- PCL and PLC injuries case based discussions
- Different PCL reconstruction techniques
- Dark corner made easy

Live/Re-live Surgery

Hands - On Workshop

Workshop One - PCL Reconstruction

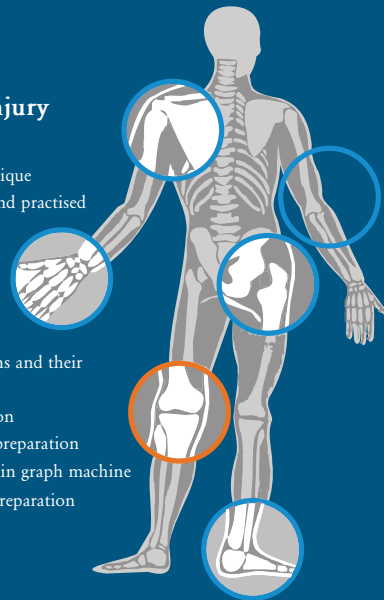
- Practice different fixation methods - screw, endo button, inside - out, outside - in femur drilling
- Demo of antero - lateral portal technique for PCL
- Original PCLR Instruments
- Original Implants
- Pearls and pitfalls of PCL surgery

Workshop Two - PLC Injury

- Biceps Tenodesis technique
- LaPrade PLC reconstruction technique
- Various modifications discussed and practised
- Do's and don't s of PLC surgery

Workshop Three - Graft Preparation

- Discussion on various graft options and their advantages
- Bovine hamstrings graft preparation
- Baseball stitch technique of graft preparation
- Assessment of stitch strength - strain graph machine
- Discussion on nuances of graft preparation



REGISTRATION FORM

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

Name

Designation Qualification

Institution

Address

.....

Tel Mobile Email

Registration Fee	Till 15th Feb 2025	After 15th Feb 2025
------------------	--------------------	---------------------

1. Delegates Fee	Rs. 1,500	Rs. 2,000
2. Postgraduate Delegates Fee	Rs. 1,000	Rs. 1,500

I am enclosing a Cheque / Draft No.....

for Rs. dated

drawn on (Name of bank)

Cheques/Drafts may please be drawn at Delhi in favour of **Shashi Subodh Foundation** (No outstation cheques will be entertained, please)

Duly completed form with cheque / draft to be sent by Courier only to:

Dr. Prateek Kumar Gupta
Organising Chairman
Sports Medicine & Arthroscopy Workshop


**A⁺ ORTHOPAEDIC AND SPORTS MED
CENTER**

C- 2/5 Safdarjung Development Area, Aurobindo Marg, New Delhi 110 016
T: 011-4606 2876, 2651 7776 | M: 99103 02876, 98106 33876

W: www.sportsmedicinedelhi.com; www.smaw.in

Email for Correspondence: sportsmedicinedelhi@yahoo.com

ORGANISERS

Patrons

Dr. D. S. Rana

Dr. J. Sood

Dr. V. B. Bhasin

Dr. Ajay Swaroop

Prof (Dr.) V. K. Malik

Organising Chairman

Dr. Prateek Kumar Gupta

Organising Secretary

Dr. Ashis Acharya

Scientific Committee

Dr. Vinod Kumar

Dr. Dhananjay Sabat

Dr. Amarjeet Singh

Dr. Attique Vasdev

Dr. Shashank Mishra

Dr. Utkarsh Bhardwaj

Advisory Committee

Dr. Gagan Chaddha

Dr. Manish Dhawan

Dr. Sarabjit Singh

Dr. R. S. Chahal

Dr. Rajat Chopra

Dr. Anant Tiwari

Dr. Satish Sharma

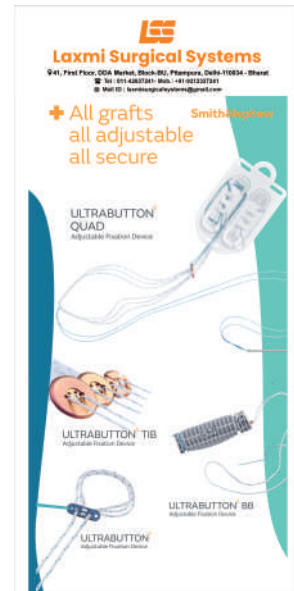
Dr. Brijesh Nandan

Dr. D. K. Dheeraj

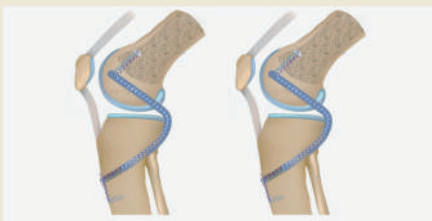
Dr. Nipun Rana

International Faculty

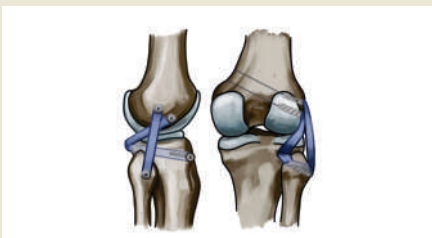
Dr. Amit Joshi



AGENDA



Refinement in PCL reconstruction technique



Management of PLC injury - Acute/Chronic



Graft options in multi-ligament injury

Register yourself online by clicking
<https://smaw.in/registration>

For further information, please contact

Dr. Prateek Kumar 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)

Consultant Orthopaedics & Sports Surgeon

Head Sports Med. Unit

Vice Chairman - Department of Orthopaedics

Sir Ganga Ram Hospital, New Delhi

President Indian Arthroscopy Society (2018-2020)

Dr. Ashis Acharya

M.B.B.S., M.S. (ORTHO)

Sports Medicine Unit

Department of Orthopaedics

Sir Ganga Ram Hospital, New Delhi

M: 7011548376, 99103 02876, 98106 33876, 88260 59392

Email: sportsmedicinedelhi@yahoo.com

www.sportsmedicineclinicdelhi.com; www.smaw.in

www.facebook.com/arthroscopy