

PROGRAMME

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

