

WELCOME ADDRESS

Dear colleagues,

Welcome to the first Sports medicine and Arthroscopy Workshop of Delhi on 13th March 2005 to be held at Sir Ganga Ram Hospital, Delhi. There has been a lot of interest and enquiry about Arthroscopy, Sports medicine and related subjects, so a need was felt to bring the experts in this field on one platform and call them to share their experience with the enthusiastic surgeons wanting to understand and practice Sports medicine.

It is our endeavour to ensure that you get to experience the science and art of Sports medicine and Arthroscopy. So an exclusive first time hands on workshop is being organised where the participants will have chance to practice and undertake taping techniques in prevention of injury in sports medicine. Also opportunity to do hands on arthroscopy on models. For beginner it is a good chance to develop psychomotor skills.

The scientific programme has been planned focussing on basics, with crisp to the point didactic lectures, guest lecture, symposium in the morning followed by live demonstration and hands on workshop with the faculty consisting of experts and pioneer's in this field.

I assure you it will be an action packed day making your visit to Sir Ganga Ram Hospital a memorable one.

We look forward to your visit and sharing your time with us.



Dr. Prateek K. Gupta



Patrons

Dr. S. K. Sama
Dr. K. C. Mahajan



Chairman

Dr. P. S. Maini



Organising Secretary

Dr. Prateek K. Gupta

Co-Orga. Sec. + Dr. Pratip Mandal

Chairman Scientific Committee

Dr. V. B. Bhasin



Organising Committee

Dr. Shankr Acharya	Dr. N. Talwar
Dr. Attique Vasdev	Dr. G. Chadha
Dr. Manish Dhawan	Dr. Gurdeep Singh
Dr. Sarbjeet Singh	Dr. Amit
Dr. P. Bhageja	Dr. Rohit
Dr. Guriqbal	Dr. Satish
Dr. Chetan	



Advisory Committee

Dr. A. Mukerjee	Dr. S. P. Mandal
Dr. R. Bhalla	Dr. V. K. Nijhawan
Dr. A. K. Kochhar	Dr. K. L. Kalra



Out Station Faculty

Dr. Anant Joshi, Bombay
Dr. D. Baneerjee, Calcutta

For further information contact :

Dr. Prateek Kumar Gupta

Tel. : 9810852876 Fax # 25861002

Email : sportsmedicinedelhi@yahoo.com

Sports Medicine and Arthroscopy Workshop

Department of Orthopaedics
3rd C.D. Sir Ganga Ram Hospital,
New Rajinder Nagar, Karol Bagh, New Delhi-60

Registration Form

(Please write in capital letters only)

Name :
Designation :
Qualification :
Institution :
Address :
.....
Email :
Tel. : Landline : Mobile :
Previous exposure to Arthroscopy Nil/Basic/Advance
Was your initial exposure supervised-Yes/No
I am enclosing a draft/cheque of Rs.
dated drawn on
[bank]
Cheque/draft No.

Registration Fee	Till 15 Feb.	After 15 Feb.
Conference	Rs. 200	Rs. 350
Postgraduate	Rs. 100	Rs. 150
Conference With		
Workshop	Rs. 400	Rs. 600
Postgraduate	Rs. 200	Rs. 400

(Letter From HOD, Required)

On the spot registration for the Workshop will not be Considered

Workshop has limited seats on first cum first serve basis to 30 people in order to maintain standard and give more 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 cheque will be entertained please]

Completed Forms with one photograph (for Workshop) and cheque/draft to be sent to :

Dr. Prateek K. Gupta

Organising Secretary
Sports Medicine and Arthroscopy Workshop
Department of Orthopaedics
3rd C.D. Sir Ganga Ram Hospital,
New Rajinder Nagar, Karol Bagh, New Delhi-60

PROGRAMME

Morning Session

Sports medicine topics :

- Cricketing injury and its prevention
- PEP Programme [prevention of injury & enhancement of Performance]
- Pre Event preparation - its importance in preventing injury
- Playing gear and its importance
- Nutrition and Body Stats
- Spine and back injury in sports
- Doping

Arthroscopy topics :

- Examination & correct diagnosis
- Imaging of Knee / Shoulder
- Basic instrumentation for Arthroscopy
Minimum Theatre requirement, positioning and draping
- Portals and their importance
- Basic Knee Arthroscopy - tour of knee-pearls & pitfalls
- Removal of loose body
- Meniscal tear
- Synovectomy
- Lateral release in patellar instability
- O. A. Knee & Cartilage Lesion
- Rehabilitation after Arthroscopy
- Complications of Basic Arthroscopy

Afternoon Session

Live Demo of Surgery

Hands on workshop

- Taping technique - foot,
ankle,
knee,
finger,
hand,
elbow

- Arthroscopy
 - * Portal making
 - * Triangulation
 - * Psychomotor skills
 - * Removal of loose body
 - * Menisectomy

Decision Making in ACL

Discussion and Interaction with faculty / Debate on BTB v/s Hamstring ACL Reconstruction.

Out Station Faculty :

Dr. Peas (Calcutta),
Dr. Anant Joshi (Bombay),
Dr. Debashsh Chatterjee (Culcutta)

Delhi Faculty

Dr. Ashok Rajgopal,
Dr. Jitendra Maheshwari,
Dr T. B. S. Buxi,
Dr. V. B. Bhasin,
Dr. I. P. S. Oberoi,
Dr. H. L. Nag,
Dr. Deepak Chaudary,
Dr. P. S. M. Chandran (SAI),
Dr. Pushpinder Bajaj,
Dr. Preet Ritu,
Dr. Raju Vaishya,
Dr. Prateek K. Gupta,
Dr. Shnakacharya,
Dr. Vinod Kumar,
Dr Ravi Mttal,
Dr. Pratip Mandal

IST SPORTS MEDICINE AND ARTHROSCOPY WORKSHOP



BASIC (HAND'S ON)

FINAL ANNOUNCEMENT



13-MARCH 2005
(SUNDAY)

BY

SPORTS MEDICINE UNIT
DEPARTMENT OF ORTHOPAEDICS
SIR GANGA RAM HOSPITAL
NEW DELHI

In Association with
INDIAN FEDERATION OF SPORTS MEDICINE

VENUE
AUDITORIUM
SIR GANGA RAM HOSPITAL
NEW DELHI-1100 60

CME POINTS APPLIED