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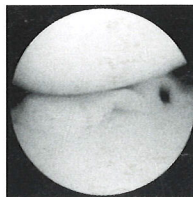
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Outstation Faculty

Dr. Anant Joshi - Mumbai
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Dr. Nilesh Shah - Ahmedabad
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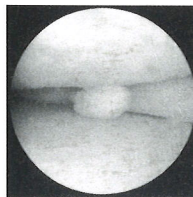
AGENDA



Meniscal Injury

Principle of Management of
Meniscal Injury

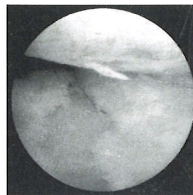
Role of meniscal balancing



Loose Body

Technique of Removal of
Loose body

How to prevent soap bar phenomena



**Osteoarthritis and
Cartilage Injury**

Treatment options

SURGICAL SYSTEMS

**Endoscopes
Instrumentations
Equipments & Consumables**

Authorised Distributors for:
M/s Smith & Nephew U.S.A
M/s Medit Endoscopes, Canada.
M/s Bolin Endoscopes, China

Mr. Padam Bajpai

WZ-97 B, Tekchand Complex, Matke Wali Gali,
Jwala Heri Market, Paschim Vihar, New Delhi 110 063
Tele Fax : 91-011-25272733 Cell: 93505 99762

For further information, please contact

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Sports Medicine & Arthroscopy Workshop

Department of Orthopaedics,
3rd Floor, C Block, Sir Ganga Ram Hospital, New Delhi 110 060



Basic

HANDSON
CME POINTS APPLIED

Sir Gangaram Hospital
New Delhi

March 2006



Organised By

Sports Medicine Unit
Department of Orthopaedics

SIR GANGARAM HOSPITAL

In Association with

Indian Federation of Sports Medicine

ARTHROSCOPY
an integral part of Sports Medicine and Orthopaedics

1st Sports Medicine & Arthroscopy Workshop

ARTHROSCOPY
TELESCOPIC SURGERY



Dear colleagues,

I welcome you to the second edition of the **1st Sports Medicine and Arthroscopy Workshop** of Delhi to be held on 19th March 2006 at Sir Ganga Ram Hospital, New Delhi. The first workshop in March 2005 was extremely successful due to your interest in the subject. We had over 115 delegates from

all over India attending the meeting. In view of the feedback and the demand for more subjects on Sports Medicine, this time increase emphasis is on sports related injuries, and it will be the main theme. As in the past, we will invite the experts in the field of Sports Medicine and Minimal Intervention Surgery Arthroscopy on one platform to interact with and share their experience with enthusiastic delegates from different fields wanting to understand and practice Sports Medicine.

It is our endeavour that you get even better experience of science and art of Sports Medicine & Arthroscopy. The exclusive hands-on workshop with more model workstations and more practical exercises is being organized where the participants will have a chance to practice and understand arthroscopic principles. This time, there is addition of an interactive workstation on '**Primary Basic Knee Pathology and its Management**'. Also there will be an opportunity to understand taping techniques and prevention of injuries in Sports Medicine. For beginners, the workshop is a good opportunity to develop psychomotor skills.

The scientific programme has been planned focusing on basics with crisps and to the point didactic lectures, guest lectures and symposia in the morning followed by live demonstration and hands-on workshop with the faculty consisting of experienced and pioneer in the field. The interactive workstation will give delegates more chance to discuss on one-to-one basis about the principles and nitty-gritty of the subject.

I assure you that the day will be action-packed and will be well spent, leaving you with better understanding and improved skills on the subject.

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


DR. PRATEEK K. GUPTA
 Organizing Secretary

ARTHROSCOPY
Life is Movement, Movement is Life

PROGRAMME

Morning Session

Sports Medicine Topics

- Tennis Elbow
- Running Injury and Its Prevention
- Tennis Injury and Its Prevention
- 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 Injuries 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 and Patellar Instability
- O.A. Knee & Cartilage Lesion
- Rehabilitation After Arthroscopy
- Complications of Basic Arthroscopy

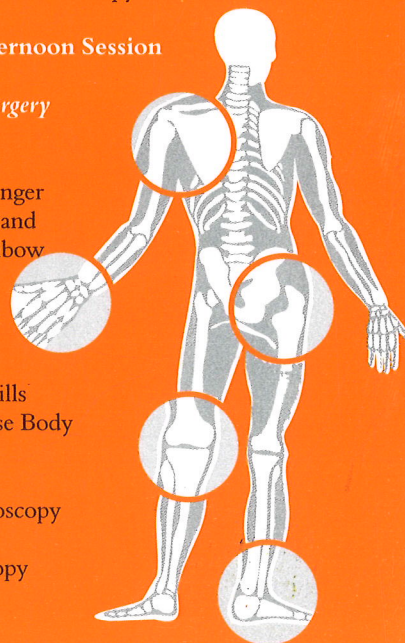
Afternoon Session

Live Demonstration of Surgery

- Hands-on Workshop
 - Taping Techniques
 - Foot
 - Ankle
 - Knee
 - Finger
 - Hand
 - Elbow
- Arthroscopy
 - Portal Making
 - Triangulation
 - Psychomotor Skills
 - Removal of Loose Body
 - Meniscectomy

Interactive Session

- Basic Shoulder Arthroscopy
- Basics of ACL
- Basic Ankle Arthroscopy
- Knee Kinematics



REGISTRATION FORM

Please write in CAPITAL letters only

Name

Designation

Qualification

Institution

Address

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Email

Tel Mobile

Previous exposure to Arthroscopy Nil/Basic/Advance

Was your initial exposure supervised Yes/No

Registration Fee	Till 15th Feb' 2006	After 15th Feb' 2006
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Conference	Rs. 300.00	Rs. 500.00
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Conference (For Postgraduates)	Rs. 200.00	Rs. 200.00
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Conference with Workshop	Rs. 500.00	Rs. 800.00
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Conference with Workshop (For Postgraduates)	Rs. 400.00	Rs. 400.00
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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 50 limited seats on first-come-first-serve basis to 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

Department of Orthopaedics,
 3rd Floor, C Block, Sir Ganga Ram Hospital, New Delhi 110 060