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## AGENDA



Rotator cuff repair  
Single row / Double row repair  
Mini open / arthroscopic

### Bankart Repair



Metalic / Bio  
Knotted / Knotless Anchors

### Arthroscopic Portals



Wrist  
Elbow  
Shoulder

**surgical systems**



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**ARTHROSCOPY**  
TELESCOPIC SURGERY

*For further information, please contact*

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### Sports Medicine & Arthroscopy Workshop

**A<sup>+</sup> ORTHOPAEDIC AND SPORTS MED  
CLINIC**

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[www.sportsmedicineclinicdelhi.com](http://www.sportsmedicineclinicdelhi.com); [www.smaw2010.com](http://www.smaw2010.com)



## UPPER LIMB SYMPOSIA Advance

SHOULDER WORKSHOP  
CME POINTS APPLIED

Sir Ganga Ram Hospital  
New Delhi

5th & 6th March 2011



Organised By



**Sports Medicine Unit**  
Department of Orthopaedics

**SIR GANGA RAM HOSPITAL**

In Association with  
Indian Federation of Sports Medicine  
&  
Indian Arthroscopy Society

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

7th Sports Medicine & Arthroscopy Workshop



Dear colleagues

I once again welcome you to the **7th edition of SMAW** of Delhi to be held on 5th & 6th March in Sir Ganga Ram Hospital, New Delhi.

The earlier 6 workshops from 2005 to 2010 have been extremely successful & appreciated by the Medical fraternity due to the nuance of the subject.

We have had over 140 delegates from all over India to attend this scientific congress. Encouraged from the previous workshop this time our workshop is centered over understanding the Injuries & issues related to upper limb covering wrist, elbow & shoulder and a comprehensive advance workshop in shoulder arthroscopy. As with the last 6 meetings we have invited the experts in field of sports medicine, arthroscopic surgery with special interest in upper limb on same horizon to share their experiences and expertise with the enthusiastic delegates.

We are keen to bring together scientific session that should be able to further our understanding and experience of science and art of minimal intervention surgeries in upper limb for all of us. The exclusive hands on workshop on new shoulder models is especially designed to enable delegates to practice principles of shoulder arthroscopy and extrapolate them to achieve a robust Bankart repair for recurrent dislocation and strong Rotator cuff repair in Rotator cuff injuries. Three live surgeries and a dedicated workshop will allow delegates to use different types of suture anchors and understand the technique of correct Anchor placement & securing the repair arthroscopically. This will further be enhanced by workshop in knot tying techniques where the delegates will be able to practice the nitty-gritty of applying the secure knot which is the mainstay of arthroscopic repairs.

The two days scientific programme is planned keeping in mind to give an overview of problems of upper limb and “How to make transition from open to arthroscopy.”

Each joint has scientific session which includes straight forward & to the point talks and guest lectures from the eminent faculty, well-experienced in that field, from India and abroad. The scientific session will be followed by three live surgeries/debate on the common pathologies seen in that area.

The structure of the workshop is such that it allows lot of opportunities for delegates to understand, think and then discuss issues on one to one basis with this friendly faculty.

I assure that the day will be well utilized and at the end of it we all will depart with better understanding and definitely improved skills of upper limb arthroscopy.

We look forward to you visit and participation in this one

And half day of sports medicine symposia.

*Wishing you Merry Christmas and Happy New Year 2011!*

Dr. Prateek K. Gupta, *Organizing Secretary*

ARTHROSCOPY  
*Life is Movement, Movement is Life*

PROGRAMME

Morning Session

**Wrist Symposia**

- Anatomy understanding of portals
- Equipments & Theatre requirements
- Diagnostic rounds and TFCC tear Management
- Arthroscopic assisted fracture management of Wrist
- Carpal tunnel syndrome/ganglion excision
- Carpal instability
- Live surgery/ Debate

**Elbow Symposia**

- Elbow portals & theatre requirements
- Endoscopic removal of loose bodies
- Tennis elbow release
- OCD management
- Management of stiff elbow
- Live surgery/ Debates

**Shoulder Symposia**

- Pathoanatomy of shoulder pathology
- Good clinical exam for correct diagnosis
- Types of shoulder instability-Treatment algorithm
- Anchors & their role Metallic / Bio knotted / knotless
- Guided tour of shoulder Bankart / Hill sach's lesion
- Arthroscopic Bankart repair-open vs arthroscopic
- Understanding R C pathology
- Miniopen repair of R C.
- Arthroscopic repair of R C.
- Post operative regimen
- Results of arthroscopic shoulder surgery
- Live surgery

Afternoon Session

- Live demo surgery of shoulder arthroscopy
- Hands on workshop

**Arthroscopy**

- Patient poisoning
- Portal
- Landmark, Orientation / triangulation
- Hill sach's lesion
- Loose body removal

**Bankant Repair**

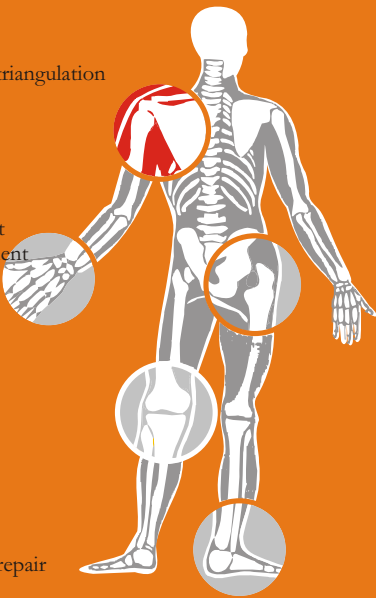
- Identifying banker lesion
- Bed preparation
- Correct Anchor placement
- Suture relay and management
- Knot tying

**Knot Tying Technique**

- Duncan's loop
- Fishermen
- Revo
- SMC

**R C Repair**

- Identifying the lesion
- Bony preparation
- Types of Anchor used
- Port & angle of Anchor
- Single row / Double row repair



REGISTRATION FORM

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

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' 2011	After 15th Feb' 2011
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Conference Rs. 600.00 Rs. 800.00

Conference (*For Postgraduates*) Rs. 600.00 Rs. 800.00

Conference with Workshop Rs. 1000.00 Rs. 1500.00

Conference with Workshop Rs. 800.00 Rs. 1000.00

(*For Postgraduates*)

*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

**Sports Medicine & Arthroscopy Workshop**

**A<sup>+</sup>ORTHOPAEDIC AND SPORTS MED**

**CLINIC**

C- 2/5 Safdarjung Development Area, Aurobindo Marg, New Delhi 110 016

[www.smaw2010.com](http://www.smaw2010.com)

SMAW 2010

6th Sports Medicine & Arthroscopy Workshop

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SYMPOSIA  
**Advance**

SHOULDER WORKSHOP  
CME POINTS APPLIED

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BOOK POST

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