



PCL & PLC - No More a Dark Corner

Sir Ganga Ram Hospital, New Delhi | Sunday, 2nd March 2025

SCIENTIFIC SESSION

Scientific Deliberations

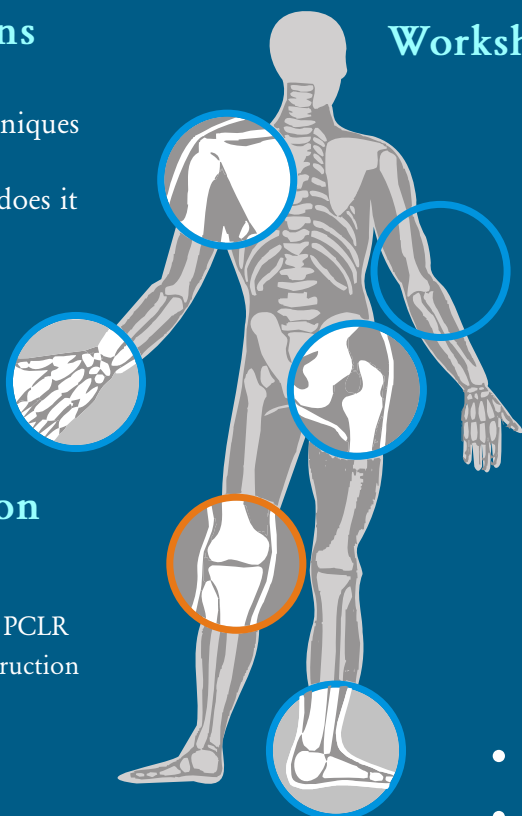
- Acute PLC - is repair enough?
- Chronic PLC which repair techniques fairs best
- All inside PCL reconstruction - does it hold better outcome?
- PCL Avulsion repair techniques
- PLC augmented repair results
- Role of osteotomy in chronic PLC injuries
- PCL - does double bundle on femur work better?

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

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'ts 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

ORGANISED BY

Sports Medicine Unit
Department of Orthopaedics
SIR GANGA RAM HOSPITAL



IN ASSOCIATION WITH
Delhi Orthopaedic Association
&
Indian Arthroscopy Society

REGISTRATION FEE

| 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 |

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

Registration Online at www.smaw.in/registration

Please enquire for Zoom link to attend the scientific session virtually

CONTACT

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