



# SICOT INDIA

## Speciality Orthopaedic Review Course - SORC 2018



**Sir H. N.**  
**Reliance**  
Foundation Hospital  
And Research Centre

RESPECT FOR LIFE

### Dates

7th - 9th Sept 2018

### Venue

Sir HN Reliance Foundation  
Hospital & Research Centre

### Event format

Workshops, Didactics, Free  
Papers, Interactive Panels

### Theme

*Innovation and Excellence*

### Why Attend?

Get a chance to interact with  
renowned international &  
national faculty who will  
share their experience &  
knowledge

### 5 MMC Points Applied

### Websites

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

[www.sicotindia.in](http://www.sicotindia.in)

### Registration

**Rs 2500 (Rs 1000\*)**

Contact: 022 61305047

[orthotimesmumbai@gmail.com](mailto:orthotimesmumbai@gmail.com)

Dear Friends and Colleagues,

We would like to extend a warm and personal invitation to you from SICOT India and the Orthopaedic Department of Sir H. N. Reliance Foundation Hospital, Mumbai, for our annual event - the **Speciality Orthopaedic Review Course 2018**.



It is to be held from **7th - 9th September 2018** at the Convention Centre of **Sir H. N. Reliance Foundation Hospital, Mumbai**. This year the course is themed '**Innovation & Excellence**' which are the corner stones in development and evolution of any field and orthopedics is no different. In this unique course we will learn how simple ingenious innovations are transforming orthopaedics and focus on how excellence can be imbibed and cultivated in individuals and organisations. Tips, tricks and traps in the path to excellence will be discussed by some of the pioneers in the field. Free paper sessions for young surgeons to submit innovative ideas, allowing them an opportunity to brain storm with some of the greatest innovators in the field is a special highlight of the course.

So friends, get ready to taste excellence with a spice of innovation this September. Looking forward to meeting you soon.

Warm Regards,

**SICOT India team**

**Vaibhav Bagaria, Hitesh Gopalan, Satish Goyal, Rahul Katta, Ashok Das,  
Vijay Shetty, Swapnil Keny, Amit Nemade, Sunil Gavaskar, Romil Rathi**

**Sir HN Reliance Foundation Orthopaedic & Spine Team**

**Arjun Dhawale, Kshitij Chaudhary, Farokh Wadia, Vaibhav Bagaria**



## **Program: Day 1: Friday 7th September 2018**

**DNB Education day 8 AM -5PM: Conveners: Dr Hitesh Gopalan & Dr Kshitij Chaudhary**

### **Paediatrics**

- ✦ Pes Cavus: Dr Amit Nemade
- ✦ Tibia Vara: Dr Sangeet Gangadharan
- ✦ Congenital Limb deficiencies: Dr Amit Nemade
- ✦ Growth Arrest: Dr Sangeet Gangadharan
- ✦ Blood Supply of femoral head & implications: Dr Swapnil Keny

### **Hand & Wrist**

- ✦ Perilunate Dislocations: Dr Abhijeet Wahegaonkar
- ✦ Nerve Injury & Repair: Dr Abhijeet Wahegaonkar

### **Oncology & Tumor**

- ✦ Bone Bank & allografts in Orthopaedics: Dr Chetan Anchan
- ✦ Principles of Management of Skeletal Metastasis: Dr Chetan Anchan

### **Spine**

- ✦ Instrumentation in Spinal TB: Dr Rishi Murgesh Kana

### **Trauma**

- ✦ Definition of Borderline patients, ETC vs DCO Resuscitation: Dr Romil Rathi
- ✦ Principles of Ex Fix Construct: Dr Harshad Agrekar
- ✦ Reconstructive ladder in Open #: Dr Romil Rathi
- ✦ Evolution: From Sherman to Modern plates: Dr Harshad Argekar

### **Arthroplasty**

- ✦ Advances in cup and stem designs in THA: Dr Mohan Desai

### **Shoulder & Elbow**

- ✦ Scapular Dyskinesia: Dr Dipit Sahu

### **Foot and Ankle**

- ✦ Neglected TA Ruptures: Dr Pradeep Munot

### **Biomechanics**

- ✦ Eccentric and Concentric Muscle contraction in Gait: Dr Murali Poduval
- ✦ Phases of gait and abnormal Gait: Dr Murali Poduval

### **Case Discussion & Practical Tips, Moderators: Dr S Shrivastava & Dr A Karkhanis**

- ✦ Clinical Exam of Hip: Dr Mohan Desai
- ✦ Clinical Exam of Shoulder: Dr Dipit Sahu
- ✦ Clinical Examination of Spine: Dr Rishi Kana
- ✦ Prosthetics & Orthotics: Dr Lokesh Nayak

### **Workshops: 5PM - 8PM**

- A. Product Workshop on High Tibial Osteotomy: Dr Rakesh Bhansali & Dr Vaibhav Bagaria
- B. Developing an Innovation and Excellence culture in Team: Dr Dhiren Ganjwala

## Program: Day 2: Saturday 8th Sept 2018

### **Session 1 Preoperative Planning & 3D Printing Workshop:** 8: 00 AM - 10: 30 AM

- ✦ Preoperative planning of Acetabular fracture & THR: Dr Vaibhav Bagaria
- ✦ Preoperative planning for Corrective Osteotomy in Paediatric cases: Dr Farokh Wadia
- ✦ Preoperative planning For Spinal deformity Cases: Dr Kshitij Chaudhary
- ✦ Workshop for Creating a 3D printable file from DIACOM images: All Faculty
- ✦ Simulating Surgery on 3D Printed Models: Dr Pradeep Nemade

### **Session 2 Spine** Focus: Spinal Cord Injury 10:30 AM - 12:00 NOON

- ✦ Update on Thoracolumbar fractures: Dr Sandeep Sonone
- ✦ Subaxial cervical spine fractures - classification & management: Dr Manoj Singhrakhia
- ✦ Upper Cervical Trauma: Dr Mihir Bapat
- ✦ Frontiers of Neuroprotection and Neuroregeneration : Dr Ankur Nanda
- ✦ Frontiers of Neurorehabilitation : Dr Poonam Bajaj
- ✦ Case Discussion: Dr Arjun Dhawale

### **Session 3 Paediatrics:** Focus: Paediatric Trauma 12:00 NOON - 1: 30 PM

- ✦ Hand injuries in children: Treatment challenges: Dr Rujuta Mehta
- ✦ TRASH lesion around the elbow: Pick them up early and thrash them!: Dr Binoti Sheth
- ✦ Lateral Condyle fractures: How to prevent and deal with complication: Dr Swapnil Keny
- ✦ Femur neck fractures: How not to tie a noose around your own neck: Dr Alaric Aroojis
- ✦ Acute Patellar Dislocations - when and how to intervene: Dr Farokh Wadia
- ✦ Triplane & Tillaux fractures: Dr Abhay Gahukamble

### **Session 3 Trauma:** 2.00 PM - 4:00 PM Focus: Fractures around Knee

- ✦ Distal femur & Tibia fractures: The Column concept: Dr Harshad Argekar
- ✦ Implant options for managing distal femoral & Periprosthetic fractures: Dr Nikhil Shah
- ✦ Hunting the 'Hunters canal': Tips & tricks of Medial Dissection: Dr Anil Karkhanis
- ✦ Hoffa's Fracture: Management Strategies: Dr Sunil Gavaskar
- ✦ Fixation of Posteromedial Tibial Condyle: Dr Nirbhay Karandikar
- ✦ Delayed & neglected Tibial Condyle Fractures: Dr D D Tanna

### **Session 4 Free papers:** Focus: Innovation & Excellence 4: 00 PM - 5: 30 PM

(2 papers adjudged best will receive award citation)

Chairperson: Dr Satish Goyal & Dr Ashok Das

### **Inauguration & Key Note Sessions:** 6:00 PM onwards

*Welcome address*

1. Test of the best - Innovation & Excellence Ms Virali Modi
2. Training System & Training opportunities Down South: Jean-Claude Theis
3. Cross pollination: Lessons on Innovation & excellence for healthcare

**Dinner at the Venue**

## Program: Day 3: Sunday 9th Sept 2018

### **Session 5 Hip Session:** Focus: Osteoporotic & Periprosthetic Fractures 8.00 AM – 10.00 AM

- ✦ Challenges & Mortality in Periprosthetic Hip Fractures: Dr Jean-Claude Theis
- ✦ Implant options for fixation of Periprosthetic fractures: Dr Jean-Claude Theis
- ✦ Tips and tricks for performing Extended trochanteric Osteotomy: Dr Ashish Phadnis
- ✦ Managing Bone deficiencies and Osteoporotic peri-prosthetic fractures: Dr D D Tanna
- ✦ Mega-prosthesis for Periprosthetic fractures: Dr Mavil Natarajan
- ✦ Case based discussions: Dr Sachin Bhonsle

### **Session 6 Knee Session:** Focus: Treatment Strategies for Medial OA 10.00 AM – 12.00 PM

- ✦ Management options for Medial OA: My treatment algorithm: Dr Yajuvender Gawai
- ✦ Orthobiologics/ HA Injections in Moderate OA: Dr Vijay Shetty
- ✦ Meniscal Root Repairs - an underused ammunition: Dr Roshan Wade
- ✦ Various types of HTO: key to deploying the right weapon: Dr Vaibhav Bagaria
- ✦ Uni-compartmental Knee Replacement: 10 commandments to success: Dr Mohan Desai
- ✦ Case Based Discussions: Dr Rahul Katta & Dr Ashok Das

### **Session 7 Sports Medicine Session:** Focus: ACL injuries 12.00 PM - 2.00 PM

- ✦ Clinical Examination of ACL Deficient knee & key decision making: Dr Prashant Tonape
- ✦ Graft options for reconstructing ACL: Dr Nicholas Antao
- ✦ Femoral and Tibial Tunnel Positioning - Tips & Tricks: Dr Vikram Sapre
- ✦ Implant options for fixing the grafts: Dr Miten Sheth
- ✦ Failed ACL reconstruction: Revision Strategies: Dr Abhay Narvekar
- ✦ Rehabilitation ladder post ACL reconstruction: Dr Sunil Rajpal



## Registration Information

For Registration queries, please contact:

**Phone: 022 61305047/61305015**

Limited Residential Accommodation available at:

**Taj Vivanta**, Mumbai.

Please Email early to avail the same

**Email: [orthotimesmumbai@gmail.com](mailto:orthotimesmumbai@gmail.com)**

Registration Fee: **Rs 2500**

Discounted Fee for Resident & fellows: **Rs 1000**

DD/ Cheque/NEFT accepted in favour of

**SICOT INDIA Foundation**

(Details on enclosed registration form or  
[www.orthotimes.com](http://www.orthotimes.com))