

PROGRAMME - DAY 1: FRIDAY, 6TH SEPTEMBER, 2019

Day 1: 6th September 2019

Module 1: Basic Sciences: 8 AM - 10:30 AM

- Principles of free body diagram of Joints
- Principles of design/Bracing of Orthotics/ Prosthetics
- Osteoporosis: Recent advances & evidence
- Biomaterial in Fracture fixation
- Bone graft Substitutes: comprehensive overview
- Vitamin D deficiency in the young and adult
- Current concepts in Rheumatoid Arthritis
- Biostatistics

MCQ & Interactive discussion

Module 2: Paediatric : 10:30 AM - 1 PM

- Current Concepts in the Management of Cerebral Palsy
- Protocols in Pediatric Musculoskeletal Infections
- Recent advances in Primary Musculoskeletal Malignancies
- Current Trends in Managing Angular Deformities around the knee
- Advances in Management of Angular Deformities around the Elbow
- Current Concepts in Club Feet Management
- Perthes Disease : Approach to mgmt
- DDH : Guidelines

MCQ & Interactive discussion

Module 3: Spine Surgery 1:30 PM - 4 PM

- Biomechanics of the Spine
- Cervical myelopathy: Principles of Management
- Spinal cord syndromes
- Spinal Trauma with deficit: Do's and Dont's
- Mets Meet Spine
- LCS: when to break the claudication cycle
- Scoliosis: Approach to AIS
- Spondylolisthesis: Decision making

MCQ & Interactive discussion

Module 4 : Upper Limb 4 PM - 6 PM

- Proximal Humerus # - Management Algorithm
- How to draw brachial plexus in 1 min
- Rotator cuff tear: Evidence based management
- Stanmore Triangle: An approach towards instability
- Reverse Shoulder Arthroplasty
- DISI - VISI: Welcome to Hand Jargon

MCQ & Interactive discussion

6PM onwards IJO Scientific writing workshop

PROGRAMME - DAY 2: SATURDAY, 7TH SEPTEMBER, 2019

Day 2: 7th September 2019

Module 5: Lower Limb Trauma 8:00 AM - 10:30 AM

- NOF: Vascular anatomy Classification & Mgmt of Non union
- IT #: Recent Concepts
- Subtrochanteric # : decision making
- Distal femur: when to nail/ when to plate
- Hoffa's Fracture
- Proximal Tibia: Column Concept
- Algorithmic approach to Pilon #
- Calcaneal #: recent evidence

MCQ & Interactive discussion

Module 6: General Orthopedics 10:30 AM - 1 PM

- Tennis Elbow: Current Evidence
- TFCC: current Concepts
- Where is the finger pointing: the story of Lumbricals
- Posterior Tibial Dysfunction
- Denosumab: New kid on the block
- Don't Look Just Act: Compartment Syndrome & Gas Gangrene
- Everything wrong about statistics: Errors
- OPD management of common orthopedic conditions

MCQ & Interactive discussion

Module 7: Sports Medicine & Arthroscopy 1:30 PM - 4 PM

- ACL: Recent Concepts
- PCL Conserve/Fix/Replace: what is new ?
- Meniscal Repair Indications and Principles of Management
- PLC with Foot Drop : Principles of management
- Osteochondral Graft/Abrasion Chondroplasty
- SPONK
- Malalignment of patella : Principles of Management

MCQ & Interactive discussion

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- Module 8: Hip # & Arthroplasty 4 PM - 6 PM
- Biomaterials in Hip Replacement
- Metal on Metal: Lessons learnt!
- Basics of understanding Acetabular Fractures
- Why do Stems Fail?
- Periprosthetic Joint Infections
- Periprosthetic Fractures

MCQ & Interactive discussion

7PM onwards: *Beyond Orthopedics - Keynote Session & Dinner*

PROGRAMME - DAY 3: SUNDAY, 8TH SEPTEMBER, 2019

**Day 3: 8th Sept 2019 Current Concept
update: Knees**

***UKR & HTO Workshop 8 AM - 10 AM
followed by Didactics***

- Role of Visco supplementation, Orthobiologics & Bracing in OA knee
- Patellofemoral Arthritis
- Meniscal Root tears: Stitch in time saves 'M'ine
- HTO : Tips Tricks and Traps
- Challenges with Failed HTO
- UKR: 10 commandments to success
- Balancing Act: Getting the Varus straight
- Difficult Primary TKR: Flexion Deformity
- Difficult Primary TKR: Valgus Deformity
- Difficult Primary TKR: Hypermobility joints
- Day Care TKR: A paradigm Shift
- Robotics in UKR/ TKR
- Periprosthetic Fractures algorithms in TKR
- Revision TKR: Getting the basics right
- Case Discussions