



ISKSAA



Ganga Hospital

ISKSAA – GANGA

23rd and 24th October 2015

....Programme

23rd October 2015 Day 1 : Course -1 : Knee Arthroscopy

TIME	TOPIC	SPEAKER
7.30AM	Registration	
8:30 - 9:00AM	INAGURATION	
9AM -9:35AM	Session 1 – Basics (7mins) Moderator : Dr Shirish Pathak	
9AM - 9:15AM	Clinical demonstratation - Examination of knee	Dr Janak Mehta
9:15 - 9:22AM	Arthroscopy instruments and set up	Dr Subair Khan
9:22 - 9:29AM	Portals and Diagnostic arthroscopy	Dr Subramaniam
9:29 - 9:36AM	Discussion (7Minutes)	
9:36 - 10:22AM	Session 2 - Meniscus (7mins) Moderator : Dr Clement Joseph	
9:36 - 9:43AM	Meniscal tears – Types and Clinical assessment	Dr Palanivelrajan
9:43 - 9:50AM	When to do Meniscectomy?– Tips and tricks	Dr Raju Easwaran
9:50 - 9:57AM	When to do Meniscal repair? – Tips and tricks	Dr IPS Oberoi
	Video techniques (5Mins Each) - Meniscal repair	
9:57 - 10:02AM	Bucket handle tear	Dr Shirish Pathak
10:02 - 10:07AM	Meniscal root tear	Dr Sundararajan
10:07 - 10:12AM	Complex tears	Dr Sunil Aspingi
10:12 - 10:22AM	Discussion (10Minutes)	

10:22 - 11:23AM	Session 3 – ACL (7mins) Moderator : Dr Palanivelrajan & Dr Kiran Singiseti	
10:22 - 10:29AM	Acute and chronic ACL tears– Clinical assessment and decision making.	Dr Anant Joshi
	Video techniques (5Mins Each) - Graft Harvesting	
10:29 - 10:34AM	BPTB graft	Dr Sundararajan
10:34 - 10:39AM	Hamstring graft	Dr Subair khan
10:39 - 10:44AM	Quadriceps tendon graft	Dr SR Sundararajan
10:44 - 10:51AM	How to make anatomical Femoral and Tibial tunnels – Tips and tricks	Dr Shirish Pathak
10:51 - 10:58AM	Tunnel length assessment for Surogatory fixation and graft markings – Fixed loop and adjustable loop Video techniques (5Mins) - ACL reconstruction	Dr Nilesh Kamat
10:58 - 11:03AM	Hamstring graft	Dr Anant Joshi
11:03 - 11:08AM	BPTB graft	Dr Pushpinder Bajaj
11:08- 11:13AM	ACL avulsion -Fixation with Staple and suture pull technique	Dr Sundararajan
11:13 - 11:20AM	Complications of ACL reconstruction	Dr Sunil Apsingi
11:20 - 11:30AM	Discussion (10Minutes)	

11:30 - 11:45AM **TEA BREAK**

11:45 - 12:04PM	SESSION 4 – MCL (7Mins) Moderator : Dr Anant Joshi	
11:45 - 11:52AM	Anatomy and Clinical assessment	Dr Clement Joseph
11:52 - 11:59AM	Management - MCL injuries	Dr Sunil Apsingi
11:59 - 12:04PM	Discussion (5Mins)	

23rd October 2015 Day 1 : Course -1 : Knee Arthroscopy

TIME	TOPIC	SPEAKER
12:04 - 12:32PM	SESSION 5 – PCL (7Mins) Moderator : Dr Anant Joshi	
12:04 - 12:11PM	Anatomy and clinical assessment	Dr Subramaniam
12:11 - 12:18PM	PCL reconstruction (Single or Double bundle) –Tips and Tricks	Dr Sundararajan
12:18 - 12:25PM	PCL avulsion injuries – Fixation techniques Arthroscopic /Open	Dr Shirish pathak
12:25 - 12:32PM	Discussion (7Mins)	
12:32 - 12:51PM	SESSION 6 – PLC (7Mins) Moderator : DR Subair Khan	
12:32 - 12:39PM	Anatomy and clinical assessment	Dr Nilesh Kamat
12:39 -12:46PM	Management - When to do?? - Repair, Reconstruction	Dr IPS Oberoi
12:46 - 12:51PM	Discussion (5Mins)	
12:51 - 01:10PM	Session 7 - Cartilage (7mins) Moderator : Dr Sunil Aspingi	
12:51 - 12:56PM	Grading and assessment of Cartilage injuries (Video technique)	Dr Sundararajan
12:56 - 01:03PM	Management – Microfracture, Autologous Osteochondral transfer, Single stage cartilage repair	Dr Sundararajan
01:03 - 01:08	Discussion (5Mins)	

01:08 - 01:55PM **LUNCH BREAK**

01:55 - 02:33PM **Session 8 – Patella Femoral Instability (7mins) Moderator : Dr Subramaniam**

01:55 - 02:02PM Acute patellar dislocation - How to Proceed? DR Subair Khan

02:02 - 02:09PM Anatomy of MPFL, Soft tissue and bony causes of Patellar instability Dr Sunil Aspingi

02:09 - 02:16PM How do I assess Patellar instability? Dr Raju Easwaran

02:16- 02:23PM When to do soft tissue and bony procedures? Dr Clement Joseph

02:23 - 02:33PM **Discussion (10Mins)**

02:49 - 03:08PM **SESSION 10 – REHABILITATION (7Mins) Moderator : Dr Clement Joseph**

02:49 - 02:56PM How do I Rehabilitate ACL injury - Sports person, Non sports person? Dr Anant Joshi

02:56 - 03:03PM How do I Rehabilitate PCL injury patients? Dr Palanivelrajan

03:03 - 03:08PM **Discussion (5Mins)**

03:08 - 03:20PM **TEA BREAK**

03:20 - 05:00PM **WORK SHOP**

05:00 - 07:00PM **PAPER PRESENTAION**

07:30 PM **CONFERENCES DINNER - HOTEL VIVANTA BY TAJ SURYA**

23rd October 2015 Day 1 : Course -2 : Hip Arthroplasty

Time	Topic	Speaker
9.00 AM - 9.40 AM	SESSION 1 – PRE-OP CONSIDERATIONS (8 Mins) Moderator: S Rajasekaran	
9:00 - 9:08 AM	Clinical, radiographic evaluation & assessment of a patient for THR	Pradeep Poonose
9:08 - 9:16 AM	Biomechanics of Hip and THR	Ravi kumar M
9:16 - 9:24 AM	Templating - How to do and what to	Dhanasekar Raja
9:24 - 9:40 AM	Discussion (15 Mins)	
9:40 - 10:25 AM	SESSION 2 - PROSTHESIS DESIGN (10 Mins) Moderator: IPS Oberoi	
9:40 - 9:50 AM	Acetabular component design	Krishna kiran
9:50 - 10:00 AM	Femoral stem design	Dhanasekar Raja
10:00 - 10:10 AM	Ideal Bearing option – Pros and cons	Rajkumar N
10:10 - 10:25 AM	Discussion (15 Mins)	
10:25 - 10:40 AM	TEA BREAK	
10:40 -12:00 PM	Session 3 – Steps of Successful THR (10 Mins) Moderator: Jegan Krishnan	
10:40 - 10:50 AM	Approach - Anterior vs Posterior vs Lateral	Rajkumar N
10:50 - 11:00 AM	Acetabular preparation and component fixation	IPS Oberoi
11:00 - 11:10 AM	Femoral stem preparation and fixation	Krishna Kiran
11:10 - 11:25 PM	Discussion (15 Mins)	

11:25 - 11:35 AM Trial reduction Pradeep Poonose
11:35 - 11:45 AM Achieving limb length equality Krishna kiran
11:45 - 11:55 AM Pearls and Pitfalls in cemented THR Pradeep Poonose
11:55 - 12:10 PM **Discussion (15 Mins)**

12:10 - 1:00 PM **Session 4 – Controversies** Moderator: **Krishna Kiran**

12:10 - 12:20 PM Ideal head size IPS Oberoi
12:20 - 12:30 PM Cemented Vs Uncemented S Rajasekaran
12:30 - 12:40 PM Peri prosthetic Fractures IPS Oberoi
12:40 - 1:00 PM Discussion (20 Mins)

1:00 PM - 1:45 PM **LUNCH BREAK**

1:45 PM – 2:45 PM **Symposium – Interesting Case Discussions** S Rajasekaran

2:45 PM - 3:30 PM **Workshop 1 Templating Exercises**

3:30 PM - 5:00 PM **Work Shop 2 Saw Bone Workshop**

24th October 2015 Day 2 – Course 3 - Knee Arthroplasty

TIME	TOPIC	SPEAKER
9.00 - 9.40 AM	Session 1 – Pre Op Considerations (8 Mins) Moderator : Jegan Krishnan	
9:00 - 9:08 AM	Total Knee Replacement – When to do and when not to do?	S Rajasekaran
9:08 - 9:16 AM	Clinical, radiographic evaluation & assessment of a patient for TKR	Ravi kumar M
9:16 - 9:24 AM	Total Knee prosthesis and their design	Pradeep Poonose
9:24 - 9:40 AM	Discussion (15 Mins)	
9:40 - 10:40 AM	Session 2 - Surgical Considerations (10 Mins) Moderator : S Rajasekaran	
9:40 - 9:48 AM	Surgical approach – Options and selection	Dipak Dave
9:48 - 9:56 AM	Tibial cut – How to make a perfect cut	Jai Thilak
9:56 - 10:04 AM	Femoral cut and component placement	Dhanasekar Raja
10:04 - 10:12 AM	Measured resection vs gap balance	Krishna kiran
10:12 - 10:20 AM	Midflexion Instability	Dipak Dave
10:20 - 10:40 AM	Discussion (20 Mins)	
10:40 - 11:25 AM	Session 3 - Video Demonstration (10 Mins) Moderator : Dhanasekararaja P	
10:40 - 10:50 AM	Correction of Varus Deformity	Dipak Dave
10:50 - 11:00 AM	TKR in Valgus knee	Thirumalaisamy S.G
11:00 - 11:10 AM	TKR in Fixed flexion	Krishna Kiran
11:10 - 11:25 AM	Discussion (15 Mins)	

11:25 – 11:40 AM **TEA BREAK**

11:40 - 12:35 PM **Session 4-Intraoperative Complications(8 Mins) Moderator : Rajkumar N**

11:40 - 11:50 AM MCL injury – Prevention and Management Thirumalaisamy S.G

11:50 - 12:00 PM Bone defect management Dipak Dave

11:20:00 - 12:10 PM Indications for Constrained prostheses Thirumalaisamy S.G

12:10 - 12:30 PM **Discussion (15 Mins)**

12:30 – 1:20 PM **LUNCH BREAK**

1:20 - 2:20 PM **Session 5 - Controversies (8 Mins), Moderator : Pradeep Poonose**

1:20 - 1:28 PM Navigation Vs Conventional S Rajasekaran

1:28 - 1:36 PM Patella Resurfacing – Yes or No ? Krishna kiran

1:36 - 1:44 PM Cruciate retaining Vs cruciate substituting prosthesis Dhanasekar Raja

1:44 - 1:52 PM Fixed Vs Mobile bearing Rajkumar N

1:52 - 2:00 PM Standard Vs High flexion - which matters ? Dipak Dave

2:00 - 2:20 PM **Discussion (20 Mins)**

24th October 2015 Day 2 – Course 3 - Knee Arthroplasty

TIME	TOPIC	SPEAKER
2:20 - 3:20 PM	Session 6 - Post Surge (10 Mins)	Speaker: Dipak Dave
2:20 - 2:30 PM	Pain management in TKA	Dhanasekar Raja
2:30 - 2:40 PM	Prophylaxis for DVT	Rajkumar N
2:40 - 2:50 PM	Evaluation of a post operative Knee radiograph	Dhanasekara Raja
2:50 - 3:00 PM	Early infections	Jai Thilak
3:00 - 3:20 PM	Discussion (20 Mins)	
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3:20 - 4:00 PM	SYMPOSIUM – INTERESTING CASE DISCUSSIONS	
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4:00 - 5:00 PM	WORKSHOP 1	
	SAW BONE WORKSHOP	

24th October 2015 Day 2 – Course 4 Shoulder Arthroscopy and Arthroplasty

TIME	TOPIC	SPEAKER
9:00- 9:36AM	Session 1 – Basics (9am - 9:50am) Moderator : Dr Clement Joseph	
09:00 - 09:15AM	Clinical demonstration - Shoulder Examination	Dr Janak Mehta
09:15- 09:22AM	Positioning – Beach chair and Lateral Decubitus	Dr Raju Easwaran
09:22 - 09:29AM	Portals of shoulder joint and diagnostic arthroscopy	Dr Palanivel Rajan
09:29 - 09:36AM	Discussion (7Mins)	
09:36 - 10:34AM	Session 2 - Instability (9:36 - 10:55am) Moderator : Dr Subramaniam	
09:36 - 09:43AM	Clinical evaluation – Anterior instability / SLAP	Prof Arumugam
09:43 - 09:50AM	Approach to first time dislocations	Prof Arumugam
09:50 - 09:57AM	Assessment of bone loss and when to do Bankart / Laterjet?	Dr IPS Oberoi
09:57 - 10:04AM	Types of Slap tear and management.	Dr Sundararajan
10:04 - 10:19AM	Video techniques (5mins each) Moderator : Prof Arumugam	
10:04 - 10:09AM	Bankarts	Dr Sundararajan
10:09 - 10:14AM	Laterjet	Dr Shirish Pathak
10:14 - 10:19AM	Slap tear	Dr Nilesh Kamat
10:19 - 10:24AM	Posterior / Multi directional instability.	Dr Clement Joseph
10:24 - 10:34AM	Discussion (10Mins)	

24th October 2015 Day 2 – Course 4 Shoulder Arthroscopy and Arthroplasty

TIME	TOPIC	SPEAKER
10:34 - 10:49AM	TEA BREAK	
10:49 - 11:24AM	Session 3 Rotator Cuff repair (7 Minutes) Moderator : Dr Nilesh Kamat	
10:49 - 10:56AM	Clinical evaluation and assessment	Dr Karthik Selvaraj
10:56 - 11:03AM	How to approach partial cuff tear.	Dr Jai Thilak
11:03 - 11:10AM	Types and management of different cuff tears	Dr Raju Easwaran
11:10 - 11:17AM	How to manage Retracted cuff tear	Dr Subramaniam
11:17 - 11:24AM	How to manage Irreparable cuff tear	Dr Karthik Selvaraj
11:24 - 11:57AM	Video techniques (5 Minutes) - Cuff repair	
11:24 - 11:29AM	Knotless technique	Dr Jai Thilak
11:29 - 11:34AM	Knot technique	Dr Karthik Selvaraj
11:34 - 11:39AM	Double row technique	Dr Clement Joseph
11:39 - 11:44AM	Subscapularis repair	Dr Shirish Pathak
11:44 - 11:54AM	Discussion (10Mins)	

11:54 - 12:29PM	Session 4 Biceps Pathology, Adhesive Capsulitis Moderator : Dr Shirish Pathak	
11:54 - 12:01PM	Biceps tendinitis pathology and management	Dr Palanivel Rajan
12:01 - 12:08PM	Stiff shoulder –Management in Diabetic / non diabetic patients.	Dr Nilesh Kamat
	Video techniques (5Mins)	
12:08 - 12:13PM	Capsular release	Dr IPS Oberoi
12:13- 12:18PM	Subacromial decompression and AC joint excision	Dr Subramanium
12:18 - 12:28PM	Discussion (10Minutes)	

12:28 - 01:15PM **LUNCH BREAK**

01:15 - 01:44PM	Session 4- Shoulder Arthroplasty Course Moderator : Dr Jai Thilak	
01:15 - 01:22PM	Indications and Pre operative planning	Dr Dheenadhayalan
01:22 - 01:29PM	Role of Hemi-arthroplasty	Dr Shirish Pathak
01:29- 01:36PM	Role of Total Shoulder Arthroplasty	Dr Dheenadhayalan
01:36- 01:43PM	Role of Reverse Shoulder Arthroplasty	Dr Jegan Krishnan
01:43- 01:53PM	Discussion (10Minutes)	

02:00 -02:15PM **TEA BREAK**

2:15PM - 04PM **WORKSHOP**

23rd October 2015 Day 1 - Paper Presentation Session

Hall A, Time - 5pm To 6pm, Competition Papers (7mins +2mins Discussion)

5:00 - 5:09pm	Quantification Of Indian Femur Anthropometry In Relation To Tka	Dr Abhishek
5:09 - 5:18pm	Serum Cartilage Oligomeric Matrix Protein: Biomarker For Early Diagnosis And Grading Of Primary Knee Osteoarthritis.	Dr Shailender
5:18 - 5:27pm	Frequent And Untimely Changing Of Surgical Gloves During Orthopedic Surgical Procedures. A Myth Buster Multi Centre Trial On Sterility Of Surgical Gloves!!!	Dr Nishit Palo
5:27 - 5:36pm	Pattern Of Antero-inferior Condylar Bone Loss And Correlation With Number Of Dislocations And Mode Of Injury : Ct Based Study In Indian Population	Dr Aravindh Palaniswamy
5:36 - 5:45pm	Role Of Smartphone Accelerometer In Orthopedic Practice	Dr Senthil N Sambandam
5:45 - 5:54pm	Correlation Between Posterior Condylar Axis And Whiteside's Line In Navigated Tkr	Dr Achin Murarka

Hall A - Time 6pm To 7:00pm Arthroscopy Free Papers (7mins)

6:00 - 6:07pm	Functional Results After Hip Arthroscopy In Paediatric Hip Joint Tuberculosis Vis-à-vis Conservative Management	Dr Vivek Tiwari
6:07 - 6:14pm	Prospective Randomised Comparison Of Femoral Transfix Versus Endobutton With Constant Tibial Fixation In Quadruple Hamstring Tendon Acl Reconstruction - A Preliminary Report	Dr Nataraj A R
6:14 - 6:21pm	Arthroscopic Elbow Arthroscopy In Rheumatoid Arthritis Patients: Long-term Follow-up	Dr Pankaj
6:21 - 6:28pm	Association Of Medial Patello-femoral Ligament Injury In Multiligament Knee Injuries - A Series Of Five Cases With Two Years Follow-up	Dr Raghavendra S K
6:28 - 6:35pm	Mini Open Bankart Repair - Recurrent Dislocation Of Shoulder - Our Experience	Dr Neelan
6:35 - 6:42pm	Effect Of Retained Posterior Horn Of Medial Meniscus On Functional Outcome Of Acl Reconstructed Knees	Dr Balaji

23rd October 2015 Day 1 - Paper Presentation Session

Hall A, Time - 5pm To 6pm, Competition Papers (7mins + 3mins Discussion)

6:42 - 6:49pm	Comparative Outcome of Acromioclavicular versus Subacromial Steroid Injections In Frozen Shoulder: A Prospective Case-control Study	Dr Tarun Goyal
6:49 - 6:56pm	Diagnostic Effectiveness Of Direct Arthroscopy In Shoulder Instability And Its Comparison With Magnetic Resonance Arthrography And Arthroscopy	Dr Ankit Thora
6:56 - 7:03pm	Evaluation Of Anatomic Reconstruction Of Anterior Lateral Corner Of Knee.	Dr Sunny Chopra

Discussion -10mins

23rd October 2015 Day 1 - Paper Presentation Session

Hall B - Time - 5pm To 6:30pm Arthroplasty Free Papers (7mins)

5:00 - 5:07pm	Patient Satisfaction After Simultaneous Bilateral Unicondylar Knee Replacement Compared To Total Knee Replacement In Patients With Early Medial Compartment Arthritis; A Randomized Study.	Dr Santhosh Kumar
5:07 - 5:14pm	Management Of Unstable Intercondylar Fractures In Elderly With Hemiarthroplasty- A Short Term Followup	Dr Kanav Padha
5:14 - 5:21pm	A Short Term Comparative Study Between Suprapatellar And Medial Parapatellar Approach For Total Knee Arthroplasty	Dr M. Navin Kumar
5:21 - 5:28pm	Stratification Of Risk Of Infection In Arthroplasty Patients – A New Scoring System	Dr Senthil N S
5:42 - 5:49pm	Long-term Results Of Total Knee Arthroplasty In Singapore, A 15 To 19 Year Survivorship Study	Dr Marcus Tan

23rd October 2015 Day 1 - Paper Presentation Session

Hall B - Time - 5pm To 6:00pm Arthroplasty Free Papers (7mins)

5:49 - 5:56pm	Preoperative Estimation Of Acetabular Bone Grafts and Its Patho-anatomy Using CT Scanning In Revision THR	Dr Karthik
5:56 - 6:03pm	Revision Total Hip Arthroplasty Using Imageless Navigation With The Concept Of Combined Anteversion	Dr Rutul Gandhi
5:28 - 5:35pm	Adductor Canal Block Vs Femoral Nerve Block In Total Knee Arthroplasty: A Randomized Clinical Study	Dr Md Quamar Azam
5:35 - 5:42pm	Role Of Hyaluronic Acid In Early Diagnosis Of Knee Osteoarthritis .	Dr Dharmender Kumar

Discussion -10mins



Future Courses

Ganga Update on Musculoskeletal Radiology

Date : Jan 9th - 10th, 2016

Venue : Ganga Hospital, Coimbatore



for
Orthopedic surgeons
and Radiologists.

Direct all Correspondence to



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19

Ganga Trauma Course 2016

Date : 24 to 26 June 2016,
Venue : Ganga Hospital, Coimbatore

Secretariat

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30

Live Surgery
Demonstration

MCI Credit Points.

Website : <http://gangahospital.com/gangatrauma2014/>

Ganga Anaesthesia Refresher Course 2016

June, 17 - 19, 2016.
Ganga Hospital,
Coimbatore, INDIA

16 June: Workshop

Presentation Skills
Simulation Workshop
Ultrasound & PNS-Guided Nerve Block



Unleash....

Excel

Highlights

- Dr. Ravindra Bhat Oration
- Live workshop on nerve blocks
- Didactic lectures
- Interactive Session
- Lectures on life leadership
- Presentation Skills Workshop
- Simulation Workshop
- Ultrasound & PNS Guided Nerve Block Workshop



Ganga

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20