



# ISKSAA GANGA 2015

(Arthroscopy & Arthroplasty Course 2015)



23rd – 24th October 2015, Ganga Hospital, Coimbatore



## Day 1

Course - 1 | Course - 2  
**Knee Arthroscopy** | **Hip Arthroplasty**

## Day 2

Course - 3 | Course - 4  
**Knee Arthroplasty** | **Shoulder Arthroscopy & Arthroplasty**



## Course Highlights

- 40 ISKSAA Fellowships
- Tips & Tricks in surgical techniques
- Video Techniques
- Hands on Workshop
- Lectures
- MCI Credit Points

International,  
National Faculty  
&  
Restricted to 60 Delegates  
for Each Course



Prof. S Rajasekaran  
Organising Chairman



Dr S R Sundararajan  
Organising Secretary



Dr. F. Dharmasakaran Raju  
Joint Organising Secretary



Dr. N. Rajkumar  
Joint Organising Secretary



Dr Lalit Malvi  
ISKSAA Chairman



Dr Paashginder Bajaj  
ISKSAA President



Dr. IPS Oberoi  
Executive Director



Dr. Raju Easwaran  
ISKSAA Secretary

# ISKAA – GANGA 23<sup>RD</sup> AND 24<sup>TH</sup> OCTOBER 2015

## *Programme*

### DAY 1 : COURSE -1 : KNEE ARTHROSCOPY

#### SESSION 1 – BASICS (9AM - 9:35AM) (7Mins)

- Anatomy of Knee
- Assessment of ligament injuries – Clinical demonstration
- Arthroscopy instruments and set up
- Portals and Diagnostic arthroscopy
- **Discussion (7Mins)**

#### SESSION 2 – MENISCUS (9:35AM - 10:15AM) (7Mins)

- Meniscal tears – Types and Clinical assessment
- When to do Meniscectomy?– Tips and tricks
- When to do Meniscal repair? – Tips and tricks

#### **Video techniques (5Mins each)**

– How I managed

- a. Bucket handle tear
  - b. Meniscal root tear
  - c. Complex tears
- **Discussion (5Mins)**

#### SESSION 3 – ACL (10:15AM - 11:25AM) (7Mins)

- Acute and chronic ACL tears– Clinical assessment and decision making.
- Graft harvesting and preparation– Tips and tricks

#### **Video techniques (5Mins)**

- a. BPTB graft
  - b. Hamstring graft
  - c. Quadriceps tendon graft
- How to make anatomical Femoral and Tibial tunnels – Tips and tricks
  - Tunnel length assessment for Suspensory fixation and graft markings – Fixed loop / Adjustable loop

- **ACL reconstruction – Video techniques (5Mins)**

- Hamstring graft
- BPTB graft

- ACL avulsion injuries
- When to operate?

- **Video techniques - Reduction and fixation (5Mins)**

- Staple
- Suture pull out

- **Discussion (10Mins)**

#### **TEA BREAK (11:35 – 11:45AM)**

#### SESSION 4 – MCL (11:45AM - 12:05PM) (7Mins)

- Anatomy and Clinical assessment
- Management - When to do??-Conservative, Repair , Reconstruction
- **Discussion (6Mins)**

#### **SESSION 5 - PCL (12:05PM - 12:40PM) (7Mins)**

- Anatomy and clinical assessment
- Choice of graft
- PCL reconstruction ( Single or Double bundle) – Tips and Tricks
- PCL avulsion injuries – Fixation techniques – Arthroscopic /Open
- **Discussion (7Mins)**

#### **SESSION 6 - PLC (12:40PM - 1:00PM) (7Mins)**

- Anatomy and clinical assessment
- Management - When to do?? – Conservative, Repair , Reconstruction
- **Discussion (6Mins)**

#### **SESSION 7 - CARTILAGE (1PM - 1:20PM)**

- Grading and assessment of Cartilage injuries ( Video technique)
- Management – Microfracture, Autologous Osteochondral transfer, Single stage cartilage repair
- **Discussion (6Mins)**

#### **LUNCH BREAK (1:20PM - 2PM)**

#### **SESSION 8 - PATELLA INSTABILITY (2PM - 2:35PM) (7Mins)**

- Anatomy of MPFL : Soft tissue and bony causes of Patellar instability
- How do I assess Patellar instability
- When to do only soft tissue procedures?
- When to do both soft tissue and bony procedures?
- **Discussion (7Mins)**

#### **SESSION 9 - COMPLICATIONS - How to Overcome? (2:35 - 2:45PM)(7Mins + 3Mins)**

#### **SESSION 10 - REHABILITATION (2:45PM - 3:05PM)**

- How do I Rehabilitate ACL injury patients?
- Sports person
- Non sports person
- How do I Rehabilitate PCL injury patients?
- 

#### **TEA BREAK (3:05PM - 3:20PM)**

#### **WORK SHOP - 3:30PM Onwards**

#### **5PM to 6PM MEDAL PAPER PRESENTATION**

7minutes Talk + 2minutes Discussion

**1st Prize – Graft Preparation Board**

**2nd Prize – Reamer Set**

# DAY: 1, COURSE: 2 – HIP ARTHROPLASTY

## SESSION 1 PRE OP CONSIDERATIONS (8AM -9:10AM)

Clinical evaluation of a patient for THR

- Radiographic investigations and assessment
- Biomechanics of Hip and THR
- Templating - How to do and what to see?
- Approaches - Pros and Cons
- Discussion

## SESSION 2 PROSTHESIS DESIGN (9:10AM -10AM)

- Acetabular component design
- Femoral stem design
- Bearing options – Pros and Cons
- **Discussion**

## TEA BREAK – 10AM TO 10:15AM

## SESSION 3 STEPS OF SUCCESSFUL TOTAL HIP REPLACEMENT (10:15AM -11:35AM)

- Approach
- Acetabular preparation and component fixation
- Femoral stem preparation and fixation
- Trial reduction
- Achieving limb length equality
- Pearls and Pitfalls in cemented THR
- **Discussion**

## SESSION 4 CONTROVERSIES (11:35AM – 12:35PM)

- Ideal head size
- Ideal bearing
- Cemented Vs Uncemented
- Anterior Vs Lateral Vs Posterior approach
- **Discussion**

## LUNCH BREAK (12:35PM -01:30PM)

## SYMPOSIUM – INTERESTING CASE DISCUSSIONS (01:30PM – 3:00PM)

## WORKSHOP 1 (3PM TO 3:30PM) TEMPLATING EXERCISES

## WORK SHOP 2 (3:30PM TO 5:00PM) SAW BONE WORKSHOP

## 5PM to 6PM MEDAL PAPER PRESENTATION

7minutes Talk + 2minutes Discussion

**1st Prize – Graft Preparation Board**

**2nd Prize – Reamer Set**

## DAY 2 – COURSE 3 - KNEE ARTHROPLASTY

### SESSION 1 PRE OP CONSIDERATIONS (8:15AM – 9:15AM)

Total Knee Replacement – When to do and when not to do?

- Clinical evaluation of a patient for TKR
- Radiological investigations and assessment
- Types of Total Knee prosthesis and their design rationale
- Preoperative work up and counselling
- **Discussion**

### SESSION 2 SURGICAL CONSIDERATIONS (9:15AM – 10:15AM)

Surgical approach – Options and selection

- Tibial cut – How to make a perfect cut
- Femoral cut and component placement
- Achieving flexion extension gap balance
- Trial reduction and test for stability
- **Discussion**

### SESSION 3 VIDEO VIGNETTES (10:15AM TO – 11:00AM)

TKR in Varus knee

- TKR in Valgus knee
- TKR in Fixed flexion
- **Discussion**

### TEA BREAK (11:00AM – 11:15AM)

### SESSION 3 INTRAOPERATIVE COMPLICATIONS (11:15AM – 12:15PM)

- Bone defect management
- MCL injury – Prevention and Management
- Extensor mechanism insufficiency
- Intra-operative fractures
- Indications for Constrained prosthesis
- **Discussion**

### LUNCH BREAK (12:20 – 01:20PM)

### SESSION 4 CONTROVERSIES (01:20PM-02:30PM)

Patellar replacement

- CR Vs CS
- Fixed Vs Mobile bearing
- Standard Vs High flexion
- Newer Bearings
- Navigation Vs Conventional Vs PSI
- **Discussion**

### SESSION 5 POST SURGERY (02:30PM – 03:30PM)

Pain management in TKR

- Prophylaxis for DVT
- CPM and Physiotherapy
- Evaluation of a post operative Knee radiograph
- Early infections
- **Discussion**

### INTERESTING CASE DISCUSSIONS (3:30PM TO 4PM)

### WORKSHOP 1 – SAW BONE WORKSHOP (4PM TO 5PM)

### 5PM to 6PM MEDAL PAPER PRESENTATION

7minutes Talk + 2minutes Discussion

**1st Prize – Graft Preparation Board**

**2nd Prize – Reamer Set**

## DAY 2 – COURSE 4

# SHOULDER ARTHROSCOPY AND ARTHROPLASTY

### SESSION 1 – BASICS (9AM - 9:50AM) (7Mins )

- Anatomy of shoulder joint.
- Clinical examination - Shoulder
- Imaging
- Positioning – Beach chair and Lateral Decubitus
- Portals of shoulder joint / Diagnostic arthroscopy
- **Discussion (15Mins)**

### SESSION 2 - INSTABILITY (9:50 - 10:55AM) (7Mins )

- Clinical evaluation – Anterior instability / SLAP
- Approach to first time dislocations
- When to do Bankarts? / When to do Laterjet?
- Types of Slap tear and management.
- **Video techniques (5mins each)**
  1. Bankarts.
  2. Laterjet.
  3. Slap tear.
- Posterior / Multi directional instability.
- **Discussion (15Mins)**

### TEA BREAK (10.55 – 11:10AM)

### SESSION – 3 – ROTATOR CUFF (11:10 - 12:25PM) (7Mins )

- Clinical evaluation and assessment
- How to approach partial cuff tear.
- How to approach complete cuff tear.
- Types and management of different cuff tears
- Types of Subscapularis tear and management
- How to manage Retracted / Irreparable cuff tear
- **Cuff repair - Video techniques (5mins each)**
  - Knotless technique
  - Knot technique
  - Double row technique
  - Subscapularis repair
- **Discussion (13Mins)**

### SESSION 4 – BICEPS PATHOLOGY, ADHESIVE CAPSULITIS, AC JOINT (12:25 – 12:50PM) (7Mins)

- Biceps tendinitis pathology and management
- Stiff shoulder –Management in Diabetic / non diabetic patients.
- **Video techniques (5Mins)**
  - Capsular release
  - Subacromial decompression and AC joint excision

### LUNCH BREAK (12:50PM - 2PM)

### SESSION 4 - SHOULDER ARTHROPLASTY COURSE (2PM – 2:50PM) (7Mins )

Biomechanics of Shoulder Replacement

- Pre operative planning
- Role of Hemiarthroplasty
- Role of Total Shoulder Arthroplasty
- Role of Reverse Shoulder Arthroplasty
- **Discussion**
- **TEA BREAK (2:50PM – 3:05PM)**

### WORKSHOPS AFTER 3:05PM

#### 5PM to 6PM MEDAL PAPER PRESENTATION

7minutes Talk + 2minutes Discussion

**1st Prize – Graft Preparation Board**

**2nd Prize – Reamer Set**



# ISKSAA GANGA 2015

## Registration Form

23rd – 24th October 2015



me:.....  
(required to be printed on the certificate)

Address for Correspondence:

.....  
.....Pincode: .....

Mobile (COMPULSORY):.....E-mail(COMPULSORY):.....  
**future Communications will be through email & mobile via sms.**

Delegate Category :

National  International ( Tick one box )

| Courses<br>Please Tick<br>(Maximum Two Box Only)   | Registration Fee Details |                   |               |            |
|--|--------------------------|-------------------|---------------|------------|
|  | International Delegate   | National Delegate | ISKSAA Member | PG Student |
| Day 1) <input type="checkbox"/> Hip Arthroplasty ( Course - 1)<br>(or)<br><input type="checkbox"/> Knee Arthroscopy ( Course - 2)                        | usd : 100                | Rs : 3500         | Rs : 3000     | Rs : 250   |
| Day 2) <input type="checkbox"/> Knee Arthroplasty ( Course - 3)<br>(or)<br><input type="checkbox"/> Shoulder Arthroscopy & ( Course - 4)<br>Arthroplasty | usd : 100                | Rs : 3500         | Rs : 3000     | Rs : 250   |
| <b>Total Amount</b>  |                          |                   |               |            |

### Payment Details

Delegate fee :..... Accompanying Person fee :.....Total:.....

Demand Draft No:..... Dated:.....Bank :.....

**OPTION 1: (by Demand Draft)**

Demand Draft drawn in favour of "GANGA ORTHOPAEDIC RESEARCH & EDUCATION FOUNDATION"  
payable at Coimbatore, India.

**OPTION 2: (Card Payment)** Online Registration website : [www.gangahospital.com](http://www.gangahospital.com)

**OPTION 3 (by Bank Transfer)**

Name of Account : **Ganga Orthopaedic Research & Education Foundation**

Name of Bank : **Standard Chartered Bank, R S Puram Branch, Coimbatore 641001, Tamilnadu, IND**

Account Number : 43505056547, Swift code: SCBLINBBXXX, IFSC Code : SCBL0036077



You may send your payment (along with the Registration form)

**Prof. S. Rajasekaran**, Course Chairman,

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