



**Day 1**  
22-02-2025

# TRIVANDRUM ARTHROSCOPY COURSE 2025(2.0)

## ARTHROLEARN

TIMINGS	SESSIONS	
09:00 AM - 12:00 PM	<b>SESSION 1 : MENISCUS - A STITCH IN TIME SAVES NINE</b>	
	<b>TOPICS</b>	<b>SPEAKER</b>
09:00 AM - 10:00 AM	<b>Live demonstration 1 {OT 1}</b> : Discoid lateral meniscus with tear	Dr Karthik Selvaraj
	<b>Learning Objective</b>	To study the surgical technique of treating discoid meniscus and study different meniscal repair techniques
09:00 AM - 10:00 AM	<b>Live demonstration 2 {OT 2}</b> : Anterior horn lateral meniscal tear with meniscal cyst	Dr Rajeev Raman
	<b>Learning Objective</b>	how to deal with a meniscal cyst
10:00 AM - 10:37 AM	<b>MASTER CLASS 1</b>	
	<b>TOPICS</b>	<b>SPEAKER</b>
10:00 AM - 10:08 AM	Meniscal repair techniques	Dr Billy Paul Wilson
	<b>Content</b>	3 to 5 relive surgical videos of meniscal repair techniques
10:08 AM - 10:16 AM	Is there an unsalvageable meniscus?	Dr Jacob Varghese
	<b>Content</b>	3 to 5 relive surgeries of difficult meniscal repair
10:16 AM - 10:24 AM	Meniscal allograft transplant	Dr Jürgen Höher
	<b>Content</b>	How I do it, relive video
10:24 AM - 10:32 AM	Ramp lesion	Dr Loiy Al Khatheeb
	<b>Content</b>	Relive video
10:32 AM - 10:37 AM	RESEARCH PAPER- Outside in technique of meniscal repair in the posterior horn of medial and lateral meniscus	Dr Shanavas K P
10:37 AM - 11:00 AM	<b>PANEL DISCUSSION</b>	
	<b>MODERATOR</b>	Dr Harish Chandran
	<b>PANELISTS</b>	Dr Jürgen Höher Dr Rajeev Raman Dr Jacob Varghese Dr Shanavas K P Dr Loiy Al Khatheeb
11:00 AM - 12:00 PM	<b>Live demonstration 3</b> : Meniscal allograft transplant	Dr Louis Garcia Bordes Dr Ankit Jose
12:00 PM - 02:00 PM	<b>SESSION 2: ANATOMICAL ACL RECONSTRUCTION - PREVENT ROTATIONAL INSTABILITY AND JOINT DEGENERATION</b>	
12:00 PM - 12:32 PM	<b>MASTER CLASS: 2</b>	
	<b>TOPICS</b>	<b>SPEAKER</b>
12:00 PM - 12:08 PM	Three bundle concept of ACL	Dr Shammas B M
	<b>Content</b>	Femoral and tibial foot prints and tunnels of all 3 bundles and fixation options



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	TOPICS	SPEAKER
12:08 PM - 12:16 PM	Two bundle concept of ACL	Dr Bruno Olory
	<b>Content</b> Advantages and pitfalls of double bundle reconstruction	
12:16 PM - 12:24 PM	Single bundle concept of ACL	Dr Sameer Ali
	<b>Content</b> How a beginner should start doing ACL reconstruction	
12:24 PM - 12:32 PM	Do all ACL tears require reconstruction?	Dr Sudarshan Bhandary
	<b>Content</b> natural history of an ACL deficient knee in elite athletes vs general population	
<b>12:32 PM - 01:00 PM</b>	<b>PANEL DISCUSSION</b>	
	<b>MODERATOR</b>	
	<b>PANELISTS</b>	Dr Bruno Olory Dr Sameer Ali Dr Hari kumar Pillai Dr Sudarshan Bhandary
01:00 PM - 02:00 PM	<b>Live demonstration 4</b> : Anatomic ACL reconstruction	Dr Shammas B M
<b>02:00 PM - 02:30 PM - LUNCH BREAK</b>		
<b>02:30 PM - 05:00 PM</b>	<b>SESSION 3 : CARTILAGE REPAIR -THE LAST OPTION FOR JOINT PRESERVATION</b>	
<b>02:30 PM - 03:00 PM</b>	<b>MASTER CLASS: 3</b>	
02:30 PM - 02:38 PM	Algorithm for cartilage repair	Dr Rahul Shivdey (DUBAI)
	<b>Content</b> Options available for small cartilage defects to large defects with relive surgeries	
02:38 PM - 02:46 PM	Single step solution to Cartilage repair	Dr Louis Garcia Bordes
	<b>Content</b> Minced cartilage procedure (ACI+PRGF) relive video	
02:46 PM - 02:54 PM	Cellular Therapy and Tissue Engineering for cartilage repair	Dr Soong Junwei
	<b>Content</b> Cells, scaffolds and matrix in cartilage repair	
02:54 PM - 03:02 PM	MACI where are we now	Dr
	<b>Content</b> evolution of ACI from Indian and international perspective	
03:02 PM - 03:07 PM	How to treat the subchondral bone	Dr Rik Kundra
<b>03:07 PM - 03:30 PM</b>	<b>PANEL DISCUSSION</b>	
	<b>MODERATOR</b>	Dr Deepak Goyal
	<b>PANELISTS</b>	Dr Luis Garcia Bordes Dr Jürgen Hoher Dr JP Dr
03:30 PM - 05:00 PM	<b>Live demonstration 5</b> : ACL reconstruction, meniscal repair with cartilage repair HYLOFAST/ chondrofiller	Dr Rik Kundra

TIMINGS	SESSIONS	
09:00 AM - 12:30 PM	<b>SESSION 4 : OSTEOTOMIES AROUND THE KNEE - ALIGNMENT FIRST</b>	
	<b>TOPICS</b>	<b>SPEAKER</b>
09:00 AM - 10:00 AM	<b>Live demonstration 6:</b> High tibial osteotomy with root repair	Dr Hamid Razak Dr Soong Junwei
	<b>Learning Objective</b>	To study step by step procedure of HTO and Root repair
10:00 AM - 10:32 AM	<b>MASTERCLASS 4</b>	
	<b>TOPICS</b>	<b>SPEAKER</b>
10:00 AM - 10:08 AM	The mathematics of HTO	Dr Raj Thakrar
	<b>Content</b>	All the angles and calculations for doing an HTO
10:08 AM - 10:16 AM	Is HTO a nightmare for beginners	Dr Karthik Selvaraj
	<b>Content</b>	Surgical tips and tricks of HTO with relive videos for biplanar osteotomy
10:16 AM - 10:24 AM	When to consider double level osteotomy	Dr Hamid Razak
	<b>Content</b>	To decide whether HTO alone is sufficient or DFO is required
10:24 AM - 10:32 AM	TCVO	Dr
10:37 AM - 11:00 AM	<b>PANEL DISCUSSION</b>	
	<b>MODERATOR</b>	Dr Karthik Selvaraj
	<b>PANELISTS</b>	Dr Hamid Razak Dr Soong Junwei Dr Azhar C M Dr
11:00 AM - 12:30 PM	<b>live demonstration 7 :</b> Double level osteotomy	Dr Raj Thakrar
12:30 PM - 03:00 PM	<b>SESSION 5: INSTABILITY PATELLA</b>	
12:30 PM - 01:02 PM	<b>MASTER CLASS: 2</b>	
	<b>TOPICS</b>	<b>SPEAKER</b>
12:30 PM - 12:38 PM	Approach to RDP	Dr Ashish Soni
	<b>Content</b>	when to add TTO, Trochleoplasty, femoral osteotomy to MPFL reconstruction
12:38 PM - 12:46 PM	MPFL reconstruction	Dr Deepak Chaudary
	<b>Content</b>	Step by step procedure of MPFL reconstruction with relive surgical video for beginners
12:46 PM - 12:54 PM	TTO	Dr Sandeep Biraris
	<b>Content</b>	Step by step procedure of TTO with relive surgeries- How I do it
12:54 PM - 01:02 PM	Trochleoplasty	Dr Ramakanth
	<b>Content</b>	Steps of trochleoplasty
01:02 PM - 02:07 PM	<b>Live demonstration -8 :</b> MPFL reconstruction with TTO	Dr Billy Paul Wilson
<b>02:00 PM - 02:30 PM - LUNCH BREAK</b>		



**Day 2**  
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02:30 PM - 03:00 PM	PANEL DISCUSSION	
	<b>MODERATOR</b>	Dr Rahul Shivdey
	<b>PANELISTS</b>	Dr Deepak Chaudary Dr Sandeep Biraris Dr Ramakanth Dr Khayas Omer Dr Ashish Soni
03:00 PM - 05:00 PM	SESSION 6: ORTHOBIOLOGICS	
	<b>TOPICS</b>	<b>SPEAKER</b>
03:00 PM - 03:40 PM	How I prepare BMAC	Dr Arul Kumar
03:40 PM - 03:50 PM	BMAC indications and results	Dr Jaheer Hussain
03:50 PM - 04:00 PM	Orthobiologics - What every orthopaedic surgeon should know	Dr Sharmila from Dubai
04:00 PM - 04:30 PM	<b>Live demonstration 9</b> : Preparation of BMAC with a normal centrifuge	Dr Arul kumar
04:30 PM - 05:30 PM	VALEDICTORY FUNCTION	