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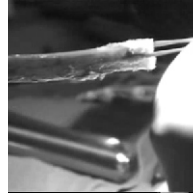
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Dr. Asis Mukerjee
Dr. V. K. Nijhawan
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Dr. Pranshul
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Dr. Nitin
Dr. Gopal
Dr. Ram Babu
Dr. Vikas

Outstation Faculty
Dr. Anant Joshi - Mumbai

ARTHROSCOPY
TELESCOPIC SURGERY

AGENDA



Graft Options
Bone Tendon Bone
Hamstring
Quadriceps

Graft harvesting technique



Graft Fixation
Interference Screw
Endo Button
Transfixing Devices

Saw bone workshop on various fixation options



Tunnel Drilling
Identification of Tunnel Site
Reaming v/s Dilators
Measurements

Technique to avoid graft tunnel mismatch

SURGICAL SYSTEMS

Authorized Distributors

Smith & Nephew
(Endoscopy Division)

WZ-97 B, Tekchand Complex, Matke Wali Gali
Jwala Heri Market, Paschim Vihar, New Delhi 110 063
Tele Fax : 91-011-25272733
Cell: 99714 57711, 99582 74400, 93505 99762
Email: surgicalsystems@rediffmail.com

For further information, please contact

Dr. Prateek K. Gupta
M.B.B.S., M.S., M.ch. (Liverpool, UK), F.I.C.S. (USA)
D.Orth. (London), F.R.C.S.-Orth. (London)
Mobile: 98108 52876
Email: sportsmedicinedelhi@yahoo.com

Sports Medicine & Arthroscopy Workshop

A+ ORTHOPAEDIC AND SPORTS MED
CLINIC

C- 2/5 Safdarjung Development Area, Aurobindo Marg, New Delhi 110 016
Tel: 11 - 2651 7776 Fax: 11 - 2586 1002 Email: sportsmedicinedelhi@yahoo.com
www.sportsmedicineclinicdelhi.com



ACL RECONSTRUCTION **Advance**

KNEE WORKSHOP
CME POINTS APPLIED

Sir Gangaram Hospital
New Delhi

2 March 2008



Organised By

Sports Medicine Unit
Department of Orthopaedics

SIR GANGARAM HOSPITAL

In Association with

Indian Federation of Sports Medicine
Indian Arthroscopy Society

&

Indian Association of Sports Medicine

ARTHROSCOPY
an integral part of Sports Medicine and Orthopaedics

4th Sports Medicine & Arthroscopy Workshop



Dear colleagues,

I welcome you to the 4th edition of **Sports Medicine and Arthroscopy Workshop** of Delhi to be held on 2nd March 2008 at Sir Ganga Ram Hospital, New Delhi. The earlier three workshops in March 2005, March 2006 and April 2007 were extremely successful and appreciated due to your interest in the subject. We had over 130 delegates from all over India to attend the scientific congress. This time the basic workshop has central theme focused on "**ACL Reconstruction**". As done in last three conferences, we will invite the experts in the field of Sports Medicine, Minimal Intervention Surgery—Arthroscopic ACL Reconstruction on one platform to interact with enthusiastic delegates and share their experiences to understand principles of ACL Reconstruction.

It is our endeavour that you get better understanding and experience of science and art of healthy graft harvesting for a robust ACL Reconstruction. The exclusive hands on workshop of especially designed and formatted vet lab (harvested tissue) will enable the delegates to harvest hamstring graft and prepare it in same manner as done in live patients. This gives chance to the delegate to interact with the eminent faculty in order to understand the finer points of good graft harvesting technique and preparation. The focus will be on using baseball stitch. Further workshop will allow the delegates to use their harvested graft and fix it to the bone by various fixation techniques. This gives them hands on experience on graft fixation and to understand the principles and fine points of tunnel drilling in tibia and femur and also using different modalities to fix the graft on to the sawbones. Delegates will also get an opportunity to understand taping technique and its role in prevention of injuries in sports. For those in the early stages of arthroscopy, this workshop is a good opportunity to develop psychomotor skills required to advance to arthroscopic ACL reconstruction.

The morning scientific programme has been planned focusing on the basics of ACL anatomy, biomechanics, different graft options and different fixation choices available to us with crisp and to the point lectures, guest lectures and symposia followed by live demonstration of ACL reconstruction and hands on workshop with faculty of experts and pioneers in the field of ACL Reconstruction. Each station gives ample opportunity to the delegates to practice and discuss on one-to-one basis the principles and nitty-gritty of ACL Reconstruction.

I assure you that the day will be action-packed fruitfully spent, leaving you at the end with better understanding and improved skills with regards to ACL Reconstruction.

We look forward to your visit and spending your day with us!

Wishing you Merry Christmas and Happy New Year, 2008!

Dr. Prateek K. Gupta, Organizing Secretary

ARTHROSCOPY
Life is Movement, Movement is Life

PROGRAMME

Morning Session

Sports Medicine Topics

- Pre-participation medical examination of athlete
- Sports nutrition
- Biomechanics of gait cycle and its role in sports
- Prevention of sports injury
- On field injury assessment and participation
- Dope and dope testing
- TUE - Therapeutic Utility Exemption form
- Mind set matters - sports psychology
- How to choose correct equipment in sports
- Knee pain in sports
- Cricketing injury and their prevention
- Exercise prescription
- Physiology of exercise fitness & cardiopulmonary adaptation

ACL Symposia

- Anatomy and role of ACL in biomechanics of knee
- Examination of ACL deficit knee
- Radiology of ACL
- Do all ACL tear need reconstruction?
- Role of non-operative treatment in ACL injury
- Graft option in ACL reconstruction
- Graft harvesting & preparation - BTB / Hamstring
- Tunnel positioning, graft passage & fixation
- Graft fixation option
- Accelerated rehabilitation
- Complications during ACL
- When can I drive after ACL?
- ACL injury in skeletally immature

Afternoon Session

- Live Demonstration of ACL Reconstruction Surgery
- Hands-on Workshop

Graft Harvesting and preparation

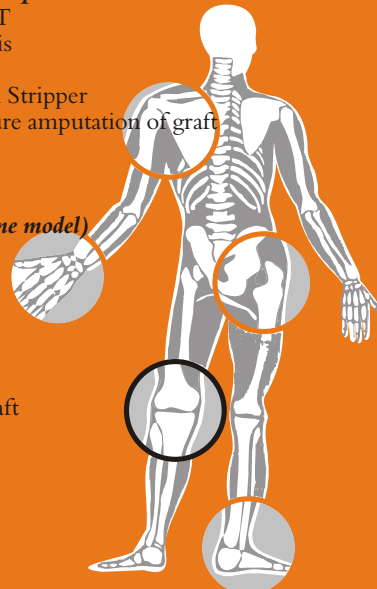
- Identification of SemiT
- Identification of gracilis
- Removal of valvulae
- Correct use of Tendon Stripper
- Prevention of premature amputation of graft
- Cleaning of graft
- Baseball stitch of graft

Graft fixation (saw bone model)

- Use of tibial zig
- Tibial tunnel position
- Tibial drilling
- Femoral off set guide
- Femur drilling
- Passage of Graft
- Femoral fixation of graft
- Tibial fixation of graft

Taping Techniques

- Foot Finger
- Ankle Hand
- Knee Elbow



REGISTRATION FORM

Please write in CAPITAL letters only

Name

Designation

Qualification

Institution

Address

.....

Email

Tel Mobile

Previous exposure to Knee Arthroscopy Nil/Basic/Advance

Was your initial exposure supervised Yes/No

Registration Fee Till 15th Feb' 2007 After 15th Feb' 2007

Conference Rs. 400.00 Rs. 600.00

Conference (For Postgraduates) Rs. 300.00 Rs. 300.00

Conference with Workshop Rs. 700.00 Rs. 1000.00

Conference with Workshop Rs. 500.00 Rs. 500.00

(For Postgraduates)

For Postgraduates: Letter from HOD required

I am enclosing a Cheque / Draft No

for Rs. dated

drawn on (name of bank)

On the spot registration for the Workshop will not be considered. Workshop has 60 limited seats on first-come-first-serve basis in order to maintain standard and ensure one-to-one interaction for the delegates.

Cheques/Drafts may please be drawn at Delhi in favour of "**Sports Medicine and Arthroscopy Workshop**" (No outstation cheques will be entertained, please)

Duly completed form with one **Photograph** (for workshop) and cheque / draft to be sent by **Courier only** to:

Dr. Prateek K. Gupta

Organizing Secretary

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