



6TH INTERNATIONAL MEETING OF ARTHROSCOPY ACADEMY & PHYSIOTHERAPY AND SPORTS REHAB CONGRESS

26TH JULY - 27TH JULY, 2019 | GRAND SALON, HOTEL GRAND HYATT, SANTACRUZ EAST, MUMBAI

Theme : Advances in Sports Physiotherapy and Rehabilitation

ORGANISED BY

MUMBAI BRANCH OF INDIAN PHYSIOTHERAPY ASSOCIATION & ARTHROSCOPY ACADEMY TRUST

PHYSIOTHERAPY AND SPORTS REHAB CONGRESS

26TH JULY, 2019 9.00 AM TO 6.00 PM

TRAINING MODULES

27TH JULY, 2019

Morning Session: **MODULE 1 - KNEE REHAB**

MODULE 2 – SHOULDER REHAB

Afternoon Session: **Module 3 - FUNCTIONAL ASSESSMENT**

MODULE 4 - CORE 360 DEGREES

(Choose Any two –One from each session)

MMC POINTS WILL BE AWARDED

www.arthroscopyacademy.com

INTERNATIONAL FACULTY

u . s . a .

John Neland
Physiotherapist



Italy

Dr. Stefano Zaffargini
shoulder surgeon



dubai

Esther Estaben
Physiotherapist



u . s

Dr. John Richmond
knee / shoulder surgeon



a u s t r a l i a

Tamara Zweck
Physiotherapist



South Africa

Christopher Pedra
Physiotherapist



a u s t r a l i a

John Gloster
Physiotherapist



Invitation



Dear Colleagues,

Scientific proceedings of the Arthroscopy Academy are to be held on 26th July - 27th July 2019 at Hotel Grand Hyatt, Santacruz, Mumbai. The ISAKOS approved Basic Cadaveric Workshop on 28th July 2019 features hands-on cadaveric workshops for basic arthroscopy procedures in knee and shoulder. Over the years, arthroscopic surgeons have become technique oriented; often overshadowing the importance of clinical knowledge. The theme for this conference "Advances in Arthroscopic Surgery", aims at adopting a diverse technical repertoire of advanced arthroscopic surgery with major emphasis on its clinical adaptations.



Dr. João Espregueira-Mendes
organising Chairman



Dr. Nicholas Antao
organising Chairman



Dr. Sallesh Hathi (PT)
organising Chairman



Dr. Roshan Wade
CoUrSE DirECTOR

Scientific Chairman

Dr. Milind Pimprikar Roshan Wade Mariya Jiandani Dr. Pradip Nemade
Dipti Geete Jyotsna Thosar

Organizing Secretaries

Dr. Mariya Jiandani (PT) ■ Dr. Chaitanya Waghchoure ■ Dr. Mihir Patel ■ Dr. Nikhil Iyer

JOint SecRetARieS

Dr. Shaligram Purohit ■ Dr. Nagraj Shetty ■ Dr. Miten Seth

cO-ORGAniSinG SecRetARieS

Dr. Kumar Dussa ■ Dr. Hetal Chiniwala ■ Dr. Ashish Arbat

MeMBERS

Dr. Nagraj Shetty ■ Dr. Sanjay Yadav ■ Dr. Shaligram Purohit ■ Dr. Abhijeet Savadekar ■ Dr. Ashish Phadnis
Dr. Nandan Mishra ■ Dr. Bhushan Patil ■ Dr. Deepak Tambe ■ Dr. Nikhil Iyer ■ Dr. Tushar Rathod
Dr. Prashant Tonape ■ Dr. Alok Patil ■ Dr. Rajendra Phunde ■ Dr. Prashant Gedam ■ Dr. V.V. Prabhu
Dr. Aditya Pawaskar ■ Dr. Yajuvendra Gawai ■ Dr. Vaibhav Bagaria ■ Dr. Pankaj Pawar ■ Dr. Prashant Kamble
Dr. Mahendra Pal ■ Dr. Ashwin Samant ■ Dr. Prasad Bhagunde ■ Dr. Prashant Meshram
Dr. Dipti Geete (PT) ■ Dr. Jyotsna Thosar (PT) ■ Dr. R Ravindran (PT)

NATIONAL FACULTY

Dipti Geete

Ajit Dhabolkar

Jyotsna Thosar

Himakshi basu

Yuvraj singh

Nikhil Latey

Prakash Shroff

Swekha Mehta

Dr Vishwanath Prabhu

Dr Sweta Salgaonkar

Dr N Antao

Dr D N Pardiwala

Dr Miten Sheth

Dr Shirish pathak

Dr Sachin Tapasvi

Dr Vivek Pandey

Dr Rajakumar Amravaty

Dr S Arumogam

J Rajapurkar

Scientific Program

7:30-8:30 am Conference Registrations for Physiotherapist at Grand Salon

Orthopaedic Program

7.30-8.30am Theme – evolving Techniques in Knee and Shoulder Sports Injuries ICL – Free FOR
CONFeReNCe ReGISTeReD DeLeGATeS – ONLY 35 SeATS eACH

ICL 1	ICL 2	ICL 3	ICL 4
ACL (8 min each) 1. things i Want Know in Patients with Anterior instability 2. inside Out Vs Outside in Drilling of femoral tunnel- Does it make a difference 3. improving Accuracy in tibial tunnel 5. Suspensory Vs interference fixation on tibial side- Does it make any difference 6. When standalone AcLR is not enough – Role of Let or Osteotomy	Patellofemoral Instability (8 min each) 1. clinical aspects which can shape line of management 2. Radiological aspect which will shape line of Management 3. MPfL - anatomy and reconstruction 4. Anteromedialisation of tibial tuberosity 5. is trochlear dysplasia a cause or effect? Which trochleoplasty technique is the best?	First Time Shoulder Dislocation in Contact Athlete (8 min each) 1. Approach to first time shoulder dislocation evaluation 2. Role of conservative management 3. Surgery –Which and Why? 4. contact athlete – Latarjet is it best option 5. Arthroscopic Bankart – whats failure rates?	Basics of PCL R (8 min each) 1. SB Anatomical tunnel placement on femoral side - current scenario 2. Double Bundle PCL tunnel 3. Safe technique for PCL tibial tunnel position. 4. All inside sockets – is it the future? 5. tibial Onlay technique for PCL reconstruction

Scientific Program for Physiotherapist

Friday, 26th July, 2019 ☐☐ Grand Salon, Hotel Grand Hyatt, Santacruz, Mumbai

7:30 - 8:30 Registrations

8.30-9.00 Welcome

9.00-10.00 am Symposia : Getting the Basics Right

- Changing face of soft tissue injuries- D Pardiwala
- Road from Surgery to recovery – Staging rehabilitation – J Neland
- Knee Injury Graft types: Healing consideration- Gonzalo S
- What you need to know about training loads post reconstruction- J E Mendis
- Pain in Brain Prakash Shroff
- Motor Imagery in Rehab Prakash shroff

10.00-10.10 Discussion

10:10- 10:20

Tea Break

10:20- 11:00 Panel Discussion ; “Key to complete rehabilitation”
Moderators: P Shroff & M Sheth
Panelist: S Salagaonkar, J Rajapurkar, J Gloster, J Neland, Steffani

11:00-11:30 Key Note address: “ Landing following arthroscopy “ – Tamara Zweck

11:30-12:00 Symposia 2 : Exercise Considerations

- Importance of core in Rehab- Himakshi basu
- Aqua Therapy in sports rehabilitation
- What Matters : Mobility Vs Strength Vs conditioning- J Neland
- Discussion

12:00-1:00 Symposia 3 : Knee Injury rehabilitation

- Rotational Hip Strain- impact on knee - Himankshi Basu
- Prehabilitation of knee- Swekha Mehta
- Knee ACLR : What do physios need to know- Esther Estaben
- Chronic Knee Pain: Hands on or Hands off - Deepak Kachalia
- Discussion

1:00-1:30 Oration :Movement based Return to sport J Neland

1:30-2:30 Lunch

2.30- 3.15 Symposia 3 : Tricky Shoulder

- Throwing injuries in shoulder- Shirish Pathak
- Unstable shoulder: Repair and Rehab- A Dabholkar
- Restoring Dynamic Stability following Dislocation- John Neland

3.15 -4.00 Symposia 4: Preventing Injuries

- Pre- participation assessment Christopher Pedra
- Injury prevention in adolescent and school athletes- Miten Sheth
- Preventing injuries in Marathon runners : tips & tricks- Christopher Pedra
- Preventing Lower extremity muscle injury in footballers – J Neland

4.00- 4:20 Oration:Evidence based Practice: Lessons learnt and future ahead in sports rehabilitation-Esther E

Tea Break

4.30-5.30/6.00 Master Class: Ignite:Unblock- Renew- Align to perform Dr Vishwanath Prabhu

5.30-6.00 pm **6th Arthroscopy Academy oration**

6.10-7.00 pm **Industry sponsored product workshop- ePW**

ePW 1	ePW 2	ePW 3	ePW 4
Rotator Cuff repair	ACL reconstruction	Ostetomies around knee	Newer meniscus repair technique

7.30 pm **Inauguration of Arthroscopy Academy and Felicitation of International faculty and Fellow**

07.40 pm **Chief Guests Address**

7.45 pm **Gala Dinner with entertainment**

Saturday , 27th July, 2019 ;Grand Salon,Grand Hyatt Hotel, Santacruz, Mumbai

MORNING Session : Hall A : Module 1- Knee

OR

Hall B : Module 2: Shoulder module

	Knee module: Faculty: J Neyland, E Estaben, Dipti Geete, J Thosar , Swekha M		
9:00-9:20	Clinical Evaluation of Knee	Sachin Tapasvi	
9:20_9:40	Functional evaluation &Movement Analysis	J Neland	
9:40-10:10	Protocols : Rehab. After ACL reconstruction- Rehab. After meniscus repair and meniscectomy	Dipti G J Neland	
10:10-10:20	PCL Reconstruction Rehab. How does it differ from ACL rehab	J Neland	
10:20-10:30	Managing Patello femoral pain	Esther Estaben	
10:30-10:45- Tea Break			
10:45-11:00	Procedure modified Rehab	Esther Estaben	
11:00-11:15	Rehab after multiple Ligament injuries	J Neland	
11:15-11:30	Muscle activation in Knee	Swekha Mehta	Demonstration of techniques
11:30-11:45	Dealing with stiffness	Esther Estaben	Demonstration of exercises
11:45-12:00	Role of electrotherapy in Rehab	JyotsnaThosar	
12:00-12:15	Building strength	J Neland- Demonstration of exercises	
12:15-12:30	Return to play following Knee injury	J Neland	
12:30-1:00	Discussion , Q &Ans		
1.00-2.00	LUNCH		

9:00-1:00 Module 2: Shoulder

Faculty: J Neyland, Esther, Ajit Dhabolkar, Yuvrajsingh Christopher Pedra, J Richmond, Dr Peter V

9:00-9:15	Sports Related shoulder pathology	John Richmond
9:15-9:30	Clinical Evaluation	Dr Peter V
9:30-9:45	Functional Evaluation & Movement analysis	Ajit Dhabolkar
9:45-10:00	Scapular stabilization	Christopher Pedra/yuvraj singh
10:00-10:20	Recruiting the right muscles (overactivation & Inhibition)	Ajit Dhabolkar: Demonstration
10:20-10:30	TEA BREAK	
10:30-11:30	Protocols: Shoulder Instability RCI	J Neland Demonstration of exercises E Establen Demonstration of exercises
11:30-12:00	Return to Play – outcomes and performance measures for shoulder	J Neland
12:00-12:30	Dealing with stiffness-	Yuvraj Singh Demonstration
12.30-1.00	Management of stiff shoulder	Dr Vivek Pandey
1:00-2:00	LUNCH	

Afternoon Session : 2.00-5.00 pm

Hall A : Module 3- Functional Assessment OR Hall B : Module 4: Core 360 degree

Hall A: Module 3: Assessing Amateur athletes and Functional testing (Practical and demonstration

Faculty: Nikhil Latey, Christopher Pedra & J Neyland, Miten Sheth, S. Arunogam

2:00-2:20	Prescreening	J Neyland
2.20- 3.00	Assessing Amateur athletes What to check for in Runners, Footballers, Cricketers Cyclist and Other sports	Nikhil latey & Miten Sheth Christopher Pedra
3.00-3.15	Triple hop test	Christopher Pedra -Demonstration-

3.15-3.30	Agility testing	Nikhil Latey- Demonstration
3.30-3.45	Functional testing	Nikhil Latey- demonstration
3.45-4.00	Tea break	
4.00-4.15	Assessing VO2 max and stamina	Nikhil Latey -Demonstration
4.15-4.30	Assessing strength	Christopher Pedra -Demonstration
4.30-4.45	Core assessment	Christopher Pedra- Demonstration
4.45-5.00	Preventing injuries	Christopher Pedra- S. Arunogam
5.00-5.15	Disucssion and Q & A	

Module 4: Core 360 degrees

2.00-5.00 Faculty: Dr V Prabhu

Infinte possibilities of Core recruitment for stabilisation and movement. Learn to use the core like never before in all planes

Comfortable clothing and shoes preferable to practice in modules and master class

Registration Details for Orthopedic Surgeons

NON ReSIDeNTIAL PACKAGe

Category	From 1st April 2019 to 31st May 2019	From 1st June, 2019 to 30th June, 2019	Late & Spot
Surgeon	` 10,000	` 11,000	` 13,000
Accompanying Person	` 9,000	` 10,000	` 12,000
PG Student	` 8,000	` 9,000	` 11,000

***HOD certificate mandatory for PG students**

Non Residential Package includes: Lunches on Friday and Saturday (26th July and 27th July). Banquet Dinner on Friday (26th July). Visit to trade exhibition. Luncheon Sessions. Registration fee and Registration Kit.

BASIC & ADVANCeD CADAVERIC COURSeS

at Dept of Anatomy, Seth GS Medical College and KeM Hospital, Parel, Mumbai

28th July, 2019	28th July, 2019
Basic Knee	Advanced Knee
` 5,000	` 20,000
Basic Shoulder	Advanced Shoulder
` 5,000	` 20,000

CONFereNce ReGISTRATION IS MANDATORY FOR ATTENDING The CADAVERIC WORKSHOP

ReSIDeNTIAL ReGISTRATION PACKAGeS:

2 nights & 3 Days (check-in 25th July, 14.00 hrs, check Out 27th July, 2019 12.00 noon)

Category	From 1st April 2019 to 31st May 2019	From 1st June, 2019 to 30th June, 2019	Late & Spot
Delegate on twin Sharing Basis	` 18,000	` 19,000	` 21,000
Delegate on Single Occupancy	` 31,000	` 32,000	` 34,000
Delegate with One Accompanying Person	` 33,000	` 34,000	` 36,000

Package includes: Room for 2 nights & 3 days at Grand Hyatt, Mumbai (25th July to 27th July). Lunches on Friday and Saturday (26th July and 27th July). Welcome Dinner on Thursday (25th July). Banquet Dinner on Friday (26th July). Visit to trade exhibition. Luncheon Sessions. Registration fee and Registration Kit.

ReSIDeNTIAL ReGISTRATION PACKAGeS:

3 nights 4 Days Residential Package (check in 25th July 14:00 Hrs, check Out 28th July 2019 12 noon)

Category	From 1st April 2019 to 31st May 2019	From 1st June, 2019 to 30th June, 2019	Late & Spot
Delegate on twin Sharing Basis	` 25,000	` 26,000	` 28,000
Delegate on Single Occupancy	` 44,000	` 45,000	` 47,000
Delegate with One Accompanying Person	` 46,000	` 47,000	` 49,000

Package includes: Room for 3 nights & 4 days at Grand Hyatt, Mumbai (25th July to 27th July). Lunches on Friday and Saturday (26th July and 27th July). Welcome Dinner on Thursday (25th July). Banquet Dinner on Friday (26th July). Dinner on Saturday (27th July). Visit to trade exhibition. Luncheon Sessions. Registration fee and Registration Kit.

PAYMeNT DeTAILS

Delegates are required to pay by DD / cheque payable in favour of - **"Arthroscopy Academy"**. Delegates can register OnLine also on **www.arthroscopyacademy.com**. Online charges as applicable.

Important Registration Instructions

- Registration cannot be transferred. no request would be entertained for transfer.
- Spot Registration is strictly by cash. no cheque / DD / credit card will be accepted.
- Registration once made cannot be cancelled.

Registration Details for Physiotherapists

PHYSIOTHeRAPY AND SPORTS ReHAB CONGRess eARLY BIRD ReGISTRATION DeTAILS

Category	Till 15th July 2019	From 16th July 2019 to 25th July 2019	Late & Spot
Physio consultant	` 6,000	` 7,000	` 8,000
PG Student	` 4,000	` 5,000	` 6,000

***HOD Certificate / Valid PG ID card is required to avail PG student discount**

Non Residential Package includes: Lunches on Friday and Saturday (26th July and 27th July). Banquet Dinner on Friday (26th July). Visit to trade exhibition. Luncheon Sessions. Registration fee and Registration Kit.

PAYMeNT DeTAILS

Delegates are required to pay by DD / cheque payable in favour of - "**Arthroscopy Academy**". Delegates can register Online also on **www.arthroscopyacademy.com**. Online charges as applicable.

Important Registration Instructions

- Registration cannot be transferred. no request would be entertained for transfer.
- Spot Registration is strictly by cash. no cheque / DD / credit card will be accepted.
- Registration once made cannot be cancelled.

MMC POINTS WILL Be AWARDeD

CONFERENCE SECRETARIAT

Dr. Roshan Wade

Course Director

Mobile : +91-9820050701 ▪ e-mail : roshanwade@gmail.com

Dr. Mariya Jiandani (PT)

Organising Secretary

Mobile : +91-9820191106

C/o VAMA EVENTS PVT LTD.

Office No 4, Gr. Floor, Anmol Cooperative Housing Society, Sakharam Keer Road,
Parallel to L. J. Road, Shivaji Park, Mumbai 400 016

Tel.: + 91 22 2438 3498 / 2438 3499
email: conferences@vamaevents.com

www.arthroscopyacademy.com



FOR PHYSIOTHERAPISTS

Registration Form

Physio Consultant [☐] PG Student [☐]

*Surname: *First Name:

*Postal Address:

*City *Pin Code:

State: Country:

*Email (Please mention active Email ID):

*Tel. (with area code): Residence: *Office:

*Mobile: Fax:

Accompanying Person Name 1: Name 2:

Meal preference: Veg / Non Veg Category: [☐] Senior Citizen

Comfortable clothing and shoes recommended for masterclass and modules

Training Modules (Any Two - choose between module 1 & 2 and Between Module 3 & 4)

[☐] Module 1 - Knee Rehab

[☐] Module 2 - Shoulder Rehab

[☐] Module 3 - Functional Assessment

[☐] Module 4 - Core 360 degrees

Mode of Payment: Cheque/DD No. Dated drawn on

DD favouring 'ARTHROSCOPY ACADEMY' payable at Mumbai

Please send duly filled Registration Form along with DD/ Cheque to:

Dr. Roshan Wade

Course Director

Mobile : +91-9820050701 ■ e-mail : roshanwade@gmail.com

Dr. Mariya Jiandani (PT)

Organising Secretary

Mobile : +91-9820191106

C/o VAMA EVENT, Office No 4, Gr. Floor, Anmol Cooperative Housing Society, Sakharam Keer Road,
Parallel to L. J. Road, Shivaji Park, Mumbai 400016

Tel.: + 91 22 2438 3498 / 2438 3499 ■ email: conferences@vamaevents.com

www.arthroscopyacademy.com

All future communications will be through e-mail and Mobile via SMS.

CONFERENCE SECRETARIAT

Dr. Roshan Wade, Course Director

Mobile : +91-9820050701 • e-mail : roshanwade@gmail.com



C/o **VAMA EVENTS PVT LTD.**

Office No 4, Gr. Floor, Anmol Cooperative Housing Society, Sakharam Keer Road,
Parallel to L. J. Road, Shivaji Park, Mumbai 400 016

Tel.: + 91 22 2438 3498 / 2438 3499 • email: vamahospitality@hotmail.com