



# 6<sup>TH</sup> INTERNATIONAL MEETING OF ARTHROSCOPY ACADEMY & PHYSIOTHERAPY AND SPORTS REHAB CONGRESS

26<sup>TH</sup> JULY - 27<sup>TH</sup> 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

26<sup>TH</sup> JULY, 2019 9.00 AM TO 6.00 PM

## TRAINING MODULES

27<sup>TH</sup> 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](http://www.arthroscopyacademy.com)

# INTERNATIONAL FACULTY

u.s.a.

**John Neland**  
Physiotherapist



dubai

**Esther Estaben**  
Physiotherapist



a us tral l a

**Tamara Zweck**  
Physiotherapist



Italy

**Dr. Stefano Zaffargini**  
shoulder surgeon



u.s

**Dr. John Richmond**  
knee / shoulder surgeon



South Africa

**Christopher Pedra**  
Physiotherapist



a us tral l a

**John Gloster**  
Physiotherapist



# Invitation



Dear Colleagues,

Scientific proceedings of the Arthroscopy Academy are to be held on 26<sup>th</sup> July - 27<sup>th</sup> July 2019 at Hotel Grand Hyatt, Santacruz, Mumbai. The ISAKOS approved Basic Cadaveric Workshop on 28<sup>th</sup> 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 Espreguelra-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
<b>ACL (8 min each)</b> 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	<b>Patellofemoral Instability (8 min each)</b> 1. clinical aspects which can shape line of management 2. Radiological aspect which will shape line of Management 3. MPfL - anatomy and reconstruction 4. Anteromedialiasation of tibial tuberosity 5. is trochlear dysplasia a cause or effect? Which trochleoplasty technique is the best?	<b>First Time Shoulder Dislocation in Contact Athlete (8 min each)</b> 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?	<b>Basics of PCL R (8 min each)</b> 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, 26<sup>th</sup> 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
11:30-11:45	Dealing with stiffness	Esther Estaben
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, AjitDhabolkar, 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	<b>Functional Evaluation &amp; Movement analysis</b>	AjitDhabolkar
9:45-10:00	<b>Scapular stabilization</b>	Christopher Pedra/yuvraj singh
10:00-10:20	<b>Recruiting the right muscles(overactivation&amp; Inhibition)</b>	AjitDhabolkar: Demonstration
10:20-10:30	TEA BREAK	
10:30 -11:30	Protocols:  Shoulder Instability  RCI	J Neland Demonstration of exercises  E Estaben 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 Assesment OR Hall B : Module 4: Core 360 degrees

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

Infinite 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	₹ 5,000	Advanced Knee	₹ 20,000
Basic Shoulder	₹ 5,000	Advanced Shoulder	₹ 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](http://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 (26<sup>th</sup> July and 27<sup>th</sup> July). Banquet Dinner on Friday (26<sup>th</sup> July). Visit to trade exhibition. Luncheon Sessions. Registration fee and Registration Kit.

## PAYMeNT DeTAILS

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### 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](mailto: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](mailto:conferences@vamaevents.com)

**[www.arthroscopyacademy.com](http://www.arthroscopyacademy.com)**



FOR PHYSIOTHEAPISTS

# 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](http://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



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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