



*In Collaboration with
Arthroscopy Society of France and Lithuania*

KASCON 2019

5th Annual Conference of
Karnataka Arthroscopy Society

Organized by

Dept. Of Orthopedics, St. Johns Medical College, Bangalore

27th - 29th June 2019

@ ITC Gardenia, Residency Road, Bangalore

"Optimizing Clinical Outcomes – Scope for Arthroscopy "

www.karnatakarthroscopysociety.com

MESSAGE FROM THE ORG COMMITTEE

It gives us immense pleasure to invite you to the prestigious 5th Annual Karnataka Arthroscopy Society Conference 2019 to be held in the garden city, Bengaluru from June 27th to 29th 2019 at ITC Gardenia, Residency road, Bengaluru.

In recent times, there has been resurgence in sports, both professional and recreational. Consequently, there has been a surge in sports related injuries of the knee and shoulder. Early diagnosis, appropriate treatment and rehabilitation have been the cornerstone of management of these injuries to enable individuals return to the best of their ability. Now, minimally invasive surgery and rapid return to pre- injury status is the expectation. In keeping with these demands, we have envisioned “Optimizing Clinical Outcomes-Scope for Arthroscopy” as the theme for this conference.

There will be thought provoking didactic lectures, debates and case based discussions on topics related to sports injuries of the knee and shoulder. The highlight of the conference is live surgical procedures related to these sports injury. We have assembled distinguished faculty from across the world and India, who are masters in their fields to share their knowledge and expertise with us.

We request you all to be a part of this conference to learn, share and encourage your colleagues and postgraduate students to utilize this great opportunity.

Warm regards



Dr. Rajkumar S Amaravati
Organizing Chairman

Professor - Dept. of Orthopaedics
Head - Division of Arthroscopy and
Sports Surgery
St. John's Medical College Hospital
Bengaluru



Dr. Hemanth Kumar A
Organizing Secretary

Director - Asian Institute of
Arthroscopy, Bengaluru

“OPTIMIZING CLINICAL OUTCOMES
– SCOPE FOR ARTHROSCOPY “

INTERNATIONAL FACULTY



Dr. Amit Joshi
Nepal



Dr. Bart Dingenen
Belgium



Dr. Cho Chul – Hyun
South Korea



Dr. Jean Kany
France



Dr. Jean F Potel
France



Dr. Markas Fiodorovas
Lithuania



Dr. Robert Smigielski
Poland



Dr. Sergio Rowinski
Brazil



Dr. Sanjay Anand
UK

Abstract -

Introduction, Materials And Methods, Results And Conclusion must be within 300 words.

For Abstract Submission please logon to www.karnatakaarthroscopysociety.com

June 27, 2019, Thursday

Time	Topic
12.30 – 02.00 pm	Registration & Lunch
	Rehab Program – Knee Session
02.00 - 02.30 pm	Overview of Knee Ligament Injuries/ Arthroscopic management/ Video Isolated & Combined ACLR- Arthroscopic Surgeon
02.30 - 03.00 pm	ACL Injury Prevention- Risk factors/ Assessment & Lower Limb Kinematics
03.30 - 04.00 pm	Current Concepts & Early post operative Rehab ACLR
04.00 - 04.30 pm	Advanced/ Late stage ACL rehab/ Criteria based progression
04.30 - 05.00 pm	Return to sport testing & Sport specific skills training
	Rehab Program – Shoulder Session
05.00 - 05.30 pm	Overview of Shoulder Instabilities/ Arthroscopic management/ Video various stabilization procedures: Arthroscopic Surgeon
05.30 - 06.00 pm	Customized Post-operative rehab following shoulder stabilization procedures
06.00 - 06.30 pm	Athletic Shoulder Rehab- Restoring stability of an overhead throwing shoulder
06.30 - 07.00 pm	Sports Specific Strength & Conditioning Knee & Shoulder

June 28, 2019, Friday

Time	Topic
07.00 am	Registration
07.30 – 08.30 am	Breakfast + Workshop 1. Meniscus (2 slots) 2. Adjustable Loop (2 slots)
08.30 – 01.00 pm	Session I : Knee
	Ultra structure ACL + Meniscus
	New Frontier's in ACL reconstruction
	Live Surgery 1: ACL reconstruction (Hamstring \pm LET)-New technique
	Perspective of knee laxity – Assessment
	Fat Pad – Good/ Bad/ Ugly
	Live Surgery 2 : ACL reconstruction (BPTB + LET)
	ACL repair – Myth or Truth
	Improving ACL reconstruction outcome – How to get to it?
	Live Surgery 3: Posterior horn medial meniscus
	Why Journey from Meniscectomy to Meniscus repair?
	Bone bruise Vs rotation instability – How to relate & manage
	Live Surgery 4: Bucket handle medial meniscus tear repair (Hybrid technique)
	Panel discussion (EBM)
	PCL reconstruction (Re-live) a. I don't need post portal b. I believe in posterior accessory portals
	Debate : a. MPFL reconstruction (Re-live) – I don't need tunnels b. MPFL reconstruction (Re-live) – I believe in tunnels
	Panel Discussion(EBM)
01.00 – 02.00 pm	LUNCH + Workshop a) HANDS-ON (2Slots) b) All Suture Anchors (2 slots)
	SESSION II: SHOULDER
	Shoulder instability in 2019
	Pearls of Arthroscopic surgery c. In Young dislocation d. In Elderly dislocation

	Live Surgery 5: Bankart's (10 Commandments of Bankart's surgery)
	Snippets: Instability Surgery 3. Beyond Bankart 4. a) Why they fail? b) How do we improve outcome?
	Live Surgery 6: Bipolar concept (Does it work?)
	Panel discussion
	Master's Talk 3. Posterior shoulder instability 4. Multi directional instability – Touch me not?
	Debate : c. ACJ dislocation Grade III – I conserve it d. ACJ dislocation Grade III – I will operate
	Master's Talk – Laterjet a. French connection b. The Samba Way c. The Lasta way
	Live or Relive Surgery 7 : Laterjet
	Panel discussion / Free Papers
	Product Launch
07.00 – 08.00 pm	Inauguration
08.00 pm onwards Fellowship & Dinner at ITC, Gardenia	

June 29, 2019, Saturday	
Time	Topic
07.00 am	Registration
07.30 – 08.30 am	Breakfast + Workshop 1. Meniscus (2 slots) 2. ACL fixation Screw it or loop it (2 slots)
08.30 – 12.30 pm	Session III : Knee
	New kid on block 1. LEAT – Re-live 2. ALL – Re-live
	In 2019 Why our ACLR still fail?
	By 2020 What solution do we have to improve ACLR outcome
	Live Surgery 8 : Revision ACLR – Plan – Execution
	Master's Talk 1. Limb alignment – Does it matter in ligament surgery? 2. Cartilage – How & when to address it?

	Debate – Postero medial corner injury 1. Conserve it 2. Operate
	Debate – Postero lateral corner injury 1. Conserve it 2. Operate
	Snippets (Relive) – Meniscus a. Root lesion b. RAMP lesion
	Live Surgery 9 : HTO (Plan + salient steps)
12.30 – 01.00 pm	Free paper
01.00 – 02.00 pm	Lunch & Workshop - Cuff it up on lateral row (4 slots)
02.00 – 05.00 pm	Session IV – Shoulder
	Cuff tear a. Evaluation & a decision making b. Frozen shoulder – bench to bed side? c. Rely on imaging – How much?
	Debate : Partial cuff tear a. I Conserve b. I Operative
	Live Surgery 10 : Massive cuff tear or PASTA or LD transfer
	Sub scapularis tear – Pearls & Pit falls
	Latismus dorsi transfer in irreparable cuff tear a. French journey b. Brazilian journey
	Proximal humerus fracture – Tips & Tricks Re-live – Korean experience Brazilian experience
	Live surgery 11: MCR
05.00 – 05.30 pm	Valedictory

RESIDENTIAL PACKAGE (CONFERENCE REGISTRATION + ACCOMMODATION)

1 Night (Check in : 28th & Check out : 29th June 2019)

Category	Twin Sharing	Single Occupancy	Double Occupancy (with Acc.Person)
20 th March - 15 th May	₹ 14,000/-	₹ 20,000/-	₹ 25,000/-
16 th May onwards	₹ 16,000/-	₹ 22,000/-	₹ 27,000/-

Residential Package includes:

- Accommodation at ITC Gardenia.
- Lunch & Gala Dinner on 28th June
- Breakfast and lunch on 29th June.
- Conference Registration fee, Conference Kit
- Workshops and Visit to Trade Stalls

2 Nights (Check in : 27th - Check out : 29th June 2019)

Category	Twin Sharing	Single Occupancy	Double Occupancy (with Acc.Person)
20 th March - 15 th May	₹ 20,000/-	₹ 30,000/-	₹ 35,000/-
16 th May onwards	₹ 22,000/-	₹ 32,000/-	₹ 37,000/-

Residential Package includes:

- Accommodation at ITC Gardenia.
- Lunch & dinner on 27th June
- Breakfast, Lunch & Gala Dinner on 28th June
- Breakfast and lunch on 29th June.
- Conference Registration fee, Conference Kit
- Workshops and Visit to Trade Stalls

IMPORTANT INSTRUCTIONS :

- Airport transfers are not included
- Hotel check-in time is 2:00 PM and check-out time is 12:00 noon
- Early check-in and late check-out, subject to availability
- Please carry government recognized photo ID for hotel check-in
- Extras such as Room Service, Laundry, Mini Bar, Phone Bill etc are not included in the tariff.

Option of accommodation for post graduates only at Subsidised rates of Rs. 1000 per day on Twin Sharing basis @ St. Johns Annexe 3 or similar category hotel
Contact : 78290 94634 | 99027 63467

Common Transport (Shuttle Service to the venue and back) will be arranged.

REGISTRATION TARIFF

Category	Till 15th May	16th May Onwards
Member	₹ 7000	Rs. 8000
Non - Member	₹ 8000	₹ 9000
Post Graduate	₹ 5000	₹ 6000
Accompanying Person	₹ 5000	₹ 6000
Physiotherapist & Sports Professionals (Coaches / Physical Trainers)	₹ 3000 (27 th Only)	₹ 4000 (27 th Only)

Special sessions will be held on 27th for
Physiotherapist /Sports Professionals (Coaches / Physical Trainers)

Note : The Registration fee is inclusive of 18% GST as applicable.

- PG's should produce valid certificate attested by HOD.
- For spot registration - conference kit is subject to availability
- KMC Credit hours not applicable for spot registration

Offline Registration :

- Download the Registration form by logging on to the website
- Courier an At par Cheque or DD in favour of "Arthroscopic Society" with duly filled registration form to the conference managers

Online Registration : Logon to www.karnatakaarthroscopysociety.com



Conference Venue :

ITC Gardenia
1, Residency Rd, Ashok Nagar,
Bengaluru, Karnataka

Contact Details :

Mob: +91 98808 80682 | 99641 53557

Mail : kascon2019@gmail.com

Address for communication :

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