

# 4<sup>th</sup> Ganga Operative Arthroscopy Course 2019

22 – 24 March, 2019, Coimbatore  
Venue : Ganga Hospital, Coimbatore

## Programme

Register today at  
Website : [www.gangahospital.com](http://www.gangahospital.com)



Under The Aegis of



IOA



TNOA



GANGA ORTHOPAEDIC  
EDUCATION FOUNDATION

**GANGA**  
MEDICAL CENTRE & HOSPITALS PVT LTD



INDIAN  
ARTHROSCOPY  
SOCIETY



TAMILNADU  
ARTHROSCOPY  
SOCIETY

## KNEE DAY (22/03/2019)

<b>7.00am</b>	<b>Registration</b>
<b>7.30am-8.30am</b>	<p><b>Symposium : 1 ACL</b></p> <ol style="list-style-type: none"> <li>Graft harvest techniques with Videos (5 mins) <ul style="list-style-type: none"> <li>PTB Graft harvest</li> <li>Hamstring Graft</li> <li>Posterior Hamstring</li> </ul> </li> <li>Loop Advantages, Disadvantages &amp; Video Technique (5mins) <ul style="list-style-type: none"> <li>Fixed loop</li> <li>Adjustable loop</li> </ul> </li> <li>Road Map To Anatomical ACL Reconstruction (10 mins)</li> <li>Complications of ACL Reconstruction ( 10 mins)</li> </ol> <p><b>Discussion (15 Mins)</b></p>
	<p><b>Symposium : 2 Patellar Instability (10mins Each)</b></p> <ol style="list-style-type: none"> <li>First Time Dislocators- Indications for Surgery (Role of Osteochondral Fixation &amp; MPFL Repair)</li> <li>Predisposing Factors, Investigation &amp; Diagnosis for Recurrent Patellar Instability</li> <li>Role of MPFL Reconstruction &amp; Technique</li> <li>Bony Procedure When &amp; How?</li> </ol> <p><b>Discussion (20 Mins)</b></p>
	<p><b>Symposium : 3 Knee Preservation (10mins Each)</b></p> <ol style="list-style-type: none"> <li>Role of Meniscal Repair &amp; Techniques</li> <li>Cartilage Repair - All solutions</li> <li>Root Tears &amp; Repair Technique</li> <li>Osteotomy Techniques and When ??</li> </ol> <p><b>Discussion (20 Mins)</b></p>
<b>8.30am-9.00am</b>	<b>Breakfast</b>
9.00am-9.10am	<b>Welcome Address &amp; Inaguration</b>
9.10am-9.55am	<b>Live Surgery - ACL Reconstruction (Hamstring Graft)</b>
9.55am-10.40am	<b>Live Surgery - ACL Reconstruction (BPTB Graft)</b>
10.40am-11.20am	<p><b><u>Learn from Experts</u></b></p> <p>Recent Advances and Controversies in ACL Reconstruction ( 10 mins )  Internal bracing in Knee Ligament Injuries (ACL,PCL,MCL)- ( 10 Mins )  Antero Lateral Ligament - When, where and How?- (10 Mins )</p> <p><b>Discussion (10 Mins)</b></p>
11.20am-12.00 pm	<p><b>Lectures</b></p> <ol style="list-style-type: none"> <li>Isolated PCL Tear - When do they Need Surgery?</li> <li>Posteromedial Corner Repair &amp; Reconstruction- When &amp; How?</li> <li>Posterolateral Corner Repair &amp; Reconstruction- When &amp; How?</li> </ol> <p><b>Discussion ( 10 mins )</b></p>
12.00pm-12.50 pm	<b>Live Surgery -PCL</b>
12.50pm-1.40pm	<b>Live Surgery - PLC</b>
<b>1.40pm-2.20pm</b>	<b>Lunch</b>
2.20pm-3.00pm	<b>Live Surgery - Root Tear</b>
<b>3.00pm-4.00pm</b>	<b>Live Surgery - HTO</b>
4.00pm-4.30pm	Panel Discussion In Multiligament Knee Injuries (MLKIs)(30mins)
4.30pm-5.15pm	<b>Live Surgery- ACL Avulsion or PCL Avulsion</b>
5.15pm-6.30pm	<b>Live Surgery - Trochleoplasty or MPFL</b>

## SHOULDER DAY (23/03/2019)

7.30am-8.30am	<p><b>Symposium : 1 Basic Shoulder Arthroscopy (10 mins)</b></p> <ol style="list-style-type: none"> <li>1. Position and Set Up</li> <li>2. Tips and Tricks in Portals Making and Video Technique</li> <li>3. Arthroscopic Anatomy and Diagnostic Examination - Video Technique</li> <li>4. Knotting Technique</li> </ol> <p><b>Knotting Workshop (20mins)</b></p>
	<p><b>Symposium : 2 Instability (10 mins)</b></p> <ol style="list-style-type: none"> <li>1. First Time Dislocation - How To Proceed?</li> <li>2. Clinical and Radiological Diagnosis of Recurrent Instability</li> <li>3. Soft Tissue Repair - Indication and Technique</li> <li>4. Bony Procedure Types &amp; Latarjet - Tips And Tricks</li> </ol> <p><b>Discussion (20 mins)</b></p>
	<p><b>Symposium : 3 Reverse Shoulder Arthroplasty (10 mins)</b></p> <ol style="list-style-type: none"> <li>1. Indication and Instrumentation</li> <li>2. Surgical Techniques</li> <li>3. Complications and how to avoid ?</li> </ol> <p><b>Workshop (30mins)</b></p>
<b>8.30am-9.00am</b>	<b>Breakfast</b>
9.00am-10.00am	<b>Live Surgery - Bankarts Repair (Knot Less)</b>
10.00am-11.00am	<b>Live Surgery - Rotator Cuff Repair (Single Row)</b>
11.00am-11.50am	<p><b>Learn from experts (30min)</b></p> <ol style="list-style-type: none"> <li>1. Partial Cuff Tear - Approach and Management</li> <li>2. Massive Cuff Tear - Repair and Technique</li> <li>3. Suprascapular Nerve Release Is It Necessary?</li> </ol> <p><b>Discussion (20 mins)</b></p>
11.50am-12.50pm	<b>Live Surgery - Rotator Cuff Repair (Double Row)</b>
12.50pm-1.40pm	<b>Live Surgery - Bankarts Repair with Remplissage</b>
<b>1.40pm-2.20pm</b>	<b>Lunch</b>
2.20pm-3.20pm	<p>How to approach Irreparable Cuff ?? (10 mins)</p> <ol style="list-style-type: none"> <li>1. Partial Repair</li> <li>2. When To Do Muscle Transfer ? Muscle Options for Transfer?</li> <li>3. SCR - Current Updates</li> <li>4. Reverse Shoulder Arthroplasty - Current Updates</li> </ol> <p><b>Discussion ( 20 mins)</b></p>
3.20pm-4.20pm	<b>Live Surgery - Reverse Shoulder Arthroplasty</b>
4.20pm-5.20pm	<b>Live Surgery - SCR (Superior Capsular Reconstruction) OR Partial repair for irreparable cuff</b>
5.20pm-6.20pm	<b>Live Surgery - Capsular Release</b>

## ANKLE, ELBOW, WRIST : DAY (24/03/2019)

8.30am-9.30am

### **Ankle Session (10 mins each)**

1. Ankle Arthroscopy - Portals, Arthroscopic Anatomy And Indication
2. Hindfoot Arthroscopy- Indications, Portals Tips And Tricks
3. OCD Ankle
4. Anterior & Posterior Impingement

**Discussion(20 Mins)**

9.30am-10.15am

### **Live Surgery - Ankle arthroscopy**

10.15am-11.15am

### **Elbow Session (10mins each)**

1. Portals and Indications
2. Arthrolysis- Tips, Tricks And Technique
3. Tennis Elbow
4. Elbow Instability -PLRI (Postero Lateral Rotatory Instability)

**Discussion(20 mins)**

10.45am-11.30 am

### **Live Surgery - Elbow arthroscopy**

11.30am-12.15pm

### **Wrist Session (10mins each)**

1. Wrist Arthroscopic Anatomy, Indication And Portals
2. Arthroscopic TFCC Repair
3. Scapho-lunate ligament injuries
4. Acute & Chronic DRUJ instability

**Discussion(20 mins)**

12.15pm-1.00pm

### **Live Surgery - Wrist arthroscopy**

1.00pm-2.00pm

**VALEDICTORY, LUNCH & END OF COURSE**