

|                    |   |                         |
|--------------------|---|-------------------------|
| 08:00-08:30        | Registration and Breakfast  |                         |
| <b>Session 1</b>   | <b>Basics of Cartilage Repair</b>   |                         |
| 08:30-08:35        | Welcome and Introduction  | Rahul Shivadey          |
| 08:35-08:45        | Classification of Focal Chondral Lesions- ICRS and Outerbridge                      | Khalid Al-Khelaifi      |
| 08:45-09:00        | Understanding Chondral Lesions based on Etiology                                    | Saeed Althani           |
| 09:00-09:15        | Understanding Chondral Lesions based on Size  | Navladi Shankar         |
| 09:15-09:30        | Choosing an Ideal Case of the Cartilage Repair                                      | Deepak Goyal            |
| 09:30-09:45        | Quiz # 1 (Ten Questions followed by Discussion)                                     | Rahul Shivadey          |
| <b>Session 2</b>   | <b>Management of Small to Mid Size Chondral Lesions (Dr Saurabh Mathur Session)</b> |                         |
| 09:45-10:00        | Microfracture Surgical Technique- Step by Step Video                                | Rahul Shivadey          |
| 10:00-10:10        | Microfracture: Current Status   | Bashir Zikria           |
| 10:10-10:25        | Osteochondral Cylinder Transfer Technique- Step by Step Video                       | Sohrab Keyhani          |
| 10:25-10:35        | Case Discussion   | Sohrab Keyhani          |
| 10:35-10:45        | Case Discussion   | Saeed Althani           |
| 10:40-10:55        | Case Discussion   | Bartłomiej Kacprzak     |
| 10:55-11:00        | ICS Ceremonies  | Team ICS                |
| <b>11:00-11:10</b> | <b>Inauguration Ceremonies</b>  | Team ICS & Chief Guests |
| <b>11:10-11:30</b> | <b>Tea Break</b>  |                         |
| <b>Session 3</b>   | <b>Management of Large Size Chondral Lesions</b>                                    |                         |
| 11:30-11:45        | The Dilemma of Large Chondral Lesions and Role of SC bone                           | Morat Bozkurt           |
| 11:45-12:00        | The ACI and the Overlay ACI Technique in the Management of Large Chondral Lesions   | Deepak Goyal            |
| 12:00-12:10        | Case Presentation and Discussion  | Bashir Zikria           |
| <b>Session 4</b>   | <b>Joint Preservation</b>   |                         |
| 12:10-12:20        | Effect of Malalignment on Osteoarthritis  | William Murrell         |
| 12:20-12:30        | Early Osteoarthritis- Beginning of an Organ (Knee) Failure                          | Mohammad Razi           |
| 12:30-12:50        | Joint Preservation in Secondary Osteonecrosis of the Knee                           | Deepak Goyal            |
| 12:50-13:00        | Discussion  |                         |
| <b>13:00-14:00</b> | <b>Lunch Break</b>  |                         |
| <b>Session 5</b>   | <b>Orthobiologics in Osteoarthritis</b>   |                         |
| 14:00-14:10        | Culture expanded Adipose derived stem cells in OA knee                              | Ashok Kumar             |
| 14:10-14:20        | Regulatory aspects of regenerative medicine in UAE and India                        | Aasawari Bapat          |
| 14:20-14:30        | Autologous conditioned serum- recent advances                                       | Sharmila Tulpule        |
| 14:30-14:40        | Orthobiologics in elbow and shoulder disorders                                      | William Murrell         |
| 14:40-15:00        | Discussion  |                         |
| <b>Session 6</b>   | <b>Meniscus Repair</b>  |                         |
| 15:00-15:10        | Fundamentals of Meniscus Anatomy in Relation to Repair                              | Bashir Zikria           |
| 15:10-15:25        | Step by Step Video- All Inside Techniques for Meniscus Repair                       | Sohrab Keyhani          |
| 15:25-15:40        | Step by Step Video- Outside In Techniques for Meniscus Repair                       | Morat Bozkurt           |
| 15:40-15:50        | Role of Posterior Arthroscopy in Bucket Handle Tear and Ramp Repair                 | Sohrab Keyhani          |
| 15:50-16:00        | Step by Step Video- Root Repair   | Mohammad Razi           |
| 16:00-16:15        | Discussion  | All panelist            |
| <b>16:15-16:30</b> | <b>Tea Break</b>  |                         |
| <b>Session 7</b>   | <b>Cartilage Repair in Patella</b>  |                         |
| 16:30-16:45        | Role of Patellofemoral Biomechanics in Patellar Chondral Defects                    | Khalid Al-Khelaifi      |
| 16:45-17:00        | Management of Traumatic Chondral and Osteochondral Injuries of Patella              | Deepak Goyal            |
| 17:00-17:15        | Case Discussion of CMP Patella  | Navladi Shankar         |
| 17:15-17:30        | Discussion  | All panelist            |
| <b>17:30 Hours</b> | <b>Meeting Adjourns</b>   |                         |





INDIAN CARTILAGE  
SOCIETY

# ICS MEET - 2023

13 May, 2023



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## Pre Conference Workshop

|                    |  |                             |
|--------------------|--|-----------------------------|
| 15:00-15:10        | Welcome and Introduction   | Rahul Shivadey              |
| 15:10-15:25        | Understanding Meniscus Anatomy in Relation to Repair                     | Deepak Goyal                |
| 15:25-15:40        | Orientation to Various Meniscus Repair Instruments and Implants          | Morat Bozkurt               |
| 15:40-15:55        | Microfracture Technique- Case Selection and Execution                    | Rahul Shivadey              |
| 15:55-16:10        | Osteochondral Cylinder Transfer Techniques- Case Selection and Execution | Sohrab Keyhani              |
| 16:10-16:40        | Case Discussions   | Deepak Goyal                |
|                    |  |                             |
| <b>16:40-17:00</b> | <b>Tea Break</b>   |                             |
|                    |  |                             |
| 17:00-17:30        | Hands on Meniscus Repair Technique on Saw Bone Models                    | In-Charge<br>Rahul Shivadey |
| 17:30-18:00        | Hands on Microfracture Repair Technique on Saw Bone Models               |                             |
| 18:00-18:30        | Hands on Osteochondral Cylinder Transfer Technique on Saw Bone Models    |                             |
| 18:30-19:00        | Interactive Discussion with Faculties and QnA                            | All Faculties               |