

13 Points from
DHA



THEME 2025

JOINT
PRESERVATION

C.me & TRIVANDRUM ARTHROSCOPY KNEE JOINT PRESERVATION 2025

Venue : Crowne Plaza Jumeirah, Dubai
Date: 22nd & 23rd February 2025



AL ARIF HOSPITAL
TRIVANDRUM



DR. RAHUL SHIVADEY

Course Chairman, Dubai



DR SHAMMAS B.M

Course Co- Chairman, INDIA

Event Managed By:

GRACELINK
engagements



ELITE INTERNATIONAL FACULTIES & INDIAN PIONEERS



Dr. Jurgen Hoher
GERMANY



Dr. Lucia Garcia Border
SPAIN



Dr. Rajeev Raman
INDIA



Dr. Bruno Olory
FRANCE



Dr. Hamid Razak
SINGAPORE



Dr. Raj R. Thakrar
U.K



Dr. Jacob Varghese
INDIA



Dr. Deepak Chaudhary
INDIA



Dr. Karthik Selvaraj
INDIA



Dr. Soong Junwei
SINGAPORE



Dr. Sharmila Tulpule
UAE



Dr. Rik Kundra
UAE



Dr. Loiy Alkhatib
UAE



Dr. Sudarshan Bhandary
UAE



Dr. Ajith Jose
UAE



Dr. S H Jaheer Hussain
INDIA



Dr. Sandeep Biraris
INDIA



Dr. Billy Paul
INDIA



Dr. Ankit Jose
INDIA



Dr. Khayas Omer
INDIA



Dr. Abdul Gafoor
INDIA



Dr. Sameer Ali
INDIA



Dr. Harikumar G
INDIA



Dr. Arul kumar
INDIA



Dr. Jyotiprasanth
INDIA

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DAY 01 AGENDA

TIMINGS	SESSIONS	
7:30 AM -10:30 AM	SESSION 1 : MENISCUS - A STITCH IN TIME SAVES NINE	
TIME	SURGERY	SPEAKER
7:30 AM -8:30 AM	Live demonstration 1 : Meniscal Root Repair	Dr. Rajeev Raman
	Live demonstration 2 : Discoid Meniscal Tear Repair	Dr. Karthik Selvaraj
	Moderator	Dr. Rahul Shivadey, Dr. Harish Chandran, Dr. Bruno Olory
MASTER CLASS 1		
	TOPICS	SPEAKER
8:30 AM -8:37 AM	Meniscal repair techniques	Dr. Hari Kumar Pillai
	Content	3 to 5 relive surgical videos of meniscal repair techniques
8:38 AM -8:45 AM	Is there an unsalvageable meniscus?	Dr. Deepak Chaudhary
	Content	3 to 5 relive surgeries of difficult meniscal repair
8:46 AM -8:53 AM	Meniscal allograft transplant	Dr. Jürgen Höher
	Content	How I do it, relive video
8:54 AM -9:02 AM	Ramp lesion	Dr. Loiy Alkhatib
	Content	Relive video
9:03 AM -9:10 AM	Outside in technique of meniscal repair in the posterior horn of medial and lateral meniscus	Dr. Shanavas K P
PANEL DISCUSSION		
9:10 AM -9:30 AM	Moderator	Dr. Harish Chandran
	PANELISTS	Dr. Jürgen Höher Dr. Rajeev Raman Dr. Shanavas K P Dr. Loiy Alkhatib Dr. Hari kumar Pillai
9:30 AM -10:30 AM	Live demonstration 3 : Double Bundle ACLR + Meniscal Repair	Dr. Deepak Chaudhary
	Live demonstration 4 : ACLR + Bucket Handle Medial Meniscal Tear Repair	Dr. Luis Garcia Bordes Dr. Ankit Jose
	Moderator	Dr. Jurgen Hoher, Dr. Rajeev Raman, Dr. Sudarshan Bhandary
SESSION 2: ANATOMICAL ACL RECONSTRUCTION - PREVENT ROTATIONAL INSTABILITY AND JOINT DEGENERATION		
	TOPICS	SPEAKER
10:30 AM -10:37 AM	Triple bundle concept of ACLR	Dr. Shammam B M
	Content	Femoral and tibial foot prints and tunnels of all 3 bundles and fixation options
10:38 AM -10:45 AM	Double bundle concept of ACL	Dr. Bruno Olory
	Content	Advantages and pitfalls of double bundle reconstruction
	TOPICS	SPEAKER
10:45 AM -10:52 AM	Single bundle concept of ACL	Dr. Basheer Abdul Gafoor
	Content	How a beginner should start doing ACL reconstruction
10:53 AM -11:00 AM	Do all ACL tears require reconstruction?	Dr. Ajith Jose
	Content	Natural history of an ACL deficient knee in elite athletes vs general population
11:00 AM -11:07 AM	Meniscus anterior horn repair an innovative technique	Dr. Jyothi Prashant
11:07 AM -11:14 AM	Is Lateral Extra Articular Tenodesis a solution to an intra articular problem ?	Dr. Bruno Olory
	Content	Indication and surgical steps of doing LET
PANEL DISCUSSION		
11:15 AM -11:35 AM	Moderator	Dr. Sudarshan Bhandary
	PANELISTS	Dr. Bruno Olory Dr. Sameer Ali Dr. Ajith Jose Dr. Abdul Gafoor
	11:35 AM -12:35 PM	
11:35 AM -12:35 PM	Live demonstration 5 : Triple Bundle ACL +/- Meniscal Repair	Dr. Shammam B M
	Moderator	Dr. Karthik Selvaraj, Dr. Raj Thakrar, Dr. Loiy Alkhatib
12:35 PM -01:00 PM LUNCH BREAK		
01:00 PM -03:30 PM	SESSION 3 : CARTILAGE REPAIR -THE LAST OPTION FOR JOINT PRESERVATION	
01:00 PM -01:30 PM	MASTER CLASS: 3	
01:30 PM -01:38 PM	Algorithm for cartilage repair	Dr. Rahul Shivadey (DUBAI)
	Content	Options available for small cartilage defects to large defects with relive surgeries
01:38 PM -01:43 PM	How to treat the subchondral bone	Dr. Rik Kundra
01:43 PM -01:51 PM	Single step solution to Cartilage repair	Dr. Luis Garcia Bordes
	Content	Minced cartilage procedure (ACI+PRGF) relive video
01:51 PM -01:59 PM	Cellular Therapy and Tissue Engineering for cartilage repair	Dr. Soong Junwei
	Content	Cells, scaffolds and matrix in cartilage repair
01:59 PM -02:07 PM	MACI where are we now	Dr. Deepak Goyal
	Content	Evolution of ACI from Indian and international perspective
PANEL DISCUSSION		
02:07 PM -02:35 PM	Moderator	Dr. Rahul Shivadey
	PANELISTS	Dr. Luis Garcia Bordes Dr. Jürgen Hoher Dr. Jyothi Prashant Dr. Loiy Alkhatib
02:35 PM -03:45 PM	Live demonstration 6 : MENISCAL ROOT REPAIR + CARTILAGE REPAIR WITH HYLOFAST +/- HTO	Dr. Rik Kundra
	Moderator	Dr. Luis Garcia Bordes, Dr. Ashish Soni, Dr. Deepak Chaudhary

TIMINGS	SESSIONS	
7:30 AM -10:30 AM	SESSION 4 : OSTEOTOMIES AROUND THE KNEE - ALIGNMENT FIRST	
	TOPICS	SPEAKER
7:30 AM -8:30 AM	Live demonstration 7: High tibial osteotomy +/- Meniscal Repair	
	Dr. Hamid Razak Dr. Soong Junwei	
	Learning Objective	To study step by step procedure of HTO and Root repair
	Moderator	Dr. Bushan Sabnis, Dr. Raj Thakrar, Dr. Rahul Shivadey
8:30 AM -9:02 AM	MASTERCLASS 4	
	TOPICS	SPEAKER
8:30 AM -8:38 AM	The mathematics of HTO	
	Dr. Raj Thakrar	
	Content	All the angles and calculations for doing an HTO
8:39 AM -8:47 AM	Is HTO a nightmare for beginners	
	Dr. Karthik Selvaraj	
	Content	Surgical tips and tricks of HTO with relive videos for biplanar osteotomy
8:48 AM -8:56 AM	When to consider double level osteotomy	
	Dr. Hamid Razak	
	Content	To decide whether HTO alone is sufficient or DFO is required
8:56 AM -9:02 AM	TCVO	
	PANEL DISCUSSION	
9:02 AM -9:30 AM	Moderator	Dr. Karthik Selvaraj
	PANELISTS	Dr. Hamid Razak Dr. Soong Junwei Dr. Azhar C M
9:30 AM -11:00 AM	Live demonstration 8 : Double level osteotomy	
	Dr. Raj Thakrar	
	Moderator	Dr. Karthik Selvaraj, Dr. Hamid Razak, Dr. sudarshan Bhandary
11:00 AM -01:30 PM	SESSION 5: INSTABILITY PATELLA	
11:00 AM -11:30 AM	MASTER CLASS: 5	
	TOPICS	SPEAKER
11:30 AM -11:38 AM	Approach to RDP	
	Dr. Sudarshan Bhandary	
	Content	When to add TTO, Trochleoplasty, femoral osteotomy to MPFL reconstruction
11:38 AM -11:46 AM	Trochleoplasty	
	Dr. Billy Paul Wilson	
	Content	Steps of trochleoplasty
11:46 AM -11:54 AM	MPFL reconstruction	
	Dr. Srinivas R.	
	Content	Step by step procedure of MPFL reconstruction with relive surgical video for beginners
11:54 AM -12:02 PM	TTO	
	Dr. Sandeep Biraris	
	Content	Step by step procedure of TTO with relive surgeries- How I do it
12:02 PM -12:30 PM	Live demonstration 9 : MPFL reconstruction with TTO	
	Dr. Billy Paul Wilson	
	Moderator	Dr. Sandeep Biraris, Dr. Rik Kundra, Dr. Jurgen Hoher
12:30 PM -01:00 PM -LUNCH BREAK		
01:00 PM -01:30 PM	PANEL DISCUSSION	
	Moderator	Dr. Rahul Shivadey
	PANELISTS	Dr. Sandeep Biraris Dr. Bruno Olory Dr. Khayas Omer Dr. Loiy Alkhatib
01:30 PM -03:30 PM	SESSION 6: ORTHOBIOLOGICS	
	TOPICS	SPEAKER
01:30 PM -01:40 PM	Understanding the paradigm shift of cellular therapy- BMAC	
	Dr. Arul Kumar	
01:40 PM -01:50 PM	BMAC indications and results	
	Dr. Jaheer Hussain	
01:50 PM -02:00 PM	Orthobiologics - What every orthopaedic surgeon should know	
	Dr. Sharmila Tulpule	
02:00 PM -02:30 PM	Live demonstration 10 : Preparation of BMAC with a normal centrifuge	
	Dr. Arul kumar	
02:30 PM	VALEDICTORY FUNCTION	



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