

# ARTHRO PRESERVE

## 360°

Joint Preservation Congress

**16 & 17 May 2026**

**Hotel Le Méridien** (Falcon Ballroom)

Airport Road, Dubai



Live  
Cadaver  
Demonstration

Saw  
Bone  
Workshops

2 Day  
Conference



Co-Convenor

**Dr. Rahul Shivadey**

Orthopedic and Sports Medicine Specialist  
Aster Hospital, Al Qusais - Dubai



Co-Convenor & Scientific Chair

**Dr. Rik Kundra**

Orthopaedic Consultant  
Mediclinic Parkview, Hospital, Dubai



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## AGENDA (DAY 01)

| Time     |          | Session   | Speaker                 |
|----------|----------|---|-------------------------|
| 08:30 AM | 09:00 AM | <b>REGISTRATION</b>   | All                     |
| 09:00 AM | 12:30 PM | <b>SESSION 01: PRECONFERENCE WORKSHOPS<br/>DRY BONE WORKSHOPS (GRANADA ROOMS)</b>           | All                     |
| 09:00 AM | 12:30 PM | Workshop 01: Osteotomy Around Knee  | AMMT/ NEWCLIP           |
| 09:00 AM | 12:30 PM | Workshop 02: Meniscus Repair Techniques   | Rejoin Medical Devices  |
| 09:00 AM | 12:30 PM | Workshop 03: OATS In Knee/Autocart  | ARTHREX                 |
| 09:00 AM | 12:30 PM | Workshop 04: Shoulder Cuff Repair/SCR   | SMITH & NEPHEW          |
| 12:30 PM | 13:15 PM | <b>LUNCH BREAK</b>  | ALL                     |
| 13:15 PM | 15:00 PM | <b>SESSION 02: MENISCUS (12 +3 MIN)</b>   |                         |
| 13:15 PM | 13:20 PM | Opening Remarks   | Dr. Rahul Shivadey      |
| 13:20 PM | 13:30 PM | Joint Preservation (History/ Scope/ Future)   | Dr. Deepak Goyal        |
| 13:30 PM | 13:45 PM | Meniscus Repair Techniques (Which Implant For Which Repair)                                 | Dr. Rik Kundra          |
| 13:45 PM | 14:00 PM | Meniscus Repair Augmentation (Technique/ Literature/ Results)                               | Dr. Emmanuel Papacostas |
| 14:00 PM | 14:15 PM | Meniscus Centralization In Joint Preservation (Need/ Benefit/ Evidence)                     |                         |
| 14:15 PM | 14:30 PM | Meniscus transplantation in Joint Preservation (Indications/ Techniques/ Long term results) | Dr. Chris Chiang        |
| 14:30 PM | 14:40 PM | Is my Meniscus Healing  | Dr. Sarmistha Gupta     |
| 14:40 PM | 14:50 PM | Q&A SESSION   | All faculties           |
| 14:50 PM | 17:15 PM | <b>SESSION 03: CASE BASED CHONDRAL REPAIR</b>   | ALL                     |
| 14:50 PM | 15:05 PM | Cartilage lesions/ treatment algorithms   | Dr. Emmanuel Papacostas |
| 15:05 PM | 15:20 PM | Scaffolds in Chondral Repair (indications/ Options/ Results)                                | Dr. Rahul Shivadey      |
| 15:20 PM | 15:35 PM | Case 01: Marrow stimulation   | Dr. Raj Thakrar         |
| 15:35 PM | 15:50 PM | Case 02: Osteochondral plug transfers   | Dr. BM Shammas          |
| 15:50 PM | 16:05 PM | Case 03: Patellar Chondral Defects  | Dr. Deepak Goyal        |
| 16:05 PM | 16:20 PM | Case 04: Hyaluronic acid scaffolds  | Dr. Rahul Shivadey      |
| 16:20 PM | 16:35 PM | Case 05: Triphasic scaffolds  | Dr. Rik Kundra          |
| 16:35 PM | 16:50 PM | Case 06: Ankle OCD  | Dr. Ehab Kheir          |
| 16:50 PM | 17:00 PM | Hip Acetabular Cartilage Delamination " (ACD)   | Dr. Chris Chiang        |
| 17:00 PM | 17:15 PM | COFFEE BREAK and Conclusion of Day 1  | ALL                     |



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## AGENDA (DAY 02)

| Time     |          | Session   | Speaker                       |
|----------|----------|---|-------------------------------|
| 08:30 AM | 09:00 AM | <b>REGISTRATION</b>   | All                           |
| 09:00 AM | 11:00 AM | <b>SESSION 04 OSTEOTOMY (12 +3 MIN)</b>   | All                           |
| 09:00 AM | 09:15 AM | Pre-Op planning for Osteotomy   | Dr. Raj Thakrar               |
| 09:15 AM | 09:30 AM | Medial Open Wedge Osteotomy (MOWHTO)<br>(Indications/ Procedure/ Outcomes/ Long term results) | Dr. Chris Chiang              |
| 09:30 AM | 09:45 AM | Distal femoral Osteotomy (Indications/ Procedure/ Outcomes/ Long term results)                | Dr. Raj Thakrar               |
| 09:45 AM | 10:00 AM | Double Level Osteotomy (Indications/ Procedure/ Complications)                                | Dr. Jesper Fritz              |
| 10:00 AM | 10:15 AM | Role of PSI in Osteotomies around Knee  | Dr. Rik Kundra                |
| 10:15 AM | 10:30 AM | Slope Correction Osteotomy in Knee  | Dr. Jesper Fritz              |
| 10:30 AM | 10:45 AM | Osteotomy: Complications and Management   |                               |
| 10:45 AM | 11:00 AM | Q&A   | All Speakers                  |
| 11:00 AM | 11:15 AM | COFFEE BREAK  | All                           |
| 11:15 AM | 12:45 PM | <b>SESSION 05: ORTHOBIOLOGICS IN JOINTS/HIP</b>   | All                           |
| 11:15 AM | 11:30 AM | PRP (Indications/ Evidence/ Usage)  | Dr. Sharmila Tulpule          |
| 11:30 AM | 11:45 AM | BMAC (Indications/ long term results)   | Dr. BM Shammas                |
| 11:45 AM | 12:00 PM | Adipose Tissue Techniques   | Dr. Madhan Jeyaraman          |
| 12:00 PM | 12:20 PM | Case based discussions on Orthobiologics  | Dr. Arulkumar Nallakumarasamy |
| 12:20 PM | 12:35 PM | Hip Preservation Techniques   | Dr. BM Shammas                |
| 12:35 PM | 13:15 PM | LUNCH   | All                           |
| 13:15 PM | 17:00 PM | <b>SESSION 06: CADAVERIC LAB DEMONSTRATION OF PROCEDURES (LIVE RELAY FROM THE LAB)</b>        | All                           |
| 13:15 PM | 14:30 PM | HTO Cadaveric Demonstration   | Sharjah Lab                   |
| 14:30 PM | 15:45 PM | Meniscal Repair Techniques  | Sharjah Lab                   |
| 15:45 PM | 17:00 PM | Shoulder SCR /Ankle OCD   | ARTHREX LAB                   |
| 17:00 PM | 17:15 PM | Conclusion of the Conference  | All                           |



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**FACULTIES**



Dr. Rahul S. Shivadey



Dr. Rik Kundra



Dr. Deepak Goyal



Dr. Jesper Fritz



Dr. Emmanuel Papakostas



Dr. Ehab Kheir



Dr. Chris Chiang



Dr. Raj R Thakrar



Dr. Moez Ballal



Dr. BM Shammass



Dr. Madhan  
Jeyaraman



Dr. Sharmila Tulpule



Dr. Sarmistha Gupta



Dr. Arulkumar  
Nallakumarasamy

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