



SICOT INDIA'S

MUMBAI



SORC 2019

THEME: STRONG BASICS, FRUITFUL FUTURE

***6 - 8TH SEPT, 2019
MUMBAI, INDIA***

Dear Friends,

*It is with great pleasure that we invite you to 5th Edition of the annual Specialty Orthopedic Review Course - SORC 2019. This year the theme is “ **Strong Basics - Fruitful Future**”. The first 2 days will be focussed on strengthening the basics with topics picked up from the Dip SICOT exam and MS/ DNB syllabus. Not only the residents and fellows but also seasoned orthopaedic surgeons in practice will find this as a refresher adding to their clinical practice.*



The last day is an update on current concepts focussing on knee arthritis and this day will see experts from all around the country and globe discussing the latest in the arena, from orthobiologics to robotics besides enlightening us on tips, tricks and traps of the common surgeries.

2 Workshops - one by IJO on scientific writing and the other on HTO and UKR will be icing on the cake. Keeping in with the tradition of previous SORC, a keynote session on non academic topics from diverse personalities is sure to keep you glued to your seats on Saturday 7th Sept 2019.

In this era of super specialisation, commercialisation and numerous sponsored conferences, SORC conducted under aegis of Société Internationale de Chirurgie Orthopédique et de Traumatologie - SICOT stands apart with its focus on quality academics, unbiased interactive discussion and perfect blend of eminence and evidence based orthopedics. National & International faculty from SICOT bring diversity enabling exchange of ideas and knowledge.

Mumbai during the rains has a charm and resilience of its own - one that no other city has been able to replicate. India's Favourite Elephant God - Vignaharta Ganesha is also visiting his favourite city at that time. So enjoy the sights of this maximum city with an academic feast and divine blessings that awaits you this Monsoon...

Team SICOT India & Sir HN Reliance Foundation Hospital

Collaborate, Innovate, Excel...

Module 1: Basic Sciences**8AM-10:30 AM, Chair Persons: Dr D D Tanna, Dr D K Taneja**

- Principles of free body diagram of Joints: **Dr Akash Saraogi**
- Principles of design/Bracing of Orthotics/ Prosthetics: **Dr Sandeep Gawhale**
- Biomaterial in Fracture fixation: **Dr. D D Tanna**
- Osteoporosis: Recent advances & evidence: **Dr D K Taneja**
- Bone graft Substitutes: comprehensive overview: **Dr D D Tanna**
- Vitamin D deficiency in the young and adult: **Dr Amit Nemade**
- How to approach a Bone Tumour: **Dr Chetan Anchan**
- ESWT, Shockwave Treatment in Sports medicine & Orthopaedics: **Dr Kandaih Raveendran**
- MCQ & Interactive discussion: **Dr Rahul Katta & Dr Rajeev Kulkarni**

Module 2: Paediatric**10:30 AM - 1 PM, Chair Persons: Dr Ashok Johari, Dr Rakesh Bhansali**

- Current Concepts in the Management of Cerebral Palsy: **Dr Ashok Johari**
- Protocols in Paediatric Musculoskeletal Infections: **Dr Swapnil Keny**
- Current Trends in Managing Angular Deformities around the knee : **Dr Farokh Wadia**
- Advances in Management of Angular Deformities around the Elbow : **Dr Binoti Sheth**
- Current Concepts in Club Feet Management : **Dr D K Taneja**
- Perthes Disease : Approach to Management: **Dr Rujuta Mehta**
- DDH : Guidelines: **Dr Alaric Aroojis**
- SCFE: **Dr Mandar Agashe**
- Osteogenesis Imperfecta- What's New: **Dr Atul Bhaskar**
- Physeal Injuries: what to do - what not to do: **Dr Taral Nagda**
- MCQ & Interactive discussion: **Dr Farokh Wadia & Dr Saurabh Singh**

Module 3: Spine Surgery**1:30pm - 4 pm, Chair Persons: Dr Gautam Zaveri , Dr S K Srivastava**

- Lumbar disc herniation: **Dr Ayush Sharma**
- LCS: when to break the claudication cycle: **Dr Ram Chaddha**
- Spondylolisthesis: Decision making: **Dr Sandeep Sonone**
- Tuberculosis of Spine: **Dr S K Srivastava**
- Cervical myelopathy: Principles of Management: **Dr Mihir Bapat**
- Spinal Trauma with deficit: Do's and Dont's : **Dr Gautam Zaveri**
- Spinal Metastasis: **Dr Dhiraj Sonone**
- Scoliosis: Approach to AIS: **Dr Arjun Dhawale**
- MCQ & Interactive discussion: **Dr Kshitij Chaudhary & Dr Kalyan Tadepalli**

Module 4 : Upper Limb**4 PM - 5:30 PM, Chair Persons: Dr Ashok Das , Dr Satish Goyal**

- Proximal Humerus # - Management Algorithm: **Dr Dipit Sahu**
- How to draw brachial plexus in 1 min: **Dr Lokesh Naik**
- Rotator cuff tear: Evidence based management: **Dr Dipak**
- Stanmore Triangle: An approach towards instability: **Dr Gautam Tawari**
- Complex Distal Humerus Fractures: **DR Hitendra Doshi**
- Basic Concepts of Reverse Shoulder Arthroplasty: **Dr Sandeep Biraris**
- DISI - VISI: Welcome to Hand Jargon: **Dr Rohan Habbu**
- MCQ & Interactive discussion: **Dr Gaurav Sharma & Dr Sandeep Biraris**

5:30 PM onwards**IJO Scientific writing workshop**

Module 5: Lower Limb Trauma**8:00AM - 10:30AM, Chair Persons: Dr Rahul Katta, Dr. Mangal Parihar**

- NOF: Vascular anatomy Classification & management of Non union: **Dr Gauresh Palekar**
 - IT #: Recent Concepts: **Dr Dnyanesh Lad**
 - Subtrochanteric # -decision making: **Dr Naushad Hussain**
 - Distal femur: when to nail/ when to plate: **Dr Arindam Banerjee**
 - Hoffa's Fracture: **Dr Ashok Gavaskar**
 - Proximal Tibia: Column Concept: **Dr Sangeet Gawhale**
 - Algorithmic approach to Pilon #: **Dr Rahul Upadhyay**
 - Calcaneal #: recent evidence: **Dr Pradeep Monoot**
 - Ten Commandments in TENS Nailing: **Dr Swapnil Keny**
- MCQ & Interactive discussion: **Dr Omkar Sadigale & Dr Saurabh Singh**

Module 6: General Orthopedics**10:30 AM - 1 PM, Chair Persons: Dr Satish Goyal, Dr. Ashok Das**

- 3D printing in Orthopedics: **Dr Lalit Maini**
 - Approach to Mets & Pathological Fractures: **Dr Raja Bhaskar**
 - TFCC: current Concepts: : **Dr Prashant Kamble**
 - Planning for deformity correction: **Dr Mangal Parihar**
 - Posterior Tibial Dysfunction: **Dr Abhishek Kini**
 - Denosumab: New kid on the block: **Dr Khaled Khader**
 - Chronic Osteomyelitis: Where do we stand?: **Dr Nadir Shah**
 - Don't Look Just Act: Compartment Syndrome & Gas Gangrene: **Dr Khaled Khader**
 - OPD management of common orthopedic conditions: **Dr Anil Karkhanis**
- MCQ & Interactive discussion: **Dr Dyanesh lad & Dr Prashant Pawar**

Module 7: Sports Medicine**1:30 PM- 4 PM, Chair Persons: Dr. Abhay Narvekar, Dr. K Raveendran**

- ACL: Recent Concepts: **Dr Abhay Narvekar**
 - PCL reconstruction -Current Concepts: Right & Tight: **Dr Roshan Wade**
 - Meniscal Repair Indications and Principles of Management: **Dr Nikhil Iyer**
 - PLC with Foot Drop : Principles of management: **Dr Chaitanya Waghchoure**
 - Microfracture for Knee Osteoarthritis-Does it really works ? : **Dr Kandaih Raveendran**
 - **Arthroscopic** Bankarts Vs Latarjet Why the disparity between Europe & ROW: **Dr Sanjay Desai**
 - Orthobiologics : **Dr Vijay Shetty**
- MCQ & Interactive discussion: **Dr Romil Rathi & Dr Chaitanya Waghchoure**

Module 8: Hip # & Arthroplasty**4 PM - 6 PM, Chair Persons: Dr Arindam Banerjee, Dr. Eknath Pawar**

- Biomaterials in Hip Replacement : **Dr Romil Rati**
 - THR in Ankylosing Spondylitis: **Dr Darius Soonawala**
 - Metal on Metal: Lessons learnt!: **Dr Khaled Khader**
 - Basics of understanding Acetabular Fractures: **Dr Pradeep Nemade**
 - Strategies for Acetabular bone defects: **Dr J. A. Pachore**
 - Periprosthetic Joint Infections: **Dr S S Mohanty**
 - Periprosthetic Fractures: **Dr Pradeep Bhonsale**
- MCQ & Interactive discussion: **Dr Anoop Dhamangaonkar & Dr Lokesh Naik G**

7PM: Design, Deliberate & Deploy:**3D Session, Chair Persons: Dr Ashok Rajagopal and Dr Ram Prabhoo**

- Introduction to session & Presidential address: **Dr Ashok N Johari & Dr Vaibhav Bagaria**
- Sprouting the Seeds of Research: **Dr Ashish Pathak**
- From Willing to Fail to Wanting to Win: **Dr Ram Chaddha**
- Brewing Intuitive Intelligence: medicine, science and the art of creating magic: **Ms. Shirin Johari**

Current Concepts in Knee Replacement Surgeries

Convener: Dr Ashok Rajgopal & Dr Vaibhav Bagaria

Session 1: Unicompartmental Arthritis

9: 00 AM - 10: 00 AM, Dr Hemant Wakhankar, Dr Ashok Rajgopal

1. Patello Femoral Arthritis: Commonly seen – uncommonly Addressed.: **Dr Hitesh Gopalan**
2. Decision Making: choosing UKR or HTO: **Dr Bhushan Sabnis**
3. Evaluation of HTO techniques over the last 30 years: **Dr Kandaih Raveendran**
4. UKR: 10 commandments to success: **Dr Mohan Desai**
5. Managing UKR intraop Complications and failed UKR: **Dr S V Vaidya**

Session 2: TKR Basics

10 AM - 11, Dr S S Mohanty, Dr Kandaih Raveendran

1. Preoperative Planning: What not to be missed?: **Dr J A Pachore**
2. Implants/ Bearings/ Cr vs PS Philosophy: Beyond a dogmatic approach: **Dr. Mohan Desai**
3. Gap balancing vs Measured Resection Technique Basics: **Dr Vijay Shetty**
4. Soft tissue Releases: Understanding the very basics: **Dr Vaibhav Bagaria**
5. Alignment in TKR- Conventional, CAS and more: **Dr Vijay Singh**

Session 3: TKR in Special Situations

11 AM - 12PM, Dr S V Vaidya, Dr Mohan Desai

1. Algorithmic approach to Varus knee: **Dr Vijay Shetty**
2. FFD: Key to getting the knee straight: **Dr Naushad Hussain**
3. Hypermobility joints: Planning & execution: **Dr Pradeep Bhosale**
4. Valgus Knee: Tips & tricks: **Dr. Nilen Shah**
5. Stiff knees: Strategies & Managing intraoperative complications: **Dr Ashok Rajgopal**

Session 4: Revision TKR: Tips/ Trick and Traps

12 PM - 1 PM, Dr Pradeep Bhosale, Dr Nilen Shah

1. Planning & Inventory for revision Knee: **Dr Ashish Phadnis**
2. Hinge Knee: Learning a flawless execution: **Dr Hemant Wakhankar**
3. Infected Knee: Devising appropriate treatment plans: **Dr S S Mohanty**
4. Bone-loss: Options in 21st century: **Dr Pradeep Bhosale**
5. Lessons learnt revising knees over 40 years: **Dr Ashok Rajgopal**

Session 5 : Interesting Cases 1 PM - 1.30 PM, Dr Pradeep B. Bhosale, Dr Javahir A. Pachore

Lunch 1:30 - 2:00 PM

Session 6: Debates: 2 PM - 3 PM

Is India ready for Out patient TKR?: **Dr Ashish Phadnis vs Dr Raja Bhaskar**
 Bilateral TKR: One go or staged?: **Dr Nilen Shah vs Dr SS Mohanty**
 Leaving Constitutional Varus: A passing Fad!: **Dr Rajgopal vs Dr S V Vaidya**
 Robotic and CAS Knee replacement: Experience trumps marketing strategy ? **Dr Wakhankar vs Dr Vaibhav bagaria**
 Course MCQ & Interactive discussion: **Dr Lokesh Naik G**

Workshops: 3 - 5 PM

HTO

UKR

WORKSHOPS

IJO Scientific writing workshop

6th Sept 2019, 5:30 PM onwards

Convener: Dr Lalit Maini & Dr Murali Poduval

- An introduction to the world of scientific writing: **Dr Ashok Rajgopal & Dr Vaibhav Bagaria**
- The Structure of a scientific paper- Why is it important to read and understand instructions and directions : **Dr Lalit Miani**
- Publishing your first paper- Do I have a good subject to write on? **Dr Mandar Agashe**
- Abstract and the Introduction. - setting a context: **Dr Ankit Marfatia**
- Materials and Methods - Reliability and reproducibility: **Dr Ashok Gavaskar**
- Results and Discussion: **Dr Vijay Shetty**
- Images and legends - **Dr Kshitij Chaudhary**
- Table and Data Presentation: **Dr Swapnil Keny**
- Selecting the Right Journal & avoiding predatory journals: **Dr Ashok Shyam**
- References: getting them right in 10 min: **Dr Arindam Banerjee**
- Case reports – Do's and Dont's: **Dr Rajiv Thukral**
- Publishing your dissertation: **Dr Murali Paduval**
- The Indian Journal of Orthopaedics - your platform to learn and publish: **Dr Lalit Miani**



UKR / HTO Workshop

8th Sept 2019, 3-5pm

Product workshop to learn the tricks, tips and traps of HTO & UKR

Faculty: Dr Ashok Rajgopal, Dr SV Vaidya, Dr Mohan Desai,, Dr Akash Saraogi, Dr Romil Rathi, Dr Lokesh Naik, Dr Vijay Singh, Dr Praveen Bande, Dr Sushant Chavan, Dr Vaibhav Bagaria

Keynote session: Orthopaedics & Beyond...

7th Sept 2019 7 PM onwards followed by Dinner

An informal session with open house on varied topics of interest for orthopaedic surgeons ranging from career & fellowship opportunities/ Research & Innovation/ ideation and cross-fertilisation from other fields.

Speakers: Dr Ram Chadda, Dr Ashish Pathak, Ms Shirin Johari

FACULTY LIST:

International:

Dr K Raveendran (Malaysia)

Dr Hitendra Doshi
(Singapore)

Dr Khaled Khader (Egypt)

India:

Dr D K Taneja

Dr S K Srivastav

Dr Ram Chaddha

Dr Anil R. Karkhanis

Dr Rahula Upadhyaya

Dr Arindam Banerjee

Dr Sandeep Gawhale

Dr Alaric Aroojis

Dr Atul Bhaskar

Dr Rujuta Mehta

Dr Mandar Agashe

Dr Binoti Sheth

Dr Vijay Singh

Dr Mihir Bapat

Dr Dhiraj Sonawane

Dr Ayush Sharma

Dr Anoop Dhamangaokar

Dr Ashish Phadnis

Dr Javahir A Pachore

Dr Hemant Wakhankar

Dr S V Vaidya

Dr Ram Prabhoo

Dr S S Mohanty

Dr Pradeep B Bhosale

Dr Mohan Desai

Dr Darius Soonawala

Dr Managal Parihar

Dr Naushad Hussain

Dr Sangeet Gawhale

Dr Sushant Chavan

Dr Prashant Kambale

Dr Nadir Shah

Dr Abhay Narvekar

Dr Roshan Wade

Dr Gaurav M Sharma

Dr Nikhil Iyer

Dr Chaitanya Waghchoure

Dr Sandeep Biraris

Dr Eknath Pawar

Dr Pradeep Nemade

Dr Gautam Tawari

Dr Rohan Habbu

Dr Raja Bhaskar

Sir H N Reliance Foundation Hospital

Dr Dilip D. Tanna (Mentor)

Dr Ashok Rajgopal (Mentor)

Dr Vaibhav Bagaria (Director)

Dr Farokh Wadia

Dr Arjun Dhawale

Dr Kshitij Chaudhary

Dr Rakesh Bhansali

Dr Gautam Zaveri

Dr Nilen Shah

Dr Swapnil Keny

Dr Sanjay Desai

Dr Dipit Sahu

Dr Chetan Anchan

Dr Gauresh Palekar

Dr Pradeep Moonot

Dr Bhushan Sabnis

Dr Dnyanesh Lad

Dr Akash Saraogi

Dr Abhishek Kini

Dr Lokesh Naik G

Dr Prashant Pawar

Dr Omkar Sadigale

Dr Rajiv Kulkarni

Dr Kalyan Tadeballi

Dr Saurabh Singh

SICOT Team

President Elect - SICOT
International

Dr Ashok N Johari

President - SICOT India

Dr Vaibhav Bagaria

Secretary General:

Dr Hitesh Gopalan

Treasurer:

Dr Satish Goyal

EC body:

Dr Ashok Das

Dr Rahul Katta

Dr Swapnil Keny

Dr Vijay Shetty

Dr Ashok Gavaskar

Dr Amit Nemade

Dr Romil Rati





Organising Team

SICOT International

Ashok Johari (President Elect)



SICOT India Team:

Vaibhav Bagaria, Hitesh Gopalan, Satish Goyal, Swapnil Keny, Rahul Katta, Vijay Shetty, Ashok Das, Amit Nemade, Sunil Gavaskar, Romil Rathi, Lokesh Naik

Sir HN Reliance Foundation Hospital Team

Dilip Tanna, Ashok Rajgopal, Vaibhav Bagaria, Farokh Wadia, Arjun Dhawale, Kshitij Chaudhary, Swapnil Keny, Akash Saraogi, Lokesh Naik
& entire orthopaedic team

Registration Fee: Rs 3000/ 50 Euros

Rs 1500 for Residents/ fellow

Rs 500 for IJO scientific Workshop

Contact: **Sonal +91 22 61305047** (10 AM - 6 PM)

Email: rfh.orthopaedics@rfhospital.org

www.rfhospital.org

SPECIALITY ORTHOPAEDIC REVIEW COURSE SORC 2019

Under the aegis of *SICOT INDIA*

Dates : 6th to 8th September 2019

Venue: Sir HN Reliance Foundation Hospital, Mumbai.

REGISTRATION FORM

*Name:

(First)

(Last)

DesignationInstitute

Address.....

City StateCountry Zip Code

*Mobile

Email:

*Medical Council Registration No:.....

Registration Fee Rs.3000/- for Consultants and 1,500/- for Residents & Fellows

MODE OF PAYMENT

☐ **CHEQUE**

☐ **NEFT**

☐ **SPOT**

Cheque In favour of "SICOT India Foundation" payable at Mumbai

DD/Ch. No.: Amount:..... Dated: Bank:

By NEFT:

Transaction number.....

Amount: (Rs.)Dated

Beneficiary : SICOT India Foundation Bank of India, Mahim Branch,

Current Account No.: 007620100060358 IFSC Code : BKID0000030

Please retain Transaction ID for reference.

Please mail the registration form and Cheque/DD to the following address:

**Department of Orthopedics and Spine Surgery,
Sir HN Reliance Foundation Hospital, 1st Flr., Tower
Building, Rajaram Mohan Roy Road, Girgaum, Mumbai 400 004.**

Email: Rfh.Orthopaedics@rfhospital.org

Phone : 022 61305047