

Paediatric Orthopaedic Society Of India (POSI)



**NEWS LETTER
2016**



POSI

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Message from Secretary

POSI

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During a visit to an amusement theme park last December, I boarded a flight motion simulator ride called Soarin'. Using spectacular digital technology against an 80 foot concave OMNIMAX laser projection screen, the ride simulates the graceful motion of a hang glider in flight. As I soared 40 feet over scenic locales and stunning panoramas, I couldn't help thinking how POSI has soared since its inception 22 years ago. As the small group of founding fathers huddled together at that inaugural meeting in 1994, little would they have imagined the spark they had ignited in the Indian Orthopaedic community. POSI has taken broad strides since then, and we are proud to have been part of that incredible journey. While our senior members dazzle the international community as presidential guest lecturers, editors of reputed journals and leaders of international organizations; our middle-aged and younger members continue to take their legacy forward by participating as faculty at national & international conferences, publishing their scientific work in peer-reviewed journals and assuming leadership roles within the community.

As I soared over Mt. Everest and the Great Wall of China or swooped low over Australia's picturesque Sydney Harbour during that fantasy ride, I couldn't help but feel that no mountain is too high and no landscape is too far if one has the vision to believe and the commitment to change. POSI's star is on the ascendant and we are on the cusp of radically transforming India's perception in the international Orthopaedic community. Helen Keller put it beautifully when she said "One cannot consent to creep when one feels the impulse to soar".

We have achieved much as a Society, yet there is a lot more to be done. Each annual conference outdoes the previous one in terms of rich scientific content, our revamped website is up and running, and our Travelling Fellowship attracts more and more applicants every year. As in a successful relay race, we must hand over the baton to our younger members who are waiting in the vanguard. We must step on the shoulders of giants to forge new paths. For every person in every organization, there comes a moment when he or she must have the courage to step forward and meet the needs of the time. Regardless of whether our time is now or in the future, we must be prepared and willing to seize that moment. And thus, I urge all members to join hands together and do our little bit to enhance the status and prestige of our Society. Step up to lead in administrative positions, volunteer to mentor to our younger colleagues, participate more in our annual conferences, contribute academic articles to our website – the opportunities are endless! As Johann Wolfgang von Goethe famously exhorted "Knowing is not enough, we must apply; willing is not enough, we must do".

As I look back at the past three years of my tenure, I am humbled by the confidence reposed in me by our members, the support provided by the Executive Council and the warm friendship that binds us together as a family. Like a warm westerly zephyr, winds of change blow through POSI, carrying with them sweet scents of progress and evolvement.

The Scorpions got it right when they sang Winds of Change "The future's in the air, I can feel it everywhere, blowing with the winds of change".

**Dr. Alaric Aroojis**

Secretary,

Paediatric Orthopaedic Society of India (POSI)

Report of POSICON 2016 & photos (contributed by Dr. Jayanth Sampath, Organizing Secretary POSICON 2016)

POSICON 2016, the 22nd Annual Conference of the Paediatric Orthopaedic Society of India was conducted successfully between 7th and 10th of January 2016 at Hotel JW Marriott, Bangalore, India.

Pre-conference workshops:

POSICON 2016 commenced with the 6th Biannual POSI-POSNA workshops on 7th January 2016. Four workshops were planned on Paediatric Trauma, Cerebral palsy, Upper limb disorders and Post-graduate Instructional Course. Dr Sanjeev Sabharwal, POSI-POSNA Co-ordinator devoted much time and effort to the planning of the workshop programmes in great detail.

The Trauma workshop included a hands-on bone model demonstration on TENS nailing, with approximately 75 delegates. The PG teaching workshop (60 delegates) was tailored to the needs of the resident and was well-received. The Upper limb workshop had standing room only with 50 delegates. The case discussions in the Upper limb workshop were particularly appreciated by many in the audience. The Cerebral palsy workshop (75 delegates) predictably went over the allotted time limit. Clinical case discussions and demonstrations added to the interest. For delegates, it was "total paisa vasool".

Conference (419 delegates):

Bangalore was lucky to host the largest contingent of paediatric orthopaedic surgeons from North America in POSICON history - 11 in total. The visiting faculty included Dr. Sanjeev Sabharwal (Trauma workshop co-ordinator), Dr. Donald Bae (Upper Limb), Dr. Mininder Kocher, Dr. Tom Novacheck (Cerebral Palsy), Dr. Scott Nelson (PG Course), Dr. Michael Millis (Advanced Workshop), Dr. Ernest Sink, Dr. Unni Narayanan and a senior POSNA member Dr. Richard Gross. Dr. Prasad Gourineni from Chicago also participated in the conference and advanced workshop. Dr. Lynn Staheli had to cancel in the last minute due to unforeseen circumstances.

We were able to provide the conference scientific programme and faculty information in the form of a mobile app, another first for POSICON.

It was an early start for Dr. Kocher lecturing on Patellofemoral Instability at the Breakfast session starting at 7:30AM. The conference programme rolled on with excellent lectures and discussions from POSNA and Indian faculty alternating to keep the audience glued to their seats. Our trade sponsors complained that there were hardly any orthopaedic surgeons seen wandering outside the lecture hall. The Free and Best paper sessions consisted of presentations of high-quality work undertaken in India, both basic science and clinical research.

The much awaited POSI Oration by Dr. Michael Millis was titled "Hip Health for the 21st Century: Perspectives of a Paediatric Orthopaedic Outlier". Dr. Millis delivered a comprehensive summary of the history and current state of the art with regard to hip preservation surgery – a nascent field in the Indian context. A standing ovation followed and Dr. Vrisha Madhuri, President POSI presented a silver salver to Dr. Millis.

Dr. Ernest Sink debated the merits of pelvic osteotomy for late hip dysplasia against Dr. Manoj Padman who spoke for femoral osteotomy. Dr. Sink won with a narrow margin. Dr. Ashok Johari and Dr. Ramani Narasimhan chaired an excellent discussion on the pros and cons of both procedures. A more spirited "filial dispute" followed on the treatment of lateral condyle non-unions with contributions from Dr. Rujuta Mehta and Dr. Sandeep Patwardhan. Clearly a case of irresistible force vs. immovable object! Drs. Millis and Gopakumar, the chairpersons for the debate were left with little to say.

The guest lecture series on "Beyond Surgical Skills" by a Paediatric Rheumatologist, Radiologist and Psychologist were meant to equip surgeons with a perspective outside of conventional practice. An excellent case discussion on complex and troublesome problems in the management of infections was ably anchored by Drs. Taral Nagda and Rujuta Mehta.

After a session on problems in the skeletally immature athlete, a colourful inaugural and faculty felicitation ceremony had the entire faculty and organising committee in traditional Indian turbans (Mysore petas) posing for the group photo session. The Gala Banquet in the evening witnessed delegates and various POSNA faculties showing off their Bollywood dancing skills. Dr. Millis demonstrated that his dancing was just as good as his surgical and oratorical skills.

Day 2 of POSICON had an early start with Dr. Tom Novacheck providing an excellent overview on the management of spasticity during the Breakfast Session. The day's deliberations proceeded apace with symposia on congenital deformity, cerebral palsy and paediatric trauma. Dr. Donald Bae and Dr. Unni Narayanan were busy judging the poster presentations in the meantime. Dr. Lynn Staheli was unable to attend the conference but we played a video on Global Paediatric Orthopaedic Education project which Dr. Staheli specially recorded for the occasion.

The conference concluded with the customary POSI Quiz and a case discussion session anchored by Dr. Premal Naik. Dr. Sanjeev Sabharwal was kind enough to donate a signed copy of his newly released book as the prize for the Quiz winner (Dr. Sandeep Vaidya).

The feedback from the delegates was positive with many remarking that POSICON 2016 had set a new benchmark for the quality and variety of academic content.

Post-conference workshop (90+ delegates):

For the first time in POSICON history, a hands-on cadaveric workshop was conducted on Advanced Hip Surgeries including complex pelvic osteotomies and surgical dislocation of the hip. Bangalore has the only purpose-built cadaver lab in India and the organizing committee was keen to utilise the facility as part of the academic programme. The Advanced Hip Workshop was over-subscribed and places had to be increased from 50 to 90+. The organizers were able to subsidise the workshop to less than half the actual fees thanks to a generous educational grant from POSNA of \$15,000. The overwhelming response from surgeons was gratifying.

Dr. Millis assisted by Dr. Vrisha Madhuri kicked off the proceedings with a cadaveric dissection on surgical dislocation of the hip. This was relayed live to the delegates seated in a lecture hall. Dr. Scott Nelson and Dr. Unni Narayanan demonstrated the Triple Innominate Osteotomy. Dr. Prasad Gourineni with Dr. Ernest Sink performed the cadaveric dissection of the Ganz osteotomy.

The hands-on section of the workshop followed with delegates assigned cadavers in groups of five. A total of 16 cadavers were simultaneously made available for the workshop. POSNA faculty were kept busy as the delegates repeated the 3 procedures in turn. Specially manufactured Ganz osteotomes and pelvic instruments were provided free of charge at each table, a superb gesture by one of our trade sponsors M/S Universal Ortho Systems, Mumbai. The workshop ended with a demonstration on the medial open reduction of the hip by Dr. Abhay Khot, our invited faculty from Melbourne, Australia.

The delegates and faculty dispersed with pleasant memories of 3 days of power-packed learning and excellent fellowship.



POSI Awards 2016

The 'Best Paper session' is one of the most prestigious events at our annual conferences and the level of competition is intense.

The POSI Best Paper Award of POSICON 2016 was presented to Dr. V. N. Radhakrishna from CMC, Vellore for his paper titled "Does local intralesional pamidronate prevent recurrence of aneurysmal bone cyst (ABC)?". He was presented with a certificate of appreciation from POSI & a prize of Rs. 7000.

The 2nd prize in the Best Paper category with a prize of Rs. 3000 was awarded to Dr. Maulin Shah from Ahmedabad for his paper titled "Botulinum Toxin injection for Shoulder Imbalance in Infancy for Residual Brachial Plexus Birth Palsy: Does it change the natural history?".

The Best Poster Award of POSICON 2016 with a certificate and prize of Rs. 3000 was presented to Dr. Bhimbudutta Sahoo.

The 1st Prize for the POSI Quiz was awarded to Dr. Sandeep Vaidya.

We congratulate the prize winners and hope that these awards stimulate more of our members to submit high-quality papers for podium & poster presentations at our annual POSICONS.

POSI – Prof. Kaye E Wilkins Travelling Fellowship report

Last year we had a record 14 applicants for the POSI – Prof. Kaye E Wilkins Traveling Fellowship – 12 candidates from India and 2 international candidates from Pakistan & Bangladesh. The successful candidates were:

Dr. Nikhil Challawar

Dr. Rajat Malot

Dr. Raman Shrivastava

Dr. Nikhil Challawar spent 2 weeks at the Christian Medical College, Vellore, under the guidance of Dr. Vrisha Madhuri & team and plans to visit another centre in December.

Dr. Rajat Malot spent 2 weeks with Dr. Ashok Johari in Mumbai and plans to spend one week each at Kasturba Medical College, Manipal under Dr. Hitesh Shah and Santokba Durlabji Hospital, Jaipur with Dr. Kapil Gangwal.

Dr. Raman Shrivastava spent 2 weeks at Dr. Kulkarni's Postgraduate Institute of Swasthiyog Pratisthan, Miraj and plans to visit Dr. Milind Chaudhary at Akola for 2 weeks.

The Fellows have benefitted immensely from their travelling fellowship and have gained experience in niche areas of Paediatric Orthopaedics. Some of the comments from their reports bear testimony to the excellent service POSI is providing to young, upcoming surgeons who are the future of POSI:

"I would like to thank POSI for giving me this opportunity to work and learn from Paediatric Orthopaedic centers of high reputation. I always wanted to learn deformity correction techniques as it is a need of my state's patients".

"I would like to thank POSI from the bottom of my heart for providing me opportunity to visit best Paediatric Orthopaedic centers of India. It was indeed essential part of training for budding Paediatric Orthopaedic Surgeon like me".

"This opportunity allowed me not only to see state-of-the-art skills in Paediatric Orthopaedics but also to learn newer ways to deal with complex orthopaedic problems in a cost-effective manner".

Read the full reports on our website www.posi.in

This year we had 9 applicants: 7 from India and one each from Bangladesh & Nepal. As per the resolution passed in this year's GBM, the POSI Fellowship Committee was tasked with selecting 3 candidates – two from India and one international candidate. After detailed scrutiny following a stringent scoring system, the POSI Fellowship Committee selected the following three successful candidates:

1. Dr. Gaurav Garg

2. Dr. Avi Shah

3. Dr. Quazi Shahid-Ul Alam from Dhaka, Bangladesh

The successful candidates will choose their centres of interest and visit them between January & December 2017. We congratulate the successful candidates and especially Dr. Quazi from Bangladesh who will be our 1st international scholarship winner! Kudos to all!

Publications by POSI members

POSI is proud to acknowledge the scientific publications & research work of its members, which have contributed immensely to the Paediatric Orthopaedic literature. Submissions were solicited from members who responded enthusiastically. We encourage more members to write to the Secretariat and keep updating us with your academic achievements. We apologize if we have unintentionally omitted any submissions.

Dr. Thomas Palocaren

- Osteoid Osteoma of the Talus: Rare entity, Rare Presentation and a Novel Method of Management: A Case Report. Srampickal and Palocaren T. Clin Res Foot Ankle 2016,4:3
- Chapters on Developmental Dysplasia of the Hip, Developmental coxa vara, Tibial hemimelia in Textbook of Orthopaedics and Trauma Kulkarni & Bhabulkar, Jaypee Brothers, 3rd edition 2016. ISBN 978-81-8448-242-3.
- Upper cervical fusion in children with Spondyloepiphyseal Dysplasia Congenita. Serhan Er M, Abousamra O, Rogers K, Akyol Y, Palocaren T, Takemitsu M, Campbell JW, Mackenzie WG. J Pediatr Orthop. 2015 Dec.

Dr. Ashok Johari & Dr. Ritesh Pandey

Johari A. N., Pandey R. A. Controversies in management of Slipped Capital Femoral Epiphysis. World J Orthop. 2016 Feb 18;7(2):78-81.

Dr. Rujuta Mehta

- Section Editor Paediatric Orthopaedics - Algorithms In Paediatrics -Textbook of IAP 2016 and co-authored 2 chapters on Current Concepts in Clubfoot and DDH.
- Distal transfers as a primary treatment in obstetric brachial plexus palsy: a series of 20 cases. Ghanghurde BA, Mehta R, Ladkat KM, Raut BB, Thatte MR. The Journal of Hand Surgery (European Volume) XXE(X) 1-7, 2016.
- Guest editor of the Anniversary issue of IJPO 2016, two volumes on Radial Club Hand and authored 3 chapters in the same.
- Authored 4 chapters Congenital anomalies, Genetics in Paediatric Orthopaedics, Streeter's dysplasia, Radial clubhand in Dr. G. S. Kulkarni's Textbook of Orthopaedics and Trauma – Jaypee Brothers, 3rd edition 2016. ISBN 978-81-8448-242-3.
- Current trends of microorganisms and their sensitivity pattern in paediatric septic arthritis: A prospective study from a tertiary care level hospital. Motwani G, Mehta R, Aroojis A, Vaidya SV. J Clin Orthop Trauma 2016.

Dr. Deepak Sharan

➤ Chapter in textbook

Sharan D, Rajkumar JS, Balakrishnan R, Kulkarni A. Neuromusculoskeletal rehabilitation of severe cerebral palsy. In: Mintaze Kerem Gunel (ed.): Cerebral Palsy- Current Steps, Intech, Rijeka, Croatia, 2016, ISBN 978-953-51-4827-2

➤ Scientific Papers

- Sharan D. Orthopaedic Surgery in Cerebral Palsy. Instructional Course Lecture. Indian Journal of Orthopaedics 2016 (in press)
- Sharan D, Rajkumar JS, Balakrishnan R. Efficacy of activity monitor as a biofeedback device in cerebral palsy. Journal of Rehabilitation and Assistive Technologies Engineering 2016 January-December; 3
- Sharan D, Rajkumar JS, Balakrishnan R, Kulkarni A, Selvakumar K, Gampa S, Mohandoss M, Ranganathan R. Effectiveness of a low cost body weight support training device in rehabilitation of cerebral palsy. Journal of Rehabilitation and Assistive Technologies Engineering 2016 January-December; 3

➤ Award

- Selected to deliver the 2016 Silver Jubilee Oration of Indian Orthopaedic Association, for the research titled "Effect of a new single event multilevel lever arm restoration and anti-spasticity surgery on gross motor function and mobility in non-ambulatory children with severe cerebral palsy," during IOACON on December 15, 2016 at Kochi, India

Dr. Harish Petnikota

Retrospective cohort study comparing the efficacy of prednisolone and deflazacort in children with muscular dystrophy: A 6 years' experience in a South Indian teaching hospital. Petnikota H, Madhuri V, Gangadharan S, Agarwal I, Antonisamy B. Indian J Orthop. 2016 Sep;50(5):551-557

Dr. Premal Naik

- Section Editor : Paediatric Orthopaedics in Dr G S Kulkarni's Textbook of Orthopaedics and Trauma – Jaypee Brothers, 3rd edition 2016. ISBN 978-81-8448-242-3.
- Primary non-union of distal radius fractures in healthy children. Song KS, Lee SW, Bae KC, Yeon CJ, Naik Premal. J Pediatr Orthop – B 2016;25:165-69.

Dr. Raman Shrivastava

Evaluation of injuries around knee in children. Shital N Parikh, Raman K Shrivastava. Indian Journal of Paediatrics, 2016;():1-8

Dr. Alaric Aroojis

- Co-authored chapters on Current Concepts in Clubfoot and DDH in Section on Paediatric Orthopaedics - Algorithms In Paediatrics - Textbook of IAP 2016
- Current trends of microorganisms and their sensitivity pattern in paediatric septic arthritis: A prospective study from a tertiary care level hospital. Motwani G, Mehta R, Aroojis A, Vaidya SV. J Clin Orthop Trauma 2016.

POSI-accredited Conferences (Ganga Paediatric Orthopaedic Symposium) : A report by Organizing Secretary Dr. K Venkatadass

Ganga Paediatric Orthopaedic Symposium 2016 (GPOS 2016) was held at Ganga Hospital, Coimbatore between 2nd and 4th of September, 2016 under the aegis of POSI. About 100 delegates attended the symposium from various parts of the country including few delegates from Srilanka and Nigeria.

The meeting started off with a brief inaugural function and lamp lighting by the senior faculty members followed by a brief inaugural address by Prof S Rajasekaran. The symposium was structured, with a mix-up of lectures in the mornings and live surgical demonstrations in the afternoon sessions. The session on Foot problems in children and introductory session on Cerebral palsy generated lot of interaction among the delegates and the faculty. Dr. Abhay Khot was forced to cancel his trip at the last minute due to unforeseen circumstances, but thanks to technology, the delegates were able to listen to his lecture through online video teleconferencing facility. The post-lunch session on the first day was live surgical demonstrations. Seven surgical procedures were demonstrated by various faculty members and the whole session was completely interactive with lots of practical tips and tricks to the delegates.

The second day had a great start with a plenary lecture by Prof Benjamin Joseph on "Unravelling the mystery of Perthes disease over the last 100 years". He shared his words of wisdom gained over the last few decades and understandably had a standing ovation at the end of this lecture. The following sessions on cerebral palsy and day-to-day paediatric orthopaedics were planned in such a way to complement the surgical demonstrations of cerebral palsy in the afternoon. On the second day, six surgeries were demonstrated which included most of the spectrum of procedures in cerebral palsy including botulinum injection and hip disorders.

On the third day, the session started off with lectures on "hip disorders" which was interesting and interactive. The highlight of the day was the lively, hilarious as well as thought-provoking debate on "Open reduction for DDH – anterior versus medial approach" with Prof Sriram as judge. There were two more online lectures on hip and foot problems in cerebral palsy by Dr Abhay Khot following which the vote of thanks was delivered by Dr Venkatadass K. The meeting concluded with the workshop on saw bone models on Pelvic Osteotomy and Proximal femoral osteotomy and locking plate fixation.



Flyer of POSICON 2017

POSICON
2017 NAGPUR

23rd Annual Conference of Paediatric Orthopaedic Society of India
Theme : "Changing Trends in Paediatric Orthopaedics"

26th - 28th January 2017
Venue : Hotel Le Meridien, Nagpur

Organised by Vidarbha Orthopaedic Society, Nagpur
in association with Maharashtra Orthopaedic Association

Organising Secretary
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ADVANCED WORKSHOP

- Complex Foot Problems

BASIC WORKSHOPS

- Trauma
- Club Foot
- Cerebral Palsy
- Tumour

International Faculty

Shafique Pirani - Canada	William Mckenzie - USA
Alain Dimeglio - France	Shital Parikh - USA
Unni Narayanan - Canada	Mihir Thacker - USA
Abhay Khot - Australia	Seung Woo Suh - South Korea
Reinald Brunner - Switzerland	Andrew Howard - Canada
Sanjeev Sabharwal - USA	Prasad V. Gourineni - USA

For Online Registration kindly log on to www.posi.in

UPCOMING MEETINGS & CONFERENCES

AAOS
2017 Annual Meeting
San Diego, CA, USA
14th – 18th March 2017
www.aaos.org

EPOSNA
Combined Annual Meeting of EPOS & POSNA
Barcelona, Spain
3rd – 6th May 2017
www.eposna.posna.org

AACPDM
71st Annual Meeting
Montreal, Quebec, Canada
12th – 16th September 2017
www.aacpdm.org

APSS – APPOS
11th Combined Asia Pacific Spine Society & Asia Pacific Paediatric Orthopaedic Society
Goa, India
21st – 23rd September 2017
www.apss-apos2017.org

SICOT
38th SICOT Orthopaedic World Congress
Cape Town, South Africa
30th November – 2nd December 2017
www.sicot.org



The Tadoba Andhari Tiger Reserve (TATR) is the oldest, largest and possibly the finest national park in Maharashtra. It is one of India's 47 Project Tiger reserves. Situated in Chandrapur district, it is 150 kms from Nagpur. As of August 2016, there are 88 tigers in the reserve and 58 in the forests surrounding the reserve! Tiger sightings are very common here and thus Tadoba has become a popular tourist destination for wildlife enthusiasts. Other animals seen are the leopard, sloth bear, wild dogs and the tadoba lake is home to the marsh crocodile.

Photos of the majestic tiger were shot by Vijay Sriram.

A Tiger Safari to Tadoba has been organized by POSICON 2017 Team and we hope these awesome pictures stimulate our members to join us for an experience second to none. We urge all delegates to use this opportunity to interact with the faculty & colleagues, forge new friendships & take a break from Orthopaedics for a day!



POSI