



4th Posi-Posna Workshops 2012

CEREBRAL PALSY

Supported by ALLERGAN

13th January 2012, Pune

Registration begins 8.00 am

Chair Persons - Dr. Unni Narayanan, Dr. Alaric Aroojis

1.Cerebral Palsy: An Introductory Overview

Dr Unni Narayanan

09:05- 9:20

- a.Update on the Definitions & Classification of Cerebral Palsy
- b.Who is at risk for CP? Epidemiology & Etiology of Cerebral Palsy
- c.Pathophysiology and Natural History of CP

2. Musculoskeletal Assessment in the Ambulatory & Non-Ambulatory Child

Dr D Ganjwala

09:20-9:35

- a.Muscle Lengths (Range of Motion): Dynamic & Static
- b.Muscle tone: spasticity, dystonia
- c.Alignment: Limbs & Trunk
- d.Selective control

3.Overview and Assessment of Normal Gait

Dr A Khot

09:35-10:05

4.Pathologic Gait Patterns in CP (Unilateral & Bilateral)

Dr A Aroojis

10:05-10:35

Discussion: Q & A

Moderator: Dr Ramani Narasimhan / Dr Alaric Aroojis

10:35-10:45

BREAK

10:45-11:00

5.Role of Physiotherapy in Management of CP

Dr S Deshpande

11:00- 11:15

6. Serial Casting & Orthotics in CP

Dr R Narasimhan

11:15-11:30

7. Management of Spasticity & Dystonia in CP

Dr A Kadam

11:30-11:45

- a.Medical management

Discussion: Q & A

Moderator: Ramani Narasimhan / Alaric Aroojis

11:45- 12:00

8.Botulinum toxin Injection techniques (Morning Workshop)

Dr A Aroojis

12:00-13:00

Lunch

13:00-13:30

9. Principles of Orthopaedic Management in Ambulant CP

(Concepts of lever arm dysfunction and single event multi-level surgery)

Dr D Ganjwala

13:30-13:45

10. Role of Gait Analysis for Surgical Decision Making (Observation vs 2D vs 3D)

Dr A Khot

13:45-14:00

11. Management of the Foot and Ankle pathology in CP

Dr S Mubarak

14:00-14:30

12. Management of the Knee and Crouch gait in CP

Dr S Mubarak

14:30-15:00

13. Management of the Hip in CP

Dr Unninarayanan

15:00-15:30

Discussion: Q & A

Moderator: Dr Abhay Khot / Dr Unni Narayanan

15:30-15:45

Break

15:45-16:00

14. Putting it all together: Case Presentations

ALL FACULTY

16:00-17:30

Conference Inauguration 6 PM Onwards



4th Posi-Posna Workshops 2012

Sports Medicine Workshop

Supported by SMITH-NEPHEW

13th January 2012, Pune

Chair Persons - Dr. MS Kocher, Dr. Sachin Tapasvi

Registration begins 8.00 am

Welcome and Introduction

- A) Introduction to Sports medicine
- B) Sports Injuries in US.
- C) Pediatric Sports Injuries in India.

Dr MS Kocher	09.00-9.10
Dr MS Kocher	09.10-9.15
Dr Sachin Tapasvi	09.15-9.20

Patellar Instability Symposium

- A) Epidemiology, Clinical features, Classification of Patello-femoral instability.
- B) Radiological assessment of patellofemoral instability
- C) Treatment options
- D) Paediatric Lateral release, medial plication
- E) MPFL Reconstruction
- F) Bony procedures in the paediatric age group for the treatment of patello- femoral instability
- G) Evidence based Orthopaedics- What does evidence say about treatment of Patello-femoral instability?
- H) Interactive session for questions from the audience

Dr Shital Parikh	09.20-9.30
Dr Parag Sancheti	09.30-9.35
Dr MS Kocher	09.35-9.45
Dr MS Kocher	09.45-9.50
Dr MS Kocher	09.50-10.00
Dr Shital Parikh	10.00-10.15
Dr Vivek Dutt	10.15-10.25
All Faculty	10.25-10.30

Tea Break

10:30-10:45

- A) Meniscal problems and treatment options in skeletally immature patients
- B) Discoid Meniscus
- C) Treatment options for Discoid meniscus
- D) Basic arthroscopy of Shoulder, Knee
- E) Hands on workshop using bone models, videos where possible

Dr MS Kocher	10.45-10.55
Dr S Tapasvi	10.55-11.05
Dr S Parikh	11.05-11.15
Dr S Pathak	11.15-11.30
All Faculty	11.15-11.30

Pediatric Athlete / Sports Person

- A) Pre-participation assessment
- B) Strength and conditioning training and Injury prevention
- C) Overuse Injuries in children.

Dr S Parikh	12.30-12.40
Dr MS Kocher	12.40-12.50
Dr MS Kocher	12.50-01.00

Lunch

13.30-14.15

8. Paediatric ACL Insufficiency

- A) Epidemiology, causes, clinical features, radiology
- B) Congenital absence of ACL
- C) Does a pediatric ACL need reconstruction?
- D) Paediatric ACL reconstruction
- E) Post ACL Reconstruction Rehabilitation Program
- F) Question time

Dr MS Kocher	01.30-1.40
Dr S Parikh	01.40-1.50
Dr D Rajan	01.50-2.00
Dr MS Kocher	02.00-2.15
Dr S Parikh	02.15-2.25
	02.25-2.30

9. Hip Session

- A) Hip exam + Imaging (lecture + demo)
- B) Hip Arthroscopy (setup, equipment, portals, complications)
- C) Arthroscopic Management of labral tears, chondral injuries & femoral-acetabular impingement.
- D) Extra-Articular Hip Injuries: apophyseal avulsion fracture, snapping hip, groin strains

Dr MS Kocher	02.30-02.40
Dr MS Kocher	02.40-02.50
Dr MS Kocher	02.50-03.05
Dr S Parikh	03.05-03.15

Shoulder Session

- A) Shoulder Exam + Imaging (lecture + demo)
- B) Shoulder Instability and management
- C) Throwing Injuries of the Shoulder
- D) Throwing Injuries of the Elbow

Dr S Parikh	03.15-3.25
Dr MS Kocher	03.25-3.40
Dr S Parikh	03.40-3.50
Dr MS Kocher	03.50-4.00

Tea Break

04.00-04.15

Ankle Session

- A) Physical Exam + Imaging .
- B) Foot and Ankle injuries in the Paediatric age group
- C) Ankle Instability

Dr MS Kocher	04.15-04.20
Dr S Parikh	04.20-04.25
Dr S Parikh	04.25-04.30

Miscellaneous

- OCD
- Ergogenic Aids in Sports

Dr S Tapasvi	04.30-4.40
Dr MS Kocher	04.40-4.50

Closing Remarks

Conference Inauguration 6 PM Onwards



4th Posi-Posna Workshops 2012

PAEDIATRIC FRACTURES

Supported by UNIVERSAL ORTHO SYSTEMS

13th January 2012, Pune

Chair persons - Dr Kaye Wilkins, Dr John Mukhopadhaya

Registration begins 8.00 am

Module 1 Basics

1.1 Common fracture patterns and remodelling Dr J Mukhopadhaya 09.00-09.15

Module 2 Forearm fractures

2.1 Quick recap: Management protocols in forearm fractures Dr T Nagda 09.15-09.25

2.2 Expert speak: Greenstick fractures: The art of reduction Dr P Naik 09.25-09.35

Distal forearm fractures: Staying away from trouble Dr Bar-On 09.35-09.45

Discussions : Dr K Wilkins 09.45-10.00

2.3 Interactive session : Monteggia fracture dislocation 10.00-10.30

Panelists : T Nagda, S Patwardhan, Bar-On

2.4 Case discussion: Delayed presentations and complications 10.30-11.15

Moderators: Dr J Mukhopadhaya and Dr T Nagda

Panel: S Sabharwal, S Khan, P Naik

Tea Break

11.15-11.30

Module 3 Elbow Injuries

3.1 Quick recap: Solving the diagnostic puzzle of elbow fractures in children Dr T Nagda 11.30-11.45

3.2 Interactive session: Winning tips on management of supracondylar fractures in children Dr S Sabharwal 11.45-12.15

Panel : Elhanan Bar-On, Somaraju, Taral Nagda

3.3 Expert speak : Management of acute lateral condyle fractures in children Dr Somaraju 12.15-12.25

Management of supracondylar fracture with absent pulse 12.25-12.35

Discussions 12.35-12.45

3.4 Case Discussion: Delayed presentations & complications of management of elbow fractures Dr S Sabharwal 12.45- 13.30

Moderators : Dr J Mukhopadhaya, Dr T Nagda

Panelists: K Wilkins, N Rao, S Khan

Lunch

13.30-14.15

Module 4 Workshops and Techniques

Dr S Patwardhan 14.15-15.30

Principles of TEN : Sandeep Patwardhan 10 min

Technique of TEN femur Video : (10 min)

Technique of TEN radius ulna Video : (5 min)

Complications of TEN Case discussion: Sandeep Patwardhan Premal Naik Taral nagda (20 min)

TEN for fracture shaft femur Hands-on Workshop (30 min)

Tea Break

15.30-15.45

Module 5: Physeal Injuries

15.45-17.00

5.1 Quick recap: Management protocols of acute physeal injuries Dr S Sabharwal 15.50 -16.00

5.2 Expert speak : Specific management of fractures around knee in children Dr P Naik 16.00-16.10

Specific management of ankle fractures in children Dr Bar-On 16.20-16.30

Discussions

5.3 Interactive session: Sequelae of physeal injuries Dr K Wilkins 16.30-17.00

Panelists : S Sabharwal, Somaraju, S Patwardhan

Module 6 Fracture Neck Femur

6.1 Quick recap: Management protocols of acute fractures of neck of femur Dr S Khan 17.00-17.30

Case Discussion : Management of complications and delayed presentations 17.00-17.10

Moderators: J Mukhopadhaya, T Nagda

Panelists : Bar-On, P Naik, S Khan

Module 7 Winding off

7.1 Post test Quiz 17.30-17.45

7.2 Do not throw away the cast Dr K Wilkins 17.45-18.00



4th Posi-Posna Workshops 2012

Post Graduate Instructional Course

Supported by BONAD - TETRAMED

13th January 2012, Pune

Chair persons - Dr Sanjeev Sabharwal, Dr Mathew Verghese

Registration begins 8.00 am

Principles of CP management	Dr Scott Mubarak	08.30-08.45
How I examine a case of CP with Quadriplegia?	Dr Unni Narayanan	08.45-09.00
How I examine a case of CP with Hemiplegia?	Dr Benjamin J	09.00-09.15
How I examine a case of CP with Diplegia	Dr Johari A	09.15-09.30
Evaluation of elbow injuries	Dr Wilkins K	09.30-10.00
Malunited Supracondylar Humerus fracture		
Neglected Monteggia fracture		
Lateral condyle fractures of elbow		
How I examine a case of Late/Neglected elbow injury	Dr Richard S/Dr Vrisha	10.00-10.30
Tea Break		10.30-10.45
DDH in the older child evaluation and decision making	Dr Johari A	10.45-11.00
Perthe's disease staging and treatment algorithm	Dr Benjamin J	11.00-11.15
Practical exercises in staging of Perthe's disease	Dr Benjamin J	11.15-11.30
Septic arthritis hip management of sequelae	Dr Sriram K	11.30-11.45
How I examine a case of hip disorder DDH/Perthe's/ SCFE/ Post Septic sequelae	Dr Scott M / Sriram	11.45-12.10
Observational gait analysis	Dr A Khot	12.10-12.25
Practical exercises in Bone Tumour Xrays	Dr Vrisha M	12.25-01.00
Lunch		01.00-02.00
Approach to neglected Clubfoot	Dr Mathew V	02.00-02.15
How do I do a clinical examination of a paralytic foot Spina Bifida/Polio	Dr Bar On/ Dr Mathew V	02.15-02.35
Rickets an Overview	Dr Sanjeev S	02.35-02.50
How do I examine case of Genu Valgum/ Varum	Dr Sanjeev S / Dr Ruta K	02.50-03.15
Congenital Pseudarthrosis Tibia an Overview	Dr K Song	03.15-03.30
Tea Break		03.30-04.00
Epiphyseal injuries an overview	Dr Wilkins K	04.00-04.15
Obstetric Brachial Plexus Palsy - Surgical management / Reconstruction for	Dr R Mehta	04.15-04.30
Scoliosis evaluation and decision making in management	Dr Schwend	04.30-04.45
Panel Discussion		04.45-05.00
VALEDICTORY		05.00-05.10

Conference Inauguration 6 PM Onwards



4th Posi-Posna Workshops 2012

Early onset scoliosis and chest wall deformities

Supported by De Puy SPINAL SYSTEMS

Chair persons - Dr Kit Song, Dr Ashok Johari

DAY ONE 15th January, 2012

2 PM Onwards (Westin)

1. Introduction

I. Defining Early Onset Scoliosis, diagnosis and recognition of the natural history of syndromes causing early onset spinal deformity.

Dr A Johari

02:00-02:05

II. Spine growth: Preservation of spinal growth - review of spinal growth patterns; contribution of growth, patterns of congenital scoliosis that interfere with growth

Dr R Schwend

02:05-02:20

Dr R Schwend

02:20-02:35

III. Lung growth: what do we know about lung growth and evaluation? Factors to consider in treatment, tools that are available to assess lung function

Dr K Song

02:35-02:50

IV. Discussion

02:50-03:05

2. Evaluation and Rationale (implications) and goals for treatment

I. What evaluation is needed?

Dr T Agarwal

03:05-03:15

II. When do we treat? How do we decide when to intervene? Deformity/ lung function/ symptoms?

Dr K Song

03:15-03:30

III. How EOS is different than Congenital Scoliosis ?

Dr S Rajasekaran

03:30-03:45

Growth pattern and treatment considerations in EOS and congenital Scoliosis.

IV. Discussion

03:45-04:00

3. Options for treatment and Sequential Monitoring

I. Treatment considerations Indian perspective

Dr A Jaiswal

04:15-04:25

II. Global or American perspective

Dr R Schwend

04:25-04:35

III. Discussion

04:35-04:45

4. Nonoperative: Indications, contraindications, pitfalls of management, data to support outcomes

I. Casting

Dr R Schwend

04:45-05:00

II. Bracing

Dr K Khurjekar

05:00-05:15

III. Discussion

05:15-05:25

5. Operative Treatment

I. Concept, Philosophy and Operative Indications of Staples

Dr R Schwend

05:25-05:40

II. Concept, Philosophy and Operative Indications of Shilla

Dr R Schwend

05:40-05:55

III. Concept, Philosophy and Operative Indications of Growth systems : Spine based

Dr A Jaiswal

05:55-06:10

6. Post surgery management

I. What do I do? (All) Frequency of follow ups. What to monitor ? How often to expand ? What do we know ?

Dr K Sriram

06:40-06:55

II. Discussion

06:55-07:00

Video demonstrations, technical tips

(Hand outs of all 3 techniques along with CD of Plaster technique will be given to delegates)

I. VEPTER Video Demonstration	08:00-08:30
II. Growth Rods - Implant details, philosophy, case and Video	08:30-09:00
III. SHILLA Video Demonstration	09:00-09:30
IV. Plaster Technique	09:30-10:00

Case Discussion (All Faculty)

I. Case 1	Dr R Schwend/Dr K Song	10:00-10:10
II. Case 2	Dr A Jaiswal	10:10-10:20
III. Case 3	Dr K Shriram	10:20-10:30
IV. Case 4	Dr S Sarup	10:30-10:40
V. Case 5	Dr T Agarwal	10:40-10:50
VI. Case 6	Dr K Khurjekar	10:50-11:00
 Tea Break		11:00-11:15

Workshop on saw bone models- (Hall A)

(Simultaneous demonstration in 2 different Halls- Delegates will swap the halls after 45 min)

Deformed chest and spine models- VEPTER application	Group A	11:15-12:00
Growth Rod application- Pedicle screw and Hook System (Tips and Tricks)		
Deformed chest and spine models VEPTER application	Group B	12:00-12:45
Growth Rod application		

Workshop on saw bone models- (Hall B)

Pedicle screw and Hook system (Tips & Tricks)	Group B	11:15-12:00
Pedicle screw and Hook system (Tips & Tricks)	Group A	12:00-12:45

Outcomes of the Surgical Treatment

I. Growth and Complications	Dr A Jaiswal	12:45-01:00
II. Outcomes of respiratory function	Dr K Song	01:00-01:15
III. Discussion		01:15-01:25
IV. Closing Remarks	Dr A Johari	01:25-01:30