



**MES**

MEDICAL COLLEGE HOSPITAL  
PERINTHALMANNA

# motscon

MES ORTHOPAEDICS &  
TRAUMA SERIES XIV

# 2024

**Updates in Knee  
Arthroscopy - Surgical  
Techniques & Rehabilitation**



- RE-LIVE SURGERY
- PANEL DISCUSSION
- BONE MODEL WORKSHOP

📅 **2024 NOVEMBER 03**

📍 COLLEGE AUDITORIUM, MES ACADEMY OF  
MEDICAL SCIENCES, PERINTHALMANNA

SmithNephew

## Academy

Education + Innovation + Excellence



ORGANIZED BY : DEPT OF ORTHOPAEDICS  
MES ACADEMY OF MEDICAL SCIENCES PERINTHALMANNA  
UNDER THE AEGIS OF KOA & MOS





We are pleased to invite you to **MOTSCON 2024**, the XIVth event in the MES Orthopaedics & Trauma Series. With pride, the Department of Orthopedics and Sports Medicine at MES Medical College, Perinthalmanna, is offering this informative one-day workshop on "Updates in Knee Arthroscopy - Surgical Techniques & Rehabilitation" under the aegis of KOA & MOS. This educational program will feature perspectives and lessons from esteemed faculties all of whom have demonstrated a high level of experience in the field of arthroscopic surgery. Our objective for this CME is to improve diagnostic knowledge and clarify the modern concepts of knee arthroscopy in isolated ligament, multiligament and meniscal injuries.

An opportunity that you won't want to miss! Come experience this educational spectacle with us on November 3, 2024. We look forward to having you participate.



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## PROGRAMME SCHEDULE

### SESSION 1- BASICS

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- ARTHROSCOPIC ANATOMY OF THE KNEE
- SETUPS AND PORTALS
- GRAFT SELECTION AND PREPARATION
- DISCUSSION

### INAUGURATION AND TEA BREAK

### SESSION 2- ACL

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- TIPS AND TRICKS IN TUNNEL PREPARATION
- FIXING THE GRAFT - OPTIONS AND HOW TO DO IT
- CONVENTIONAL VERSUS ALL INSIDE TECHNIQUE
- ACL + HTO CURRENT TRENDS
- LEAT V/S ALL RECONSTRUCTION IN ACLR
- PAEDIATRIC ACL INJURY – CURRENT CONCEPTS
- COMPLICATIONS IN ACL RECONSTRUCTION
- REHABILITATION AFTER ACL RECONSTRUCTION
- DISCUSSION

### RE-LIVE SURGERY-1 – ACL RECONSTRUCTION

### SESSION 3- PCL

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- DECISION MAKING IN PCL INJURIES
- PORTAL, TUNNEL PREPARATION AND GRAFT OPTIONS IN PCL RECONSTRUCTION
- COMPLICATIONS IN PCL RECONSTRUCTION AND HOW TO AVOID IT
- REHABILITATION AFTER PCL RECONSTRUCTION

### SESSION 4- MULTILIGAMENTOUS INJURIES

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- HOW TO APPROACH MULTILIGAMENTOUS INJURIES
- REHABILITATION IN MULTILIGAMENTOUS INJURY
- DISCUSSION (SESSION 3 AND SESSION 4)

### SESSION 5

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#### PANEL DISCUSSION

#### RE-LIVE SURGERY -2 – PCL RECONSTRUCTION

#### LUNCH BREAK

#### HANDS ON WORKSHOP

### SESSION 6 - MENISCUS

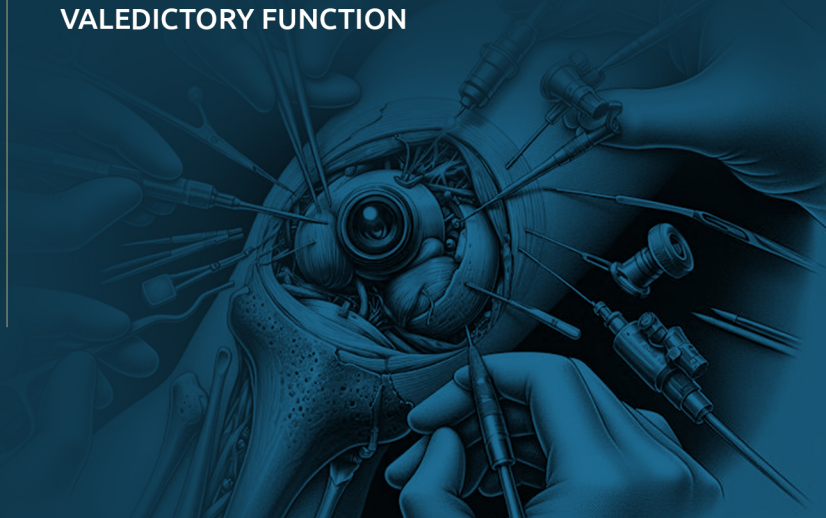
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- MENISCAL INJURIES – REPAIR OR RESECT
- ALL INSIDE MENISCUS REPAIR – HOW I DO IT
- INSIDE OUT TECHNIQUE
- OUTSIDE IN TECHNIQUE
- HOW TO DEAL ROOT LESIONS AND RAMP LESIONS
- REHABILITATION FOLLOWING MENISCAL INJURIES
- DISCUSSION

### RE-LIVE SURGERY-3 – MENISCAL INJURY -

### BUCKET HANDLE TEAR MEDIAL MENISCUS

### VALEDICTORY FUNCTION



## EXPECTED FACULTIES

PROF. DR. P GOPINATHAN  
DR. PRINCE SHANAVAS KHAN  
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## REGISTRATION FEE

• POST GRADUATE : 1000 • CONSULTANT : 1500 • SPOT : 2000

### REGISTRATION



### PAYMENT QR CODE

MES ORTHOPEDICS



PLEASE SEND THE  
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