



MUMBAI BRANCH

2ND SPORTS REHAB CONGRESS

9TH INTERNATIONAL ARTHROSCOPY ACADEMY MEETING 2023



Theme:
Knee Shoulder Sports Injuries & Rehab



ARTHROSCOPY
STUDY GROUP
INDIA



28th-29th July, 2023 ■ Westin Powai, Mumbai



MUMBAI BRANCH



Dr. Mariya Jiandani (PT)
ORGANISING CHAIRPERSON



Dr. Nicholas Antao
ORGANISING CHAIRMAN



Dr. R. Ravindran (PT)
ORGANISING SECRETARY



Dr. Roshan Wade
COURSE DIRECTOR



Dr. Ajeeta Kulkarni (PT)
TREASURER



Dr. Miten Seth
MEMBER,
SCIENTIFIC COMMITTEE



Dr. Dipti Geete (PT)
MEMBER,
SCIENTIFIC COMMITTEE



Dr. Jyotsna Thosar (PT)
MEMBER,
SCIENTIFIC COMMITTEE



Dr. Anand Gangwal (PT)
MEMBER,
SCIENTIFIC COMMITTEE



John Nyland (PT)
MEMBER,
SCIENTIFIC COMMITTEE



Dr. Dipti Geete (PT)
MEMBER,
ORG. COMMITTEE



Dr. Jyotsna Thosar (PT)
MEMBER,
ORG. COMMITTEE



Dr. Deepak Kachalia (PT)
MEMBER,
ORG. COMMITTEE



Dr. Mayur Revadkar (PT)
MEMBER,
ORG. COMMITTEE



Dr. Unnati Pandit (PT)
MEMBER,
ORG. COMMITTEE



Dr. Shailesh Hathi
MEMBER ADVISORY COMMITTEE

INTERNATIONAL FACULTY



PORTUGAL

Dr. João Espregueira-Mendes
Orthopedic Surgeon



AUSTRALIA

Dr. Tamara Zweck
Physiotherapist



U.S.A.

Dr. John Nyland
Physiotherapist



SOUTH AFRICA

Dr. Christopher Pedra
Physiotherapist



INDIA

Dr. Heath Matthews
Physiotherapist



NATIONAL FACULTY

Dr. John Nyland

Dr. Pankaj Narvekar

Dr. Tamara Zweck

Dr. Heath Mathews

Dr. Niranjana Pandit

Dr. Nihkil Latye

Dr. Christopher Pedra

Dr. Pramila Kudtarkar

Dr. Anand Gangwal

Dr. Apurva Mathankar

Dr. Padmanaban Sekaran

Dr. Ali Irani

SCIENTIFIC REHABILITATION PROGRAM

Day 1 • Friday, 28th July 2023

8.15-8.45 **Registration and Breakfast**

Time	Topic	Speaker
8.45-9.00	INAUGURATION	
SESSION 1	Chairperson:	
	Shoulder Scientific Moderators - Dr. Dipti Geete, Dr. Jyotsna Thosar, Dr. S Biraris	
9.00-9.10	Orthopedic Perspective of Shoulder Injuries	Dr. Shital Gupta
9.10-9.20	Ortho-Shoulder Sports Injury Management	Dr. Karthik Selvaraj
9.20- 9.30	Role of physio in Prehab and Early Rehab	Dr. M Pimprikar
9.30- 9.50	Panel Discussion – Moderator – Dr Dipti Geete	Dr. Shital Gupta, Dr. Karthik S, Dr. John Nyland, Dr. Ali Irani
SESSION 2	Chairperson:	
9.50- 10.00	Biomechanics of Shoulder	Dr. Andreas Voss
10.00-10.20	Live Clinical -Shoulder Assessment	Dr. Pankaj Narvekar / Dr. Rajkumar A
10.20-10.30	Tea Break	
SESSION 3	Chairperson:	
10.30-10.50	Rehab Management of RC injuries in Sports	Dr. John Nyland
10.55-11.15	Management of Stiff Shoulder- When to intervene?	Dr. Roman Brozka
11.15-11.35	Physiotherapist Approach to stiff shoulder	Dr Tamara Zweck
11.40-12.00	Rehab Management of common Labral injuries in Sports	Dr John Nyland
12.00- 12.20	Early Rehab in Instability – Different approach	Dr Heath Mathews
SESSION 4	Chairperson:	
12.20-12.40	Return To Play in shoulder Injuries	Dr. John Nyland
12.40-01.00	Algorhythm of Shoulder recovery	Dr. Heath Mathews
1.00-2.00	Lunch	
SESSION 5	Chairperson:	
2.00-3.00	Common Throwing Injuries in clinical Practice	Dr. Niranjan Pandit
3.00-3.10	Ortho-Ankle Injuries Landing Injuries	Dr Pradip Munot
3.10-3.20	Ortho-Ankle Management	Dr. Abhishek Kini / Dr. Rajiv Shah
3.20-3.30	Tea Break	
SESSION 7	Chairperson:	
3.30-4.00	Ankle Assessment (Demonstration Of Test)	Dr. Nihkil Latye & Dr. Christopher Pedra
4.00-4.30	Management of Ankle injuries in Sports	Dr. Nihkil Latye & Dr. Christopher Pedra
4.35-5.05	Return To Play in Ankle Injuries	Dr. John Nyland
5.05-5.15	Break	
5.15-6.30	Pilates	Dr. Pramila Kudtarkar
7.00	Cocktail Dinner	

SCIENTIFIC REHABILITATION PROGRAM

Day 2 • Saturday, 29th July 2023

Time	Topic	Speaker
Knee Scientific Chair – Dr. Dipti Geete, Dr. Miten Seth		
9.00	Welcome	
Session 8	Chairperson:	
9.00-9.10	Orthopedic perspective Knee Injuries	Dr. J E Mendes
9.10-9.20	Ortho-Knee Lig Injury Management (Running Injuries)	Dr. Miten Seth
9.20 – 9.30	Addressing the Problems Associated with ACL reconstruction	Dr. Abhay Narvekar
9.30-9.40	Discussion	
Session 9	Chairperson:	
9.40-10.00	Live Assessment of Knee Ligaments injuries in Sports-	Dr. Anand Gangwal
10.00-10.20	ACL injuries prevention – How Is it possible?	Dr. John Nyland
10.20-10.30	Discussion	
10.30-10.40	Tea Break	
Session 10	Chairperson:	
10.40-11.00	Non-Operative Management of ACL	Dr. N Antao
11.00-11.20	Return to play after ACL injury- Protocols	Dr. Tamara Zweck
11.20-11.40	Management of PCL injuries in Sports	Dr. John Nyland
11.40-12.00	Return To Play in PCL Injuries	Dr. John Nyland
12.00-12.45	Panel Discussion: Managing Pain and external stability post knee injuries.- Mod- Dr Deepak Kachalia	Dr. John Nyland, Dr. Niranjan Pandit, Dr. Nikhil Latye, Dr. Anand Gangwal, Dr. Pankaj Narvekar
12.45-1.10	Aquatherapy In Knee ligament Injuries	Nikhil / Christopher/ Miten
1.10-2.10	Lunch Break	
Session 12	Chairperson:	
2.10-4.00	Strength & Conditioning	Dr. Apurva Mathankar
4.00-4.30	Meniscal injuries rehab - optimizing the load progressions	Dr. Padmanabhan

CONFERENCE SECRETARIAT



VAMA EVENTS PVT LTD.

Raturaj Sarekar - 9833384676

Kohinoor Square Phase I, B Wing, Office no.1004, 10th Floor,

N.C. Kelkar Road, Shivaji Park Dadar West Mumbai - 400 028

Tel. No. Tel.: 022 35131930 - 33 / 022 46052832022

Email : conferences@vamaevents.com

www.arthroscopyacademy.com



Registration Form

Do You Want to Apply for Fellowship

*Surname: *First Name:

*Postal Address:

..... *City *Pin Code:

State: Country:

*Email (Please mention active Email ID):

*Tel. (with area code): Residence: *Office:

..... *Mobile: Fax:

Accompanying Person Name 1: Name 2:

Meal preference: Veg / Non Veg Category: [] w

Non-Residential [] Residential [] Single Occupancy [] Double Occupancy []

Choice of Room Partner

(*MANDATORY)

Residential Package

2 Nights

[] Delegate on twin Sharing Basis (Per Person)

[] Delegate with One Accompanying Person

[] Delegate on Single Occupancy Basis

[] Non Residential Package

Hands on Cadaveric Workshop Details

[] Basic Knee (only 20 Delegates)

[] Advanced Knee (only 12 Delegates)

Conference Registration	Early Bird Registration Upto 30-06-2023	Upto 15-07-2023	Spot
Non Residential for Physios	₹ 6000	₹ 7000	₹ 8000

Please Note 18% GST is applicable on above rates.

Mode of Payment: Cheque/DD No. Dated drawn on

DD favouring 'ARTHROSCOPY ACADEMY' payable at Mumbai

Please send duly filled Registration Form along with DD/ Cheque to:

Dr. Roshan Wade, Course Director
98200 50701

CONFERENCE SECRETARIAT



VAMA EVENTS PVT LTD.

Ruturaj Sarekar - 9833384676

Kohinoor Square Phase I, B Wing, Office no.1004, 10th Floor,

N.C. Kelkar Road, Shivaji Park Dadar West Mumbai - 400 028

Tel. No. Tel.: 022 35131930 - 33 / 022 46052832022

Email : conferences@vamaevents.com

Please send your photo along with this form • All future communications will be through e-mail and Mobile via SMS.