



CIOS 2023

4th Biennial Cochin International
Orthopaedic Summit 2023

Presented by
The Cochin Orthopaedic Society
Under The Aegis of Kerala Orthopaedic Association

30th Sept - 1st Oct 2023
Venue: Grand Hyatt, Kochi
Theme :Challenges in Orthopaedics

Pre - Conference Cadaveric Workshop
28th & 29th September 2023



Highlights

- Pre-Conference Cadaveric Workshop on Knee & Shoulder Arthroplasty, Arthroscopy, Foot & Ankle, Pelvi Acetabulum
- Opportunity to get connected with Eminent International & National Faculty
- First Time in India with the topics related only to Challenges in Orthopaedics
- Presenting Challenges in all Sub Specialties in a Nutshell.
- Live & Relive Surgery Shots from across the world
- Keynote Lectures by Eminent Faculty
- Hands on Workshop & Skill Training
- Cash Prize for Winners in Paper, Video and Poster Presentations
- World Class Entertainment & Extravaganza in a 7 Star Category Venue

Dear Friends

The 2023 Cochín International Orthopaedic Summit (CIOS 2023) conference committee would like to invite you to the 4th biennial conference to be held in Kochi, Kerala. We are looking forward to hosting you at the extravagant water-front venue Grand Hyatt convention centre, on Sept 30th & Oct 1st 2023.

This year's conference focuses on the "Challenges in Orthopaedics" and will be an amalgamation of the bigger as well as smaller challenges faced by the orthopaedic surgeon, encompassing Trauma, Tumour, Spine, Hand, Foot & ankle, Arthroscopy & Arthroplasty. Key-note lectures, re-live bouncers of surgical challenges in all subspecialties, hands-on workshops, Skills Stations & Award paper presentations, video & poster sessions for post-graduates, we hope it will increase the value of the program. In addition to technical papers, surgical techniques and interactions with State, National and International speakers, the attendees will have the access to visit beautiful Kochi. Amid the charm and bustle of urban Kochi, you'll find the nearby marina and backwaters refreshing and rejuvenating. Inspired restaurateurs and craftsmen of Fort Kochi create delicious adventures, while boutiques fill the walkways and main streets. We look forward to making this not only a learning opportunity at the conference, but also offer a destination where you can unwind and enjoy yourself before returning to work. The 2023 conference website: www.ciosonline.com, will have information which will be updated continually. If you have any questions don't hesitate to contact us.

Dr R Venugopal
Organising Chairman

Dr Sujit Jos
Organising Secretary

STATE FACULTY

Dr Abdul Gafoor, Kozhikode
Dr Abdulla Khaleel, Malapuram
Dr Ajeesh Sankaran, Perinthalmanna
Dr Anand Kumaro, Kottayam
Dr Arunlal K P, Calicut
Dr Faizal Kareem, Perinthalmanna
Dr Gopala Krishnan, Calicut
Dr Harish Chandran, Trivandrum
Dr James C George, Thiruvalla
Dr Jeejesh Kumar, Calicut
Dr Jijo Jose, Kottayam
Dr Jyothi Prasanth, Kannur
Dr Mahesh Krishnan, Thrissur
Dr Manoj Haridas, Trivandrum
Dr Prasad Menon, Kasargode
Dr P N Vasudevan, Palakkad
Dr K R Prathap Kumar, Kochi
Dr Rajeev P B, Kottayam
Dr Rajesh Purushothaman, Calicut
Dr Ramakrishnan, Kollam
Dr Sameer Ali Paravath, Calicut
Dr Schiller Jose, Calicut
Dr Shibu John Varkey, Kottayam
Dr Sibin Surendran, Calicut
Dr Sreehari C K, Kannur
Dr Sreejith P Krishnan, Kochi
Dr Sujay Nathan, Thrissur
Dr Thomas Angelo Scariah, Thiruvalla
Dr Tigy Thomas Jacob, Kottayam
Dr Tony Kavalakkatt, Calicut

NATIONAL FACULTY

Dr Abhay Elhence, Jodhpur
Dr Ajith Kumar M, Mangalore
Dr Ajoy Shetty, Coimbatore
Dr Amit Janu, Mumbai
Dr Anil K Bhat, Manipal
Dr Arun Kannan, Chennai
Dr Arumugam S, Chennai
Dr Ashish Gulia, Chandigarh
Dr Ashish Kumar, Lucknow
Dr Ashok Gavaskar, Chennai
Dr Ayyappan V Nair, Bangalore
Dr Bharat Mody, Gujarat
Dr Chetan Anchan, Mumbai
Dr Clement Joseph, Chennai
Dr Dhanasekararaja P, Coimbatore
Prof. P N Gupta, Chandigarh
Dr Hemant Kumar, Bangalore
Dr John Mukhopadhyaya, Patna
Dr K N Subramanian, Madurai
Dr Kamalakara Rao, Hyderabad
Dr Kedar Deogaonkar, Pune
Dr Kiran Sasi, Vellore
Dr Latheesh Leo, Mangalore
Dr Mandip Shah, Ahmedabad
Dr Mangal Parihar, Mumbai
Dr Manoj Padman, New Delhi
Dr Nagaraj Shetty, Mumbai
Dr Pradeep Punnoose, Vellore
Dr Prakash Ayyadurai, Tamil Nadu
Dr Priyadarshi Amit, New Delhi
Dr Rahul Upadhyay, Jaipur
Dr Rajkumar N, Coimbatore
Dr Rajkumar Amaravati, Bangalore
Dr Ramesh Sen, Punjab
Dr Santhosh Sahanad, Coimbatore
Dr Sarthak Patnaik, Orissa
Dr Senthilvelan Rajagopal, Chennai
Dr Shyamsundar, Coimbatore
Dr Siddharth N Aiyer, Sancheti, Pune
Dr Sreedharan Nambodiri, Coimbatore
Dr J V Sreenivas, Bangalore
Dr Uday Krishna, Hyderabad
Dr Vigneswaran V - Coimbatore

INTERNATIONAL FACULTY

Dr Ahlam Arnaout, Paris
Dr Amol Tambe, UK
Dr Andrej Trampuz, Berlin, Germany
Dr Balvinder Rana, UK
Dr Bobbin Varghese, UK
Dr Carlos Sancineto, Argentina
Dr Christos Plakogiannis, UK
Dr Dimitri, Sri Lanka
Dr Endre Varga, Hungary
Dr Hemanth Sharma, UK
Dr Heng Qi Hui Bernice, Singapore
Dr Henry Atkinson, UK
Dr Kapil Kumar, UK
Dr Krisztian Sisak, Hungary
Dr Martina Maritati, Germany
Dr Nijili Vasukutty, UK
Prof. Nasir Quraishi, Nottingham
Dr Olga Pidgaiska, Ukraine
Dr Prasad Gourineni, Chicago
Dr Radhakant Pandey, UK
Dr Ramanan Vadivelu, UK
Dr Rodrigo Pesantez, Columbia
Dr Sanjeev Sabharwal, USA
Dr Shah Khan, UK
Dr Virginia Dos Santos, Germany
Prof. Zsolt Balogh, Australia

REGISTRATION TARIFF

Conference Registration (Includes Conference Reg., Banquet + Conference Kit)

	Till July 31st	1st Aug -15th Sept	16th Sept Onwards
Consultant	9500 (Incl. GST)	11,500 (Incl. GST)	13,500 (Incl. GST)
Post Graduate	6500 (Incl. GST)	8500 (Incl. GST)	10,500 (Incl. GST)

Pre-Conference Cadaveric Workshop Day-1 on 28th Sept, Thursday

(Conference Registration is Mandatory for Pre Conference Registration)

Pre-Conference Cadaveric Workshop -2 on 29th September

(Conference Registration is Mandatory for Pre Conference Registration)

Knee Arthroscopy	12,000 (Incl. GST)	Shoulder Arthroscopy	12,000 (Incl. GST)
Knee Arthroplasty	12,000 (Incl. GST)	Shoulder Arthroplasty	12,000 (Incl. GST)
Foot & Ankle	12,000 (Incl. GST)	Pelvi-Acetabulum	12,000 (Incl. GST)

Extra Person Charges (Includes Conference Registration +Kit + 4 Tea Snacks+ 2 Lunch+ Banquet)

	Till July 31st	1st Aug -15th Sept	16th Sept Onwards
Accompanying Person / Children Above 6 Years	9500 (Incl. GST)	11,500 (Incl. GST)	13,500 (Incl. GST)
Extra Banquet Coupon	3500 (Incl. GST)	4000 (Incl. GST)	4,500 (Incl. GST)

Bolgatty Residential Package (Includes Conference Registration + 3 days and 2 night Stay + Conference Kit + Banquet)

	Till July 31st	1st Aug -15th Sept	16th Sept Onwards
Single	25,000 (Incl. GST)	30,000 (Incl. GST)	35,000 (Incl. GST)
Twin Share	20,000 (Incl. GST)	25,000 (Incl. GST)	30,000 (Incl. GST)

Charges for Extra Adult or Child should be paid directly to the Hotel

Grand Hyatt Residential Package (Includes Conference Registration + 3 days and 2 night Stay + Conference Kit + Banquet)

	Till July 31st	1st Aug -15th Sept	16th Sept Onwards
Single	40,000 (Incl. GST)	45,000 (Incl. GST)	50,000 (Incl. GST)
Twin Share	30,000 (Incl. GST)	35,000 (Incl. GST)	40,000 (Incl. GST)

Charges for Extra Adult or Child should be paid directly to the Hotel

Send the Abstracts for Free Paper, Video, Poster Presentations to abstractcios2023@gmail.com before Sep 15th 2023

For registration:

Payment can be done through

- 1.Scanning the QR code,
- 2.UPI id : thecochinorthopaedic.62468767@hdfcbank
- 3.Net banking / G pay using the Bank details given below

Name : The Cochin Orthopaedic Society
Account No : 50200026866614
Bank & branch : HDFC Bank, Kakkanad
IFSC : HDFC0000684

To complete your registration

Send your Full Name, Whatsapp no, Email, Hospital, Designation as PG / consultant (attach dated proof from working hospital for PG), Address, Transaction details to our Secretariat whatsapp +91 9048075999 / cioskochi2023@gmail.com

Visit: www.ciosonline.com for online registration



THE COCHIN ORTHOPAEDIC SOCIETY

Pre Conference Cadaveric Workshop

Venue: Govt Medical College, Kalamassery

Day 1-28th September 2023

Basic Knee Arthroscopy
Advanced Shoulder Arthroscopy
Basic Shoulder Arthroscopy
Advance Knee Arthroscopy

Day 2- 29th September 2023

Knee Arthroplasty
Shoulder Arthroplasty
Pelvis Acetabulum
Foot & Ankle

30th September 2023 - HALL A

08.30am - 09.30am

09.30am - 12.30pm

09.30am - 09.40am

09.40am - 09.50am

09.50am - 10.00am

10.00am - 10.10am

10.10am - 10.20am

10.40am - 10.50am

10.50am - 11.00am

11.00am - 11.10am

11.10am - 11.20am

11.20am - 11.45am

11.45am - 11.55am

11.55am - 12.05am

12.05am - 12.30am

12.30pm - 01.40pm

12.30pm - 12.40pm

12.40pm - 12.50pm

12.50pm - 01.00pm

01.00pm - 01.10pm

01.10pm - 01.20pm

01.20pm - 01.30pm

01.30pm - 01.40pm

01.40pm - 02.00pm

02.00pm - 03.00pm

02.00pm - 02.15pm

02.15pm - 02.30pm

02.30pm - 02.45pm

02.45pm - 03.00pm

03.00pm - 04.00pm

03.00pm - 03.15pm

03.15pm - 03.30pm

03.30pm - 03.45pm

03.45pm - 04.00pm

04.00pm - 05.30pm

04.00pm - 04.15pm

04.15pm - 04.30pm

04.30pm - 04.45pm

04.45pm - 05.00pm

05.00pm - 05.15pm

05.15pm - 05.30pm

Free Paper

Upper Limb Trauma

Challenges in Scapulothoracic Dissociations
Challenges in Salvaging shoulder fracture dislocations
Revision Osteosynthesis in failed proximal humerus fracture fixation

Role of humeral head staple & intramedullary stem in difficult Proximal humerus fractures

Panel discussion- Proximal Humerus Fractures

Challenges in Distal humerus fractures

Challenges in Capitellum fractures

Challenges in terrible triad

Challenges in the management of Post Traumatic stiff elbow

Panel discussion- Fractures around Elbow

Challenges in distal radial fractures

Scaphoid Fractures- Challenges in decision making and management

Panel discussion- Fractures around Wrist

..... Prof. Zsolt Balogh, Australia
..... Dr Ashok Gavaskar, Chennai
..... Dr John Mukhopadhyaya, Patna

..... Dr Senthilvelan Rajagopal, Chennai

..... Dr Senthilvelan Rajagopal, Chennai
..... Dr Thomas Angelo Scariah, Thiruvalla
..... Dr K R Prathap Kumar, Kochi
..... Dr Priyadarshi Amit, New Delhi
..... Dr Anil K Bhat, Manipal
..... Dr Priyadarshi Amit, New Delhi
..... Dr Rajesh Purushothaman, Calicut
..... Dr Heng Qi Hui Bernice, Singapore

..... Dr Anit Bhat, Manipal

Paediatric Orthopaedics

DDH in Neonates & Infants - Challenges in Diagnosis & Management

Post infective sequelae - Management challenges

How to deal with Clubfoot relapses ?

SCFE - Challenges in Diagnosis & Management

Paediatric Elbow Trauma- "Staying out of trouble"

Blount's disease - Challenges in Diagnosis & Management

Treatment of Hips in Cerebral Palsy.

..... Prof P N Gupta, Chandigarh

..... Dr. Manoj Padman, Delhi
..... Dr Sreejith P Krishnan, Kochi
..... Prof P N Gupta, Chandigarh
..... Dr Manoj Padman, New Delhi
..... Dr Sanjeev Sabharwal, USA
..... Dr Ramanan Vadivelu, UK

LUNCH

Infection Session by Pro Implant Foundation -Germany

Biofilms and implant infections

Diagnostic approach

Surgical treatment

Antibiotic treatment

..... Dr Martina Maritati
..... Dr Virginia Dos Santos
..... Dr Olga Pidgaiska
..... Prof. Andrej Trampuz

Oncology

Challenges in Radiology

Challenges in Limb Salvage Surgery

Challenges in Megaprosthesis Infection

Challenges in Pelvic and Sacral tumours

..... Dr Amit Janu, Mumbai
..... Dr Chetan Anchan, Mumbai
..... Dr Mandip Shah, Ahmedabad
..... Dr Ashish Gulia, Chandigarh

Spine

Decision b/w Discectomy / Decompression / Fusion?

Revision Spine surgery; Challenges

Tandem Stenosis

High grade Spondylolisthesis

Endoscopic Spine surgery; Challenges - video

Discussions

..... Dr Kedar Deogaonkar, Pune
..... Prof. Nasir Qurashi, Nottingham
..... Dr Siddharth N Aiyer, Pune
..... Dr Ajoy Shetty, Coimbatore
..... Dr Sreedharan Namboodiri, TN
..... All Faculty

30th September 2023 - HALL B

08.30am - 09.30am Free Paper session

09.30am - 11.30am Arthroplasty Lower Limb - Hip

- 09.30am - 09.45am Defect management in THR
- 09.45am - 10.00am Girdle stone to THR
- 10.00am - 10.15am Intra- OP Fractures and instability - How to tide over ?
- 10.15am - 10.30am Bearings / Dual mobility - Which one and When ?
- 10.30am - 10.45am Osteotomies - When and How?
- 10.45am - 11.05am Case Discussions -1
- 11.05am - 11.30am Case Discussions -2

- Dr Pradeep Mathew Poonnoose, Vellore
- Dr Krisztian Sisak, Hungary
- Dr Dhanasekararaja P. Coimbatore
- Dr Christos Plakogiannis (UK)
- Dr Uday Krishna, Hyderabad
- Dr Bipin Theruvil, Kochi
- Dr Murukan Babu, Kochi

11.30am - 01.30pm Arthroplasty Lower Limb - Knee

- 11.30am - 11.45am Management of Extra-Articular Deformities
- 11.45am - 12.00pm TKR in Stiff Knees
- 12.00pm - 12.15pm Solving the Puzzle of Alignments in TKA
- 12.15pm - 12.30pm TKR in Morbidly Obese
- 12.30pm - 12.45pm Managing Metaphyseal Bone Loss
- 12.45pm - 01.00pm Painful TKR
- 01.00pm - 01.30pm Panel Discussions

- Dr Sameer Ali
- Dr Rajkumar Natesan, Coimbatore
- Dr Bharat Mody, Gujarat
- Dr Arun Kannan, Chennai
- Dr Dhanasekararaja P. Coimbatore
- Dr J V Sreenivas, Bangalore
- All Faculty

01.30pm - 02.00pm LUNCH

02.00pm - 03.00pm Arthroplasty Upper Limb

- 02.00pm - 02.10pm Stemless Shoulder Arthroplasty in B2 & other challenging situations
- 02.10pm - 02.20pm RSA in challenging situations, including failed RSA-my approach
- 02.20pm - 02.30pm Challenges in management of Failed Shoulder Hemiarthroplasty in below 50 years
- 02.30pm - 02.40pm Hemiarthroplasty of Elbow
- 02.40pm - 03.00pm Panel discussion on Replacement option & Challenges in Stiff Young Elbow

- Dr Amol Tambe, UK
- Dr Radhakant Pandey, UK
- Dr Anand Kumaroth
- Dr Radhakant Pandey, UK
- All Faculty

03.00pm - 04.00pm Pelvi Acetabulum

- 03.00pm - 03.10pm Marginal impaction identification, approach & Management
- 03.10pm - 03.20pm Management of concomitant proximal femur & acetabular fracture
- 03.20pm - 03.30pm Delayed/Neglected posterior pelvic injuries
- 03.30pm - 03.40pm On table conversion to THR in acetabular fracture
- 03.40pm - 03.50pm Antishock screw & symphysis plating in patient with exsanguinating pelvic injuries
- 03.50pm - 04.00pm Discussion

- Dr Tony Kavalakkatt, Calicut
- Dr Abhay Elhence, Jodhpur
- Dr Carlos Sancineto, Argentina
- Dr Ramesh Sen, Mohali
- Dr Abhay Elhence, Jodhpur
- All Faculty

04.00pm - 05.30pm Foot & Ankle

- 04.00pm - 04.08pm Charcot's foot: Diagnostic Challenges & Management Strategies
- 04.08pm - 04.16pm Ankle impingement: How I manage Arthroscopically!
- 04.16pm - 04.24pm Hind Foot Arthritis: How to manage
- 04.24pm - 04.32pm Trimalleolar fracture: how to do it right?
- 04.32pm - 04.40pm Adult acquired flat foot: a management algorithm
- 04.40pm - 04.48pm Tendoachilles disorders: decision making in OPD
- 04.48pm - 04.56pm Talus fracture: a challenge by itself
- 04.56pm - 05.04pm How do I manage Lisfranc injury
- 05.04pm - 05.12pm Tips and tricks while dealing with calcaneus fracture
- 05.12pm - 05.30pm Case presentation: tough trauma!

- Dr Nijil Vasukutty, UK
- Dr Balvinder Rana, UK
- Dr Ramakrishnan S, Kottarakkara
- Dr Abdul Gafour, Kozhikode
- Dr Prasad Menon, Kasargod
- Dr Kamalakara Rao, Hyderabad
- Dr Rahul Upadhyay, Jaipur
- Dr Kamalakara Rao, Hyderabad
- Dr Rahul Upadhyay, Jaipur

1st October 2023 - HALL A

08.00am - 09.00am

Free Paper

09.00am - 01.00pm

Lower Limb Trauma

09.00am - 09.10am

Atypical subtrochanteric fractures

09.10am - 09.20am

Relive Surgery- Pipkin Fractures

09.20am - 09.50am

Case discussion- Proximal femur

09.50am - 10.00am

Bilateral femoral fractures-Challenges faced

10.00am - 10.10am

Unsupportive Medial column in Distal femur fractures

10.10am - 10.20am

Relive Surgery- Bilateral Hoffa

10.20am - 10.50am

Case discussion- Distal femur

10.50am - 11.00am

Posterior tibial plateau fixation strategies

11.00am - 11.10am

Relive surgery- Posterolateral Corner fracture of Tibia

11.10am - 11.40am

Case Discussion- Proximal Tibia

11.40am - 11.50am

Atypical Ankle injuries

11.50am - 12.00pm

Case 1 - Nightmares in OR

12.00pm - 12.10pm

Case 2 - Nightmares in OR

12.10pm - 12.20pm

Case 3 - Nightmares in OR

12.20pm - 12.30pm

Case 4 - Nightmares in OR

12.30pm - 01.00pm

Case Discussion- Distal Tibia

- Dr Ajith Kumar M, Mangalore
- Dr Abhay Elhence, Jodhpur
- Dr Tigy Thomas Jacob, Kottayam
- Dr John Mukhopadhyay, Patna
- Dr Abhay Elhence, Jodhpur
- Dr Ashok Gavaskar, Chennai
- Dr Sabin Surendaran, Kozhikode
- Dr Ashok Gavaskar, Chennai
- Dr John Mukhopadhyay, Patna
- Dr James C George, Thiruvalla
- Dr Rodrigo Pesantez, Columbia
- Dr Rodrigo Pesantez, Columbia
- Dr John Mukhopadhyay, Patna
- Dr Ajith Kumar M, Mangalore
- Dr Endre Varga, Hungary
- Dr Rajesh Purushothaman, Kozhikode

01.00pm - 01.30pm

Lunch

01.30pm - 02.30pm

Deformity

01.30pm - 01.40pm

Coronal plane deformities around Knee

01.40pm - 01.50pm

Fracture Related Infections

01.50pm - 02.00pm

Ilizarov correction of Complex Soft tissue contractures

02.00pm - 02.10pm

Ilizarov correction of Complex Fractures of Tibia

02.10pm - 02.20pm

Management of bone defects

02.20pm - 02.30pm

Computer assisted six axis devices in Deformity Correction

- Dr Hemanth Sharma, UK
- Dr Mangal Parihar, Mumbai
- Dr P N Vasudevan, Palakad
- Dr Shibu John Varkey, Kottayam
- Dr Jeejesh Kumar, Calicut
- Dr Arunlal K P, Calicut

02.30pm - 03.30pm

Hand

02.30pm - 02.40pm

Arthroscopic TFCC repair - Challenges

02.40pm - 02.48pm

Scaphoid nonunion - principles

02.48pm - 02.56pm

Approach to carpal instability

02.56pm - 03.04pm

Kienbock's disease - how I deal it

03.04pm - 03.12pm

Radial head fractures

03.12pm - 03.20pm

Extensor tendon injuries - what are the challenges

03.20pm - 03.28pm

Thumb CMC Joint Arthritis

- Dr Ahlam Arnaout, Paris
- Dr Vigneswaran V, Coimbatore
- Dr Latheesh Leo, Mangalore
- Dr Manoj Haridas, Trivandrum
- Dr Gopala krishnan, Calicut
- Dr Ajeesh Sankaran, Perinthalmanna
- Dr Kiran Sasi, Vellore

1st October 2023 - HALL B

08.00am - 08.30am
08.30am - 12.00pm

Free Paper session Arthroscopy Lower Limb

08.30am - 09.00am
08.30am - 08.40pm
08.40am - 08.50am
08.50am - 09.00am

Arthroscopy Lower Limb - Meniscus

Complex Meniscal Tears - Can all tears be repaired
Meniscal Root Tears - Challenges in Repair
Meniscal Transplant - Where are we today

..... Dr Santhosh Sahanad, Coimbatore
..... Dr K N Subramanian, Madurai
..... Dr Henry Atkinson, UK

09.00am - 09.30am

Arthroscopy Lower Limb - Cartilage and Patella Instability

09.00am - 09.10am
09.10am - 09.20am
09.20am - 09.30am

Cartilage Lesions - Treatment is still evolving
Role of biologics in Cartilage disorders -
Patella Instability - When to add bony Procedures along with MPFL Reconstruction

..... Dr Santhosh Sahanad, Coimbatore
..... Dr Sujay Nathan, Thrissur
..... Dr Jijo Jose, Kottayam

09.30am - 09.50am

Arthroscopy Lower Limb - Hip

09.30am - 09.40am
09.40am - 09.50am

Labral Tears - Repair or Debride
FAI - Challenges in Arthroscopic Treatment

..... Dr Sarthak Patnaik, Orissa
..... Dr Shah Khan, UK

09.50am - 12.00pm

Arthroscopy Lower Limb - Ligament Session

09.50am - 10.00am
10.00am - 10.10am
10.10am - 10.20am
10.20am - 10.30am
10.30am - 10.40am
10.40am - 10.50am

ACL Insufficiency in Varus Aligned Knee
ACL Reconstruction In Contact sports person
ACL Reconstruction In skeletally Immature patients
MCL Tear - Repair or Reconstruction
PLC Injury - Is still the dark side of knee
Multiligament Knee Injury - Single stage reconstruction Or Staged reconstruction

..... Dr Nagaraj Shetty, Mumbai
..... Dr Clement Joseph, Chennai
..... Dr Harish Chandran, Trivandrum
..... Dr Faizal Kareem, Perinthalmanna
..... Dr Sreehari C K, Kannur
..... Dr Schiller Jose, Calicut

10.50am - 11.00am

Revision ACL reconstruction - Challenges- Staged or Single stage reconstruction

..... Dr Clement Joseph, Chennai

11.00am - 11.10am

Failed medial side reconstruction - Challenges in treatment

..... Dr Rajkumar Amaravati

11.10am - 11.20am

ACL Avulsion - Challenges in fixation

..... Dr Ashish Kumar, Lucknow

11.20am - 11.30am

Injuries in elite sports person - Getting them back in track - Challenges

..... Dr Arumugam S, Chennai

11.30am - 11.40am

Gross Pivot Shift test - What else to add to ACL reconstruction

..... Dr Sibin Surendaran, Kozhikode

11.40am - 12.00pm

Panel Discussion on multi ligament injury, cartilage lesions, meniscal tear

..... Dr Nagaraj Shetty, Mumbai

12.00pm - 01.00pm

Arthroscopy Upper Limb - Elbow

12.00pm - 12.10pm
12.10pm - 12.20pm
12.20pm - 12.30pm
12.30pm - 12.40pm
12.40pm - 01.00pm

Challenges in My First Elbow Arthroscopy
Recalcitrant Tennis Elbow - How I Manage
Pitfalls and Complications of Elbow Arthroscopy
Relive - Stiff Elbow, How I Do it
Case Discussion

..... Dr Jyothi Prasanth
..... Dr K N Subramanian, Madurai
..... Dr Kapil Kumar, UK
..... Dr Shyam Sundar M
..... All Faculty

01.00pm - 01.30pm

Lunch

01.30pm - 03.30pm

Arthroscopy Upper Limb - Shoulder

01.30pm - 01.40pm

Arthroscopic AC Joint Fixation - Challenges in type 4 and 5

..... Dr Hemant Kumar, Bangalore

01.40pm - 01.55pm

Relive - Remplissage

01.55pm - 02.05pm

Approach to Labral Tears in Professional Athletes

..... Dr Mahesh Krishnan / Dr Rajeev P B

02.05pm - 02.20pm

Debate - Latarjet Open vs Arthroscopic

..... Dr Prakash Ayyadurai, Chennai

02.20pm - 02.30pm

Isolated Subscapularis Tears in Young Patients: Challenges

..... Dr Amol Tambe, UK

02.30pm - 02.40pm

Anchor Pullout - How I deal with it

02.40pm - 02.55pm

Relive - Biceps SCR / other Muscle Transfers

..... Dr Ayyappan Nair, Bangalore

02.55pm - 03.05pm

Cuff Tears in the setting of Frozen Shoulder

..... Dr Abdullah Khaleel, Perinthalmanna

03.05pm - 03.30pm

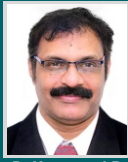
Case Discussion

..... All Faculty

Organising Committee



Dr A A John
CIOS Founder President



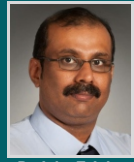
Dr Venugopal R
Organising Chairman



Dr Sujit Jos
Organising Secretary



Dr Jiss Joseph Panakkal
Organising Treasurer



Dr John T John
Scientific Committee Chairman

Scientific Committee

Scientific Chairman - Dr John T John

Trauma

Upper Limb - Dr Ajayakumar, Dr Balu C Babu, Dr Nijith O Govindan, Dr Vipin Mohan

Lower Limb - Dr Jiss Joseph Panakkal, Dr Vinay Jaison Chacko, Dr Rajesh K, Dr Tom Jose

Arthroscopy

Upper Limb - Dr K R Prathap Kumar, Dr Joice Varghese, Dr Appu Benny Thomas

Lower Limb - Dr Praveen Kumar K S, Dr Babu George

Arthroplasty

Upper Limb - Dr K R Prathap Kumar, Dr Bobby Jacob

Lower Limb (Hip) - Dr Bipin Theruvil, Dr Murukan Babu, Dr Melvin J George

Lower Limb (Knee) - Dr Vinod Padmanabhan, Dr Vijayamohan, Dr Bibu George

Foot & Ankle - Dr Rajesh Simon, Dr Dennis P Jose, Dr Sreeganesh, Dr Brijesh Ayyaswamy

Hand - Dr Arun Ravindran, Dr Binoy P S

Spine - Dr Krishnakumar, Dr Jim Vellara, Dr Renjith K R

Paediatric Orthopaedics - Dr C Cherian Koor, Dr Rajit Cherian

Deformity - Dr Ranjith T C, Dr Nikhil J Martin

Infection - Dr Alex Jacob, Dr Joe Paul, Dr Paul K Jose, Dr Sreehari N

Pelvi - acetabulum - Dr Saji P O Thomas, Dr Babu Joseph

Oncology - Dr Subin Sugath, Dr Dileep S, Dr Jikku Hannibal

Hall A Incharge

Dr Jiss Joseph Panakkal
Dr Shinas B Salam
Dr Shyam Ramesh

Hall B Incharge

Dr Biju M Nair
Dr Renjit John Mathew
Dr Antony J

Registration

Dr Sudheer Shareef
Dr Ramaswamy
Dr Kuriakose K K
Dr Sojan K J

Travel & Accomodation

Dr Dennis P Jose
Dr Nithin Prabhu
Dr Cyril G Cherian
Dr Sunil Kumar K V

Audio Visuals & Venue

Dr Joice Varghese
Dr Azad Sait
Dr Nijith O Govindan
Dr Arun Joseph

Food & Entertainment

Dr Vinod Padmanabhan
Dr Binu Alex
Dr Suresh S Paul
Dr Nithesh MB

International Co-Ordinators

Dr Joe Peter
Dr Sumod Sukumaran

Trade

Dr Venugopal R
Dr John T John
Dr Sujit Jos
Dr Jiss Joseph Pannakal

Advisors: Dr Babu Joseph, Dr Jacob Varughese, Dr Khaleel V M,
Dr Mammen Alexander Dr V V George, Dr Babu U S

Patrons : Dr M K Mani, Dr Thomas Mathew, Dr Rajaram,
Dr Chandrababu K K, Dr Lazar Chandy, Dr Paulose T Y

The Cochin Orthopaedic Society

Dr Dennis P Jose
President

Dr Jiss Joseph Panakkal
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President

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Dr Jiju A Nuaman
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