

**ISIC ANKLE AND SHOULDER COURSE 2018  
SCIENTIFIC PROGRAM**

**Day 1- Friday, 26<sup>th</sup> January 2018- Rehabilitation of Foot & Ankle and Shoulder  
Venue: Auditorium, Indian Spinal Injuries Centre**

<b>Time</b>	<b>Topic</b>	<b>Speaker</b>
8:00 – 8:30 am	Registration	
8:30 - 8:40 am	The art of shoulder examination	<b>Dr Akshay Malhotra</b>
8:40 - 8:50 am	Scapular dyskinesis – Does it really matter ?	<b>Dr Harpreet Singh</b>
8:50 - 9:00 am	Stroke and shoulder problems	<b>Jaskirat Kaur</b>
9:00- 9:10 am	The painful throwing shoulder	<b>Dr Vandana Phadke</b>
9:10 - 9:20 am	Revisiting Adhesive Capsulitis	<b>Sarah Briggs</b>
9:20 - 9:30 am	Discussion	
9:30 - 10:30 am	Panel Discussion Moderator: <b>Dr Harpreet Singh, Dr Vandana Phadke</b>	Panelist: <b>Dr Akshay Malhotra, Dr Deepak Raina, Dr Sumit Khurana, Sarah Briggs, Darren Collin, Jaskirat Kaur</b>
<b>10:30 - 11:00am</b>	<b>Tea Break</b>	
11:00 - 11:10 am	Flatfoot – Does it require treatment – Current Evidence	<b>Dr Maninder Shah Singh</b>
11.10 - 11.20 am	What works for Planter Fasciitis	<b>Megha Nijhawan</b>
11:20 - 11:30 am	Tendon dysfunctions	<b>Sarah Briggs</b>
11:30 - 11:40 am	Ankle instability- Assessment and EBPs	<b>Darren Collin</b>
11:40: 11:50 am	Post op rehab after lateral ankle ligament reconstruction	<b>Suparna Tandon</b>
11:50: 12:00 pm	Discussion	
12:00 -1:00 pm	Panel Discussion Moderator: <b>Dr Maninder Shah Singh, Meena Makhija</b>	Panelists: <b>Dr Iain Bissell, Dr Sumit Khurana, Sarah Briggs, Darren Collin, Megha Nijhawan</b>
<b>1:00-2:00 pm</b>	<b>Lunch break</b>	
2:00-6:00 pm	4 workshops by rotation with each workshop lasting one hour	

**WORKSHOP TOPICS**

	<b>Topic</b>	<b>Faculty</b>
1	Evaluation of shoulder and therapeutic exercise prescription	<b>Dr Harpreet Singh, Dr Vandana Phadke, Dr Akshay Malhotra</b>
2	Taping and Orthosis for the foot and ankle	<b>Sarah Briggs,</b>
3	Advanced Manual Therapy Techniques for Shoulder	<b>Megha Nijhawan, Meena Makhija</b>
4	Clinical evaluation, balance assessment and training after foot/ankle injuries.	<b>Dr Maninder Shah Singh, Suparna Tandon, Darren Collin</b>

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**Day 2- Saturday, 27th January 2018- ICLs/ Live Surgery/ Panel Discussions  
Venue: Indian Spinal Injuries Centre**

08:00-09:30 <b>INSTRUCTIONAL COURSE LECTURES</b> (12minutes + 3 minutes discussion)	
<b>Auditorium - ICL1</b>	<b>Conference Room - ICL2</b>
<b>Flat Foot</b>	<b>Shoulder Arthroplasty</b>
How I assess my flatfoot patient	How to do a successful Hemi in fracture
Does Adolescent flatfoot require treatment- Current evidence	Glenoid exposure- how to get it right.
How to achieve surgical correction of adolescent flatfoot (including video)	TSA - Current status
Adult Acquired Flatfoot disorder – Stage I & II	Irreparable cuff tears - RSA Vs other options
Adult Acquired Flatfoot disorder – Stage III & IV	Surface replacement - role
MIS Surgery in flatfoot correction Iain Bissell	RSA - role in complex Trauma

<b>ANKLE AND FOOT SESSION - AUDITORIUM</b>	
09:30-12:30	<b>Live Surgery session</b>
	Live surgery 1: Ankle Arthroscopy/instability
	Live Surgery 2: Flatfoot / Hallux Valgus correction
	Live Surgery 3: Haglunds excision / Calcaneal malunion
12:30-13:30	Panel discussion 1: Controversies in Foot & Ankle Trauma

<b>13:30-14:30</b>	<b>Lunch - Ground Floor Garden (Next to Lobby)</b>
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<b>SHOULDER SESSION - AUDITORIUM</b>	
14:30-17:30	<b>Live Surgery session</b>
	Live Surgery 4: Shoulder arthroplasty
	Live Surgery 5: Rotator cuff repair
	Live Surgery 6: Instability Repair
17:30-18:30	Panel discussion 2: Shoulder Instability

<b>19:30 onwards</b>	<b>Gala Banquet - Sarin Park</b>
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## ISIC ANKLE AND SHOULDER COURSE 2018

Day 3 - Sunday, 28<sup>th</sup> January 2018 - Cadaveric lab

Venue - Jai Prakash Narayan Apex Trauma Center, AIIMS

<b>09:00-09:30 am</b>	<b>Introduction to the course</b>	
<b>09:30-12:30 pm</b>	<b>Session 1</b>	
	Shoulder - Supine	Foot and ankle - supine
	Delto-pectoral approach	Anterior Ankle arthroscopy
	Mckenzie Approach	Anterior Ankle approach
	Latarjet Procedure	Scarf Osteotomy / FDL transfer
<b>12:30-13:30 pm</b>	<b>Lunch</b>	
<b>13:30-16:30 pm</b>	<b>Session 2</b>	
	Shoulder - Lateral position	Foot and Ankle - Lateral position
	Arthroscopic Bankart repair	Brostrum lateral ligament repair
	Subacromial decompression	Calcaneal osteotomy
	Arthroscopic cuff repair	Extensile Lateral approach/ Posterolateral approach