



AASKON-2024

**Biennial Conference Organised by Association
of Arthroscopic Surgeons Kerala**

(Kerala Chapter of Indian Arthroscopy Society)

Under the Aegis of Kerala Orthopaedic Society & Calicut Orthopaedic Society

13-14 July 2024

The Gateway Hotel, Taj Calicut, Kerala



Highlights

- ✓ Expert Talks from National & State Faculty
- ✓ Keynote Lectures
- ✓ Relive Surgeries in each session
- ✓ Hands-on workshop
- ✓ Cash prize for Competitive PG paper presentation
- ✓ Dr Lazar J Chandy Memorial Gold Medal Paper presentation for Consultants

Organized by

Association of Arthroscopic Surgeons of Kerala

Greetings to all fellow Arthroscopic surgeons and students. It is with immense pleasure that I announce AASKCON 2024, the inaugural biennial conference of AASK (Association of Arthroscopic Surgeons of Kerala) to be held after its inception in 2017.

I welcome you all to Kozhikode on the 13th and 14th of July 2024, for this event. AASKCON 2024 is conceived and structured in such a way that it is inclusive of all regional sub-specialities in arthroscopy as AASK is the umbrella organisation for arthroscopic surgeons.

We have chosen the theme of "Instability" as we consider it is appropriate to this region of North Kerala, known for its fanaticism for football where injuries and instabilities reach epidemic proportions during certain seasons. We have an array of speakers and experts in their own niche of specialities to enrich your quest for knowledge and skills.

We have avoided live surgeries on purpose, as it is our belief that re-live video presentations give the audience and speakers an opportunity to discuss and argue about the finer points of the procedure and is considered more ethical.

Kozhikode is a seaside city with the venue close to the sea shore. This place is known for the warmth and hospitality of the people, the multi-ethnic culture and food.

Let us all celebrate this event and be a part of history in making AASK a great organisation.

Warmest regards,

Dr. Schiller Jos
President of AASK

	Early bird till June 20th	June 21st to July 7th	From July 8th Spot
CONSULTANT	₹ 9500	₹ 11500	₹ 13000
POST GRADUATES	₹ 6500	₹ 7500	₹ 8500

For Residential Package Details

Contact AASK Secretariat : **79941 35393**

Payment Details

HDFC Bank

Name: Association of Arthroscopic Surgeons Kerala Chapter

A/c No: 50200095583431

Bank & Branch: HDFC Bank, Pachalam

IFSC: HDFC0001403

UPI ID:

vyapar.171225938876@hdfcbank



VENUE DETAILS

📍 Taj Gateway Calicut

The Taj Gateway Hotel Calicut welcomes guests with its blend of traditional charm and contemporary elegance. Nestled amidst the serene surroundings of Calicut, this luxurious retreat offers a harmonious fusion of comfort and sophistication. With its impeccable service, modern amenities, and culinary delights showcasing the flavors of Kerala, guests are treated to a memorable stay. Whether indulging in rejuvenating spa treatments, exploring the rich cultural heritage of the region, or simply unwinding by the tranquil poolside, every moment at the Taj Gateway Hotel Calicut promises to be a truly enriching experience, leaving visitors enchanted and eager to return.



For registration,

Please send Your full name, email id, phone number, hospital details and transaction details to official.aaskcon@gmail.com or WhatsApp number: **79941 35393**

KOZHIKODE

NATIONAL FACULTY



Dr. Anant Joshi



Dr. Anil Bhatt



Dr. Ayyappan V Nair



Dr. Arumugham



Dr. Billy Paul



Dr. Darshan Kumar



Dr. Jagdeesh



Dr. Karthik Selvaraj



Dr. KN Subramanian



Dr. Latheesh Leo



Dr. Nagaraj Shetty



Dr. Rajeev Raman



Dr. Ramakanth



Dr. Rajkumar Amaravati



Dr. Ram Chidambaram



Dr. Sachin Tapasvi



Dr. Santhosh Sahanand



Dr. Sandeep Biraris



Dr. Vivek Pandey



Dr. Vineeth Thomas



Dr. Chirag Tonse

And many others...

Travel and accommodation

Dr Anwar Martya, Dr Sreejith PS, Dr Faizal M Iqbal, Dr Dhyanes, Dr Sudheer

Venue

Dr Raju Karuppall, Dr Harishankar, Dr Sujai Nathan

Scientific Committee

Dr Shanavas EK, Dr Premkumar, Dr Mahesh Krishnan, Dr Hasil Mohammed, Dr Prince Shanavas Khan, Dr Jijo Jose, Dr Dileep, Dr Joice Varghese, Dr Jyothiprasanth, Dr Khayas

Treasurer

Dr Unnikrishnan J

Co-treasurer

Dr Azhar CM, Dr Mohd. Fazil, Dr Abdul Gafoor

ORGANIZING COMMITTEE



Org Chairman
Dr Schiller Jos



Org Secretary
Dr Sujit Jos



Co-Organizing Chairman
Dr Rajesh Purushothaman



Co-Organising Secretary
Dr Sibin Surendran



Scientific Committee Chairman
Dr Sameer Ali



Co-Scientific Committee Chairman
Dr John T John

Patrons

Dr NJ Mani, Dr Premachandran, Dr VV George, Dr Prasad Varkey, Dr Prathap Kumar, Dr Gopinath P, Dr Tony Kavalakatt, Dr Jacob Mathew, Dr George Abraham

Food and Entertainment

Dr Rajaneesh, Dr Reas Ali, Dr Shakeeb

Audiovisual

Dr Jipin Gopi, Dr Harishankar, Dr Mathew Puthiyedom

Hall in charges

Dr Basheer Abdul Gafoor, Dr Sreehari CK, Dr Rijesh, Dr Moidu Shameer

Trade

Dr Sibin Surendran, Dr Harish Chandran, Dr Faizal Kareem, Dr Sabin Viswanath, Dr Shanavas KP, Dr Janees

Indian Arthroscopy Society

Dr S Arumugam, President
Dr Sandeep R Biraris, General Secretary

Kerala Orthopaedic Association

Dr Aneen Nambi Kutty, President
Dr Antony Joseph Thoppil, Secretary
Dr Jiju A Nuuman, Treasurer

Calicut Orthopaedic Society

Dr Jacob Mathew, President
Dr Abdul Gafoor PM, Secretary



SCIENTIFIC PROGRAMME SCHEDULE

13/07/2024		
Hall A		
	Morning Session	
	Chairmen - Dr Moidu Shameer, Dr Azhar C M	
8:30-8:38 am	Out patient evaluation of knee instability	Dr Rijesh P
8:39-8:47 am	Imaging of ACL injury : Surgeon's perspective	Dr Janees M C
8:48-8:56 am	Paediatric ACL injury: Decision making	Dr Billy Paul Wilson
8:57-9:05 am	Discussion	
9:05-9:30 am	Inauguration	
9:30-9:45 am	Key note Lectures 1: My Journey of ACL reconstruction	Dr. Anant Joshi
9:45-10:00 am	Key note Lectures 2: Why my ACL failed ?	Dr. Sachin Tapasvi
10:00-11:02 am	Relive Surgeries session	
	Chairmen - Dr Mahesh Krishnan, Dr Rajanish R	
10:00-10:08 am	1.ACL using Hamstrings	Dr. Harish Chandran
10:09-10:17 am	2. ACL using BPTB	Dr. CV Krishnakumar
10:18-10:26 am	3.Lateral Extra articulat Tenodesis	Dr.Murukan Babu L J
10:27-10:35 am	4.ACL using Quads tendon	Dr. Rajeev Raman
10:36-10:44 am	5.PLC: Laprade Technique	Dr.Renjit John Mathew
10:45-10:53 am	6.PLC: Modified Larson technique	Dr. Sandeep Biraris
10:54-11:02 am	7.MCL Reconstruction	Dr. Azhar CM
11:05- 11:20 am	Key note Lectures 3 : Multiligament injury state of art	Dr Arumugam S
11:25 am -12:05 pm	Panel discussion about Decision making in ACLR	Dr.Shanavas K P
	Panelist - Dr Billy Paul Wilson, Dr K N Subramanian, Dr Jiss Joseph Panakkal, Dr Prince Shanavas Khan, Dr Dileep S	
	1.Age and Gender	
	2. Activity level	
	3. Duration	
	4. Associated injuries	
	5. Obesity	
12:06-1:00 pm	Multi ligamentous session: How to diagnose and tackle the less known	
	Chairmen - Dr Harish Chandran, Dr Muhammed Fazil V V	
12:06-12:14 pm	ACL+ MCL injury	Dr.Prem Haridas Menon
12:15-12:23 pm	Intra op complication of ACLR : How to tackle it ?	Dr K N Subramanian
12:24-12:32 pm	Combined ACL and PCL :How to proceed	Dr K N Subramanian
12:33-12:41 pm	How to tackle ACL with PLC injury	Dr.Santhosh Sahanand
12:42-1:00 pm	Discussion	
1:00-1:45 pm	Lunch	
1:30-2:30 pm	Free paper session	
2:30-3:10 pm	Panel Discussion Multiligament Injury	Dr. Ramakanth R
	Panelists - Dr Anant Joshi, Dr Sujay Nathan, Dr Chirag Thonse, Dr Jijo Jose, Dr Santhosh Sahanad	

3:10-4:00 pm	The Challenges session	
	Chairmen - Dr Sabin Viswanath, Dr Dhyaneswaran	
3:10-3:18 pm	Lat knee: Do we need to do anything different?	Dr. Pradeep Nair
3:19-3:27 pm	Infected ACL : what to do next ?	Dr. Jijo Jose
3:28-3:36 pm	ACL in acute fracture situation	Dr.Jiss Joseph Panakkal
3:37-3:45 pm	Art of Analyzing and Selecting articles and journal for evidence based practice	Dr. Gopinathan P
3:45-4:00 pm	Discussion	
4:00-4:15 pm	Key Note Lecture : Tips and Tricks of Bankart repair	Dr. K R Prathap Kumar
4:15-4:55 pm	Panel discussion: Shoulder Instability	Dr. Mahesh Krishnan
	Panelists - Dr Prince Shanavas Khan, Dr Ayyappan V Nair, Dr Rajkumar S Amaravati, Dr Bobby Jacob, Dr Blessin S Cherian	
	First time dislocator	
	Bony Bankart	
	When to add Remplissage	
	Bankart Plus surgeries	
	Approach to HAGL	
5:00-6:00 pm	AASK General Body Meeting	
7:00-10:00 pm	BANQUET	
Hall B		
10:00-11:00 am	Wrist Arthroscopy session	
	Chairmen - Dr Basheer Abdul Gafoor, Dr Renjit John Mathew	
10:00-10:08 am	Basic set up, portals and Diagnostic round up	Dr.Latheesh Leo
10:09-10:17 am	TFCC repair	Dr.Darshan Kumar
10:18-10:26 am	DRUJ instability	Dr.Anil K Bhat
10:27-10:35 am	Role of arthroscopy in Kienbocks disease	Dr.Anil K Bhat
10:36-10:44 am	Scapho lunate injury : repair or reconstruction	Dr.Febin Ahamed P I
10:45-10:53 am	Endoscopic Carpal Tunnel release	Dr.Ajeesh S
10:55-11:10 am	Discussion	
11:40 am-12:50 pm	Ankle Session	
	Chairmen - Dr Azhar CM, Dr Khayas Omer Kunheen	
11:40-11:48 am	Basic set up, portals and Diagnostic round up	Dr.Anand K S
11:49-11:57 am	Role of arthroscopy in ankle impingement	Dr.Rajesh Simon
11:58 am -12:06 pm	Chronic ankle instability	Dr.Sreeganes K
12:07-12:15 pm	Peroneal instability	Dr.Nikhil Joseph Martin
12:16-12:24 pm	Re Live Arthroscopic assisted Ankle fusion	Dr.Abdul Gafoor
12:25-12:33 pm	Re live: OCD talus	Dr.Rajesh Simon
12:34-12:42 pm	How to read an Ankle MRI	Dr.Krishna Kiran
12:45-1:00 pm	Discussion	
1:30-2:15 pm	Workshop 1: Quads : Advanced techniques in ACL surgery	
2:15-3:00 pm	Workshop 2: Regenten: Advanced healing solution in RCR	
3:15-4:00 pm	Workshop 3: Knee preservation techniques	
4:15-5:00 pm	Workshop 4: Cuff and Bankarts implants: How to choose?	

14/07/2024

Hall A

8:00-9:00 am	Dr.Lazar Chandy Memorial Gold medal paper session	
	Morning session	
	Chairmen - Dr Dhyaneshwaran, Dr Unnikrishnan J	
9:00-9:08 am	Clinical Examination of shoulder instability	Dr.Rajesh Purushothaman
9:10-9:18 am	Radiological evaluation of shoulder instability (CT and MRI)	Dr Khayas Omer Kunheen
9:30-9:45 am	Key Note Lecture : My approach to unstable shoulder	Dr. Ram Chidambaram
9:50-10:45 am	Relive Session	
	Chairmen - Dr Sujith Mathew Issac, Dr Jyothiprasanth M	
9:50-9:58 am	1. Bankarts + Remplissage	Dr. Basheer Abdul Gafoor
9:59-10:07 am	2. Arthroscopic DAS procedure	Dr.Prince Shanavas Khan
10:08-10:16 am	3. Arthroscopic Latarjet procedure	Dr.Jagdeesh P C
10:17-10:25 am	4. Posterior instability surgery	Dr.Vivek Pandey
10:26-10:34 am	5. Arthroscopic Bone block procedure	Dr.Ayyappan V Nair
10:35-10:43 am	6. Anterior Subscapularis Augmentation surgery	Dr.Rajkumar S Amaravati
10:50-11:05am	Key Note Lecture : Latarjet v/s Bone block: Consenses in 2024	Dr.Nagaraj Shetty
11:06 am -12:10 pm	Instability session	
	Chairmen - Dr K R Prathap Kumar, Dr Basheer Abdul Gafoor	
11:06-11:14 am	Why my Bankarts failed ?	Dr.Sabin Viswanath
11:15-11:23 am	HAGL: The Hiddden Culprit	Dr.Unnikrishnan J
11:24-11:32 am	My approach to multi directional instability	Dr.Sujith Mathew Issac
11:33-11:41 am	SLAP tear:Myth or Fact	Dr.Bobby Jacob
11:42-11:50 am	Assessing glenoid bone loss	Dr.Blessin S Cherian
11:51-11:59 am	Association of cuff tear and instability	Dr.Faizal M Iqbal
12:00-12:10 pm	Discussion	
12:10-1:15 pm	Meniscus session	
	Chairmen - Dr Sreehari C K, Dr Abdulla Khaleel	
12:10-12:18 pm	Anatomy of meniscus in 2024	Dr.Mohamed Shakeeb K U
12:19-12:27 pm	MRI evaluation of Meniscus: Thro' orthopedic lens	Dr.Rohit V
12:28-12:36 pm	Meniscal Injuries: When to Ignore, Balance or Repair?	Dr.Muralikrishnan Natarajan
12:37-12:45 pm	Discoid meniscus : How much to resect & how to repair ?	Dr.E K Shanavas

12:46-12:54 pm	Meniscus Transplantation	Dr.Jacob Varughese
12:55-1:03 pm	Meniscus with cartilage injuries : Current concepts	Dr.Shammas B M
1:03-1:15 pm	Discussion	
1:15-2:00 pm	Relive session 2	
	Chairmen - Dr Janees M C, Dr Blessin S Cheria	
1:15-1:21 pm	Radial tear: Not a nightmare !!	Dr.Ramakanth R
1:22-1:28 pm	Out side in Meniscus repair	Dr.Vineeth Thomas Abraham
1:29-1:35 pm	All inside Meniscus repair	Dr.Sreehari C K
1:36-1:42 pm	Inside out meniscus repair	Dr.Dhyaneswaran
1:43-1:49 pm	Meniscus ramp repair	Dr.Abdulla Khaleel
1:50-1:56 pm	Meniscus root repair	Dr.JyothiPrasanth M
2:00-2:15 pm	VALEDICTORY FUNCTION	
2:15-3:00 pm	LUNCH	
Hall B		
8:30-9:15 am	Worshop 5 :Rotator cuff repair	
9:50-10:45 am	Elbow Arthroscopy session	
	Chairmen - Dr Faizal M Ikbal, Dr Rijesh P	
9:50-9:58 am	Basic set up, portals and Diagnostic round up	Dr.Praveen Kumar K S
9:59-10:07 am	Postero-lateral elbow instability:How I manage?	Dr.Sujay Nathan
10:08-10:16 am	Postero-medial elbow instability:How I manage?	Dr.Faizal Kareem
10:17-10:25 am	Arthroscopic adhesiolysis: when and how?	Dr.Ram Chidambaram
10:26-10:34 am	Relive Video: Lateral epicondylitis release	Dr.Premkumar V
10:35-10:50 am	Discussion	
11:00 am -12:00 pm	The Less Known session	
	Chairmen - Dr Pradeep Nair, Dr Vinceth Thomas Abraham	
11:00-11:08 am	Remnant preservation ACL: is there a role?	Dr.Sudheer U
11:09-11:17 am	Big pivot: Do we have to bother?	Dr.Vinod Padmanabhan
11:18-11:26 am	Rehabilitation after ACLR	Dr.Muhammed Fazil V V
11:27-11:35 am	ACL repair: Myth or reality	Dr.Anoop S Pillai
11:36-11:44 am	Mucoid degeneration ACL: where do we stand	Dr Rajanish R
11:45-11:53 am	OATS: Current concepts	Dr.Anil john
11:54 am -12:02 pm	Cartilage refixation procedures	Dr.Chirag Thonse
12:03-12:11 pm	ACL Tibial Spine Avulsion: How to fix it?	Dr.Moidu Shameer
12:12-12:30 pm	Discussion	
12:30-1:15 pm	Workshop 6 Labrum Repair	



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Register Now:



For Queries &
Information

AASK Secretariat :
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