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# Pune Knee Course

# 2017



**Theme: Focus Meeting on ACL and Meniscus Injuries**

**MMC CME  
Credit points  
applied for**



**21<sup>st</sup> & 22<sup>nd</sup> April, 2017 | Venue: Hotel J. W. Marriott, Pune**

# Welcome Message



**Dr. Sachin Tapasvi**  
Organizing Chairman



**Prof. Dr. Charles Henry Brown**  
Scientific Chairman

## Dear Friends,

It gives us immense pleasure to announce the 7<sup>th</sup> Pune Knee Course, on the 21<sup>st</sup> and 22<sup>nd</sup> of April, 2017. Education, training and imparting science has always been the philosophy of Pune Knee Course; and we will strive to fulfill the same again. This year we felt the need to have a focused meeting on ACL and Meniscus injuries. The incidence of ACL and Meniscus injuries is on the rise; and it is befitting to dedicate our two-day Course to discuss the diagnosis, management and prevention of these injuries. The ever-popular format of Breakfast Sessions, Panel Discussions, Keynote Lectures, Live Surgeries and the recently initiated Fireside Chats will be continued as tradition in the 7<sup>th</sup> Pune Knee Course. The 7<sup>th</sup> edition of the Pune Knee Course will be graced by Overseas and Indian faculty – who are masters in this subject.

We would like to take this opportunity to invite you for this grand Knee Course to be held on 21<sup>st</sup> and 22<sup>nd</sup> April 2017 at the elegant JW Marriott Hotel, Pune. For your convenience, the online portal for registration is already established.

We request you share the Course details with your friends and colleagues and encourage them to attend this Course. Please do register in large numbers and make this event a grand academic success.



# International Faculty



**Asheesh Bedi** is the Harold and Helen W. Gehring Early Career Professor of Orthopaedic Surgery and an Assistant Professor of Sports Medicine and Shoulder Surgery at the University of Michigan and MedSport Program. He has authored over one hundred publications on various injuries in athletes. His special interest in knee surgery include management of ACL reconstruction and graft options for knee surgery.



**Bertrand Sonnerly-Cottet** is a French legend and a giant in the arthroscopy world. He has done some excellent work in the knee arthroscopy at his centre in Lyon. His research in anterolateral instability of the knee and techniques to reconstruct the Anterolateral ligament are exceptional. Another area where he has extensive work is the ramp lesions of the medial meniscus, having developed a classification system and repair techniques for the same.



**Charlie H. Brown Jr., M.D.** is an American orthopaedic surgeon, certified by the American Board of Orthopaedic Surgery. Dr. Brown is recognized worldwide for his contributions in the areas of knee arthroscopy, meniscal surgery, knee ligament reconstruction, ACL graft fixation, the biomechanics of ACL replacement grafts, and ACL graft tunnel placement. His work on the ACL has been awarded the Herodicus Award and the Aircast Award by the American Orthopaedic Society for Sports Medicine. He is currently a Consultant Orthopaedic Surgeon and Director of the International Knee & Joint Centre in Abu Dhabi, United Arab Emirates.



**Christian Fink** from Austria is a great innovator, researcher and surgeon. His centre at Innsbruck is a centre for excellence for management of knee ligament injuries. With over 100 publications and more than 400 presentations worldwide, he is one of the most renowned international specialists in his area. He has done remarkable work in return to sports following ACL injury.



**Christopher Vertullo** is a specialist orthopaedic knee surgeon practicing at the Orthopaedic Surgery and Sports Medicine Centre, Gold Coast, Australia. He has particular expertise in complex ACL & PCL reconstructions, computer navigated total and revision surgery, minimal incision rapid recovery total & partial knee replacement, meniscal repair & preserving arthroscopy, advanced arthroscopic joint resurfacing/ cartilage restoration and is involved in the treatment of elite athletes and professional sports teams.



**Freddie Fu** has pioneered the way we manage ACL tears. He is credited with the Double Bundle ACL reconstruction surgical technique and has trained several Knee Surgeons all over the world. Do not miss this unique opportunity to interact with and learn from the legend himself.



**James Robinson** is a practicing orthopaedic surgeon at Avon Orthopaedic Centre, North Bristol NHS Trust, Bristol, U.K. He is a specialized Knee Surgeon with speciality fellowship training in Knee Arthroplasty and Soft Tissue reconstruction and Navigated Knee Surgery at France, He is recipient of the "Presidential Medal" for his work on navigated ACL reconstruction by the British Association for Surgery of the Knee (BASK) as well as by the Society Francaised Arthroscopie (SFA) for his description on the Anatomical Attachment of the ACL.



**Juan Carlos Monllau** from Barcelona, Spain is an authority not just in the Spanish and European orthopaedic community, but even globally. His original work in Knee Arthroscopy and Arthroplasty has provided deep insights into unexplored areas. He is the Director of Orthopedic Surgery at Hospital Sant Pau, and Head of Unit in the knee ICATME Instituto Dexeus universitario. Member of numerous national and international medical associations, and author of hundreds of publications projection abroad, he has received several national and international awards from bodies such as the European Federation of National Associations of Orthopaedic Sports Traumatology (EFOST).



**Kevin Wilk** has led a distinguished career as a clinical physical therapist, researcher and educator for the past 33 years, as a leading authority in rehabilitation of sports injuries and orthopedic lesions. He has significant contributions to laboratory research, biomechanical research and clinical outcome studies. Kevin is currently Associate Clinical Director for Champion Sports Medicine (a Select Medical Facility) in Birmingham, AL. In addition,

he is the Director of Rehabilitative Research at the American Sports Medicine Institute in Birmingham and is Adjunct Assistant Professor in the Physical Therapy Program at Marquette University in Milwaukee, WI. Wilk is also the Rehabilitation Consultant for the Tampa Bay Rays' Baseball Team, and has worked with the Rays for 18 years.



**Luke O'Brien** is the Vice President of clinical physical therapy at the Vail Valley Medical Centre, USA. Since joining Howard Head Sports Medicine as a physical therapist in 2002, Luke has focused on the treatment of lower extremity musculoskeletal disorders with a specialization in the treatment of the knee. He has served as an assistant physical therapist for the US Ski Team and as a consultant to teams including Manchester United and Barcelona football clubs, the New York Mets, and the Portland Trail Blazers. Luke has published numerous articles and text book chapters and is an adjunct faculty at the University of Colorado.



**Mark Clatworthy** from Auckland, New Zealand has been involved in pioneering computer guided knee surgery and is developing arthroscopic and knee replacement techniques which he teaches globally. His work and research in ACL reconstruction, especially with regards to graft selection, fixation and tunnel widening assessment have helped arthroscopy surgeons the world over improve patient care.



**Robert Smigielski, M.D.** is the Head of Department of Orthopaedic Surgery Traumatology and Sports Medicine Clinic Warsaw, Poland. He has been the team doctor for Polish National team for various prestigious sports events like the Olympics at London and Beijing, etc. He has done some ground breaking original research in management of soft tissue sports injuries of the knee.



**Romain Seil** is the President of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA). He is an authority not just in Europe but the world in matters concerning ACL injuries. He has researched and published extensively on paediatric ACL injuries and their management and rotational knee laxity with ACL injuries. His focus in organizing the arthroscopy community to improve the research and practice of diagnosing and treating ACL injuries is exemplary.



**Ronald J. Van Heerwaarden** is world renowned as a lecturer, educator and innovator in the field of osteotomies and limb deformity correction. He has helped to develop numerous surgical techniques, surgical instruments and medical devices which are used in the everyday practice of knee surgeons and limb reconstruction experts around the world. He is a pioneer in limb deformity analysis and planning of correction, basic and complex osteotomy techniques, revision for failed knee surgery techniques, new knee joint preservation treatments, bone healing of osteotomies and the biomechanics of new osteotomy fixation techniques to treat patients with limb deformities and knee osteoarthritis.



**Stephen M. Howell, M.D.** specializes in Kinetically Aligned Total Knee Replacement & Anatomic ACL Reconstruction. With his practice at the Sacramento Methodist Hospital in California, he has provided a new definition to Standard of Care in management of ACL and other soft tissue injuries besides Knee Arthroplasty.



**Thomas Harlem** practicing at Haraldsplass Deaconess University College, Bergen, Norway is a pioneer surgeon in ACL reconstruction and management of chondral injuries of the knee. He has extensive experience in training young surgeons in the art of arthroscopy and soft tissue knee surgery.



**Volker Musahl** from Pittsburgh, Pennsylvania is an Associate Professor in the Department of Orthopaedic Surgery at the UPMC Center for Sports Medicine. His research focuses on the anatomy and biomechanics of the ACL, clinical examination of the knee and rotatory knee laxity, surgical techniques of ACL reconstruction, and meniscus transplantation. He has done some pioneering work in quantitative assessment of Pivot shift test.

# Breakfast Sessions



## 07:30-08:30 - CONCURRENT ON FRIDAY & SATURDAY

### F1 / S1: HOW TO PERFORM AN ANATOMIC SINGLE BUNDLE ACL RECONSTRUCTION

Chairman: [Mark Clatworthy](#)

#### EDUCATIONAL OBJECTIVES:

- Technique, tips and tricks of femoral tunneling and fixation
- Technique, tips and tricks of tibial tunneling and fixation
- How to avoid complications
- How to bail out of complications

### F2 / S2: ADVANCES IN REHABILITATION OF THE ACL INJURED KNEE

Chairman: [Kevin Wilk](#)

*First Time*

#### EDUCATIONAL OBJECTIVES:

- Understanding ACL prevention strategies
- What determines the success and failure of various ACL prevention programs
- Devising a different Rehab program for the non athlete
- Determining return to play appropriateness of an athlete after an ACL injury

### F3 / S3: HOW TO PLAN AND PERFORM AN OSTEOTOMY

Chairman: [Ronald van Heerwaarden](#)

#### EDUCATIONAL OBJECTIVES:

- Importance of sagittal and coronal slope in primary and revision ACL

deficient knee

- Planning and execution of medial open wedge osteotomy
- Avoiding complications in osteotomy surgery
- Planning and execution of lateral close wedge osteotomy

### F4 / S4: HOW TO REPAIR A TORN MENISCUS: RAMP AND ROOT

Chairman: [James Robinson](#)

#### EDUCATIONAL OBJECTIVES:

- To visualize and recognize a meniscus ramp and root tear
- Techniques for ramp repair with all inside devices
- Techniques for ramp suture repair
- Tips and tricks for meniscus root repair
- Technique of combined HTO and root repair

### F5 / S5: ACL GRAFT SELECTION, HARVEST AND PREPARATION

Chairman: [Charles Brown](#)

#### EDUCATIONAL OBJECTIVES:

- Pearls for an easy BTB graft harvest and preparation
- Pearls for an easy Hamstrings graft harvest and preparation
- Pearls for an easy Quad tendon graft harvest and preparation
- Pearls for an easy Peroneus longus graft harvest and preparation

# Scientific Program



**FRIDAY, APRIL 21, 2017**

**09:00 - 10:00 LIVE SURGERY 1**

*First Time*

Single bundle transportal ACL reconstruction with Quad tendon autograft: [Christian Fink](#)

**10:00 - 11:00**

**SESSION 1:  
ACL ANATOMY AND BIOMECHANICS**

ACL fibres - Bundles or ribbons; Direct or indirect: [Charles Brown](#)

The ribbon concept: [Robert Smiegielski](#)

The bundle concept: [Freddie Fu](#)

The IDEAL concept is the correct concept: [Stephen Howell](#)

ACL Biomechanics: [Volker Musahl](#)

**11:00 - 11:45**

**SESSION 2:  
CLINICAL EVALUATION OF ACL INJURED KNEE**

*First Time*

Co-relation of common ACL instability scenarios by subjective clinical examination, objective quantitative iPad based assessment and objective stress MRI measurements: [Mark Clatworthy](#), [J. C. Monllau](#), [Asheesh Bedi](#), [Volker Musahl](#), [Anupama Patil](#) & others

**11:45 - 12:15**

**SESSION 3:  
TREATMENT OPTIONS**

Is there a role for non-operative treatment of ACL injuries?: [Kevin Wilk](#)

Who benefits from ACL reconstruction?: [Romain Seil](#)

**12:15 - 13:15**

*First Time*

**LIVE SURGERY 2**

SB ACL Reconstruction with footprint identification: [Charles Brown](#), [Bertrand Sonnerly-Cottet](#), [Stephen Howell](#), [James Robinson](#), [Mark Clatworthy](#), [Asheesh Bedi](#)

iPad based fluoroscopic co-relation by [Thomas Harlem](#)

**13:15 - 14:00**

**LUNCH**

**14:00 - 15:00**

**LIVE SURGERY 3**

All-inside ACL reconstruction with ALL reconstruction: [Bertrand Sonnerly-Cottet](#)

**15:00 - 15:45**

**SESSION 4:  
OPTIMIZATION OF ACL RECONSTRUCTION  
TECHNIQUE TO RESTORE NORMAL ANATOMY AND  
FUNCTION - A PANEL DISCUSSION**

What graft?

What technique?

Augmentation?

**15:45 - 16:30**

**SESSION 5:  
EXTRA-ARTICULAR ACL SURGERY**

Anatomy of the anterolateral complex: [Volker Musahl](#)

Biomechanics of extra-articular ACL procedures: [James Robinson](#)

ALL is THE key!: [Bertrand Sonnerly-Cottet](#)

Not so fast, ALL is not the whole story



## SATURDAY, APRIL 22, 2017

### 16:30 - 17:00 LIVE SURGERY 4

Extra-articular iliotibial band tenodesis:  
[James Robinson](#)

### 17:00 - 17:30 **SESSION 6: ACL REHABILITATION AND RETURN TO SPORT**

First Time

Advances in ACL Rehabilitation: [Kevin Wilk](#)

Return to sport after ACL surgery - Are we as good as we should be?: [Kate Webster](#)

### 17:30 - 18:00 **SESSION 7: OPEN HOUSE**

### 18:00 - 19:00 **FIRE SIDE CHATS (By invitation)**

### 19:30 onwards **COURSE DINNER**

### 09:00 - 09:30 **SESSION 8: THIS PAPER WILL CHANGE YOUR PRACTICE - IT CHANGED MINE! - ESSENTIAL INFORMATION THAT YOU NEED TO KNOW**

First Time

We will present path-breaking studies in ACL and Meniscus pathology that have redefined patient management.

### 09:30 - 10:00 **SESSION 9: ARTHROSCOPY VIDEO THEATRE**

Video presentation of interesting and complex cases.

### 10:00 - 10:45 **SESSION 10: PKC ORATION**

ACL Injuries in the skeletally immature: [Romain Seil](#),  
[President ESSKA](#)

### 10:45 - 11:45 **LIVE SURGERY 5**

High tibial osteotomy with slope correction:  
[Ronald van Heerwaarden](#)

### 11:45 - 12:45 **SESSION 11: HOW DO I GET IT RIGHT THE SECOND TIME**

Why does ACL-R fail?

Managing a malpositioned femoral tunnel

Managing a malpositioned tibial tunnel

Managing an enlarged bone tunnel

Managing increased tibial slope





**12:45 - 13:30**

**LUNCH**

**13:30 - 14:15**

**SESSION 12:  
COMPLICATIONS OF ACL SURGERY**

*First Time*

Pre-op and intra-op strategies to decrease infection rates: [Chris Vertullo](#)

Surgical management of infected ACL-R - Acute and late: [J. C. Monllau](#)

Prevention and treatment of stiffness post ACL surgery: [Kevin Wilk](#)

**14:15 - 15:00**

**LIVE SURGERY 6**

Meniscus root repair: [Chris Vertullo](#), [Romain Seil](#)

**15:00 - 16:45**

**SESSION 13: MANAGEMENT OF MENISCUS  
PATHOLOGY - FROM PARTIAL MENISCECTOMY TO  
TRANSPLANTATION**

Anatomy of the meniscus: [Robert Smiegielski](#)

Partial meniscectomy - When and How?

Why save the meniscus: [Charles Brown](#)

Improving arthroscopic visualization of medial and lateral meniscus: [James Robinson](#)

Meniscus Enhancement techniques: [Charles Brown](#)

Outside in repair

Inside out repair: [Charles Brown](#)

All inside repair using FastFix: [Chris Vertullo](#)

All inside repair using Speed Cinch: [Mark Clatworthy](#)

All inside repair using Sequent: [J. C. Monileau](#)

All inside repair using Omnispan

Avoiding complications in meniscus surgery

Meniscus substitution – Scaffolds and transplants:  
[Asheesh Bedi](#)

Rehabilitation following meniscus surgery: [Kevin Wilk](#)

**16:45 - 17:45**

**LIVE SURGERY 7**

Revision ACL reconstruction: [Mark Clatworthy](#)

**17:45 - 18:15**

**SESSION 14:  
OPEN HOUSE AND ADJOURN**

Disclaimer: Live Surgeries subject to availability of appropriate representative cases

# Registration Details



## Non-Residential Package

Category	Upto 15 <sup>th</sup> January, 2017	From 16 <sup>th</sup> January to 28 <sup>th</sup> February, 2017	From 1 <sup>st</sup> March to 31 <sup>st</sup> March, 2017	Late & Spot
PKC Conference (21 <sup>st</sup> & 22 <sup>nd</sup> April)	\$ 150	\$ 175	\$ 200	\$ 250
Breakfast Session (Per Session Per Day)	\$ 25	\$ 25	\$ 25	\$ 25

Non Residential Package for Pune Knee Course includes:

Registration for Pune Knee Course 2017 + Lunch on 21<sup>st</sup> & 22<sup>nd</sup> April, 2017 + Registration Kit + Gala Banquet Dinner on 21<sup>st</sup> April, 2017 + Visit to Trade Exhibition

## Residential Packages (2 Nights & 3 Days) at the Venue Hotel J. W. Marriott (Check-In: Thursday, 20<sup>th</sup> April | Check-Out: Saturday, 22<sup>nd</sup> April)

Category	Upto 15 <sup>th</sup> January, 2017	From 16 <sup>th</sup> January to 28 <sup>th</sup> February, 2017	From 1 <sup>st</sup> March to 31 <sup>st</sup> March, 2017	Late & Spot
Delegates on twin sharing (per person)	\$ 300	\$ 325	\$ 350	\$ 375
Delegates with One Accompanying Person	\$ 400	\$ 425	\$ 450	\$ 475
Delegates in single room	\$ 350	\$ 375	\$ 400	\$ 425
Breakfast Session (Per Session Per Day)	\$ 25	\$ 25	\$ 25	\$ 25

### Residential Package for Pune Knee Course includes:

Registration for Pune Knee Course 2017 + Room for 2 Nights (Check-In: Thursday, 20<sup>th</sup> April | Check-Out: Saturday, 22<sup>nd</sup> April) + Welcome Dinner on Thursday, 20<sup>th</sup> April + Banquet Dinner on Friday, 21<sup>st</sup> April + Breakfast on Friday, 21<sup>st</sup> April & Saturday, 22<sup>nd</sup> April, 2017 + Lunch on Friday, 21<sup>st</sup> April & Saturday, 22<sup>nd</sup> April 2017 + Registration Kit.

Airport transfers are not included in the above package. The Hotel check-in time is 15.00 hrs and check-out time is 12.00 Noon. Early check-in & late check-out is strictly subject to availability. Internet, Mini Bar, Room service, laundry and telephones etc will be settled by the guest at the time of check-out. You are requested to carry a photo ID proof required by the hotel at the time of check in.

## Cancellation and Refund Policy

- Cancellation request received on or before December 31, 2016 : 25% of registration and accommodation fee will be deducted
- Cancellation request received on or before February 28, 2017 : 50% of registration and accommodation fee will be deducted
- Cancellation request after February 28, 2017 : No refund



#### CONFERENCE SECRETARIAT

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**TAPASVI**

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An educational initiative  
by T.C.M.C