

# 6th BASIC KNEE ARTHROSCOPY AND REHABILITATION WORKSHOP 2018

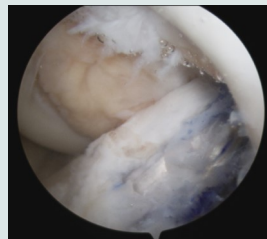
**Final Announcement**

**Date: 7th—9th April 2018**  
**Venue: Grand Season Hotel**

Who Should Attend:  
Orthopaedics Surgeons  
Sports Physician  
Masters Students



Who Should Attend?  
Allied Health  
OT Personnels  
Physiotherapists



**Save the dates**



**Limited Seats**



Organized by:  
Arthroscopy and Sports Injury Unit,  
Dept of Orthopaedics and Traumatology,  
Hospital Kuala Lumpur





**6<sup>TH</sup> BASIC KNEE ARTHROSCOPY AND REHABILITATION WORKSHOP 2018**

**Day 1 :** 7<sup>th</sup> APRIL 2018, Saturday  
**Venue :** Grand Seasons Hotel, Kuala Lumpur

TIME	TOPIC		
0800-0845	Registration		
0845-0900	Opening Ceremony		
0900-0920	Lecture 1 : Arthroscopic Anatomy of The Knee		
0920-0940	Lecture 2 : Anatomy & Biomechanic of ACL		
0940-1000	Lecture 3 : MRI of Knee		
1000-1015	Q & A		
1015-1030	Photo Session		
1030-1100	Tea Break		
1100-1120	Lecture 4 : Decision making in ACL deficient knee		
1120-1140	Lecture 5 : Graft Choices and Methods of Fixation		
1140-1200	Lecture 6 : Meniscus Anatomy and Biomechanics		
1200-1220	Lecture 7 : Meniscus Healing and Repair		
1220-1240	Lecture 8 : Cartilage Injury - Anatomy & Treatment Modalities		
1240-1300	Q & A		
1300-1400	Lunch Talk by PRIMO		
	Avenue 10	Avenue 11	Avenue 9
	Surgeon	Paramedic	Sports Medicine
1400-1500	<b>Dry workshop 1:</b> Meniscus repair – all inside	<b>Workshop 1:</b> A) Introduction to Arthroscopy B) Maintenance Of Arthroscopy Equipment and instruments.	<b>Ultrasound Workshop Session 1</b> <i>Injury Screening and Management Strategy of Knee Injury.</i> Common knee diagnosis and decision making. Application for MSK USG evaluation of knee.
1500-1540	<b>Dry workshop 2:</b> Meniscus repair – inside out	<b>Workshop 2:</b> Graft preparation	Hands on Sessions. Rehabilitation post knee injury- from theoretical to practical
1540-1600	Tea Break		
1600-1800	<b>Dry workshop 3:</b> Meniscus Repair – outside in	<b>Workshop 3:</b> Meniscus repair	
1800	End of Day 1 Session		

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**Day 2 :** 8<sup>th</sup> APRIL 2018, Sunday  
**Venue :** Grand Seasons Hotel, Kuala Lumpur

TIME	Avenue 10	Avenue 11	Avenue 9
	<b>Surgeon</b>	<b>Paramedic</b>	<b>Sports Medicine</b>
0800-0830	<b>Lecture 9:</b> Principles of ACL Reconstruction	<b>Lecture 12:</b> Sports Paramedic As A Career	<b>Ultrasound Workshop Session 2:</b> <i>Injury Screening and Management Strategy of Shoulder Injury</i> Evidence-based use of PRP of the shoulder. Common shoulder diagnosis & decision making Application for MSK USG valuation of shoulder
0830-0900	<b>Lecture 10:</b> Anatomical ACL Reconstruction: Surgical technique	<b>Practical hands on session:</b> Acute physio management post ACL reconstruction	
0900-0930	<b>Lecture 11:</b> Managing complications of ACL Reconstruction	<b>Practical hands on session:</b> Acute physio management post meniscus repair	
1000 - 1030	Tea break		
1030-1300	<b>Dry Workshop 4:</b> ACL recon (Hamstring)	<b>Workshop 3:</b> ACL Recon –Step By Step	<b>Ultrasound Workshop Session 2 (cont.)</b> Hands on sessions Common pitfalls in shoulder rehabilitation
1300-1400	Lunch Talk by PFIZER & BTL (M) SDN BHD		
1400-1530	<b>Dry Workshop 5:</b> ACL Recon (BPTB)	PCL POP with PTS -How to do it right	<b>Ultrasound Workshop Session 3:</b> <i>Interventional MSK Ultrasonography</i> Evidence-based of US guided injection- is it worth? Principles of MSK US-guided injection & common pitfalls Live demo sessions

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1530 -1600	Tea break		
1600 -1700	Preop Sessions (MO)		<b>Ultrasound Workshop Session 3 (cont.)</b> Live demo sessions
1700	End of Day 2 Session		

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**Day 3 :** 9<sup>th</sup> APRIL 2018, Monday

**SPORTS MEDICINE DELEGATES**  
**Venue :Grand Seasons Hotel, Kuala Lumpur**

Time	Venue 9, Level 1, Grand Season Hotel, Kuala Lumpur
0900-0930	Myofascial Trigger Points
0930-1000	Concept & Application of Dry Needling in Pain Management
1000-1030	Tea Break
1030-1230	Demonstration of dry needling & practical sessions
1230-1300	Closing ceremony and presentation of certificates
1300-1400	Lunch
1400	End of Day 3 Session

**SPORTS SURGERY DELEGATES**

**Venue: Level 8, SCACC, Hospital Kuala Lumpur**

Time	Daycare OT, Level 8,SCACC, Hospital Kuala Lumpur	
	Surgeon	Paramedics
0800 – 1130	Cases 1 to 6	
1130 - 1200	LUNCH	
1200 - 1500	Cases 7 - 12	
1500	End of Course	