

POSI MID-YEAR MEETING 2023



HIP PRESERVATION DEMYSTIFIED

**July 1,2 2023
Bengaluru, India**



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2023

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WELCOME



Dear Friends and Colleagues,

It gives us great pleasure to welcome you to Bangalore for the 2023 Mid-Year Meeting of Paediatric Orthopaedic Society of India. With the promise of increasing the longevity of a pathologic hip and providing pain free function in the prime years of life, Hip Preservation Surgery has advanced in leaps and bounds over the past decade.

The 2nd POSI Mid-Year Meeting due to be held on 1st and 2nd July 2023 offers an opportunity to hone your operative skills through a hands-on **cadaveric workshop at Ramaiah Advanced Learning Centre**. The list of faculty comprises experts from India and abroad who will share their knowledge and experience.

The course is designed to cater to surgeons interested in pelvic osteotomies for adolescent and young adult hip dysplasia. In addition, advanced techniques related to the surgical dislocation approach such as extended retinacular flap development, Modified Dunn osteotomy, head reshaping techniques and relative neck lengthening will be addressed.

With just 4 delegates and 1 supervising faculty per table in the lab, all attendees can be assured of a rich learning experience with personalised attention.

Due to the tightly packed academic schedule, we plan to deliver most of the theoretical principles and essential **pre-course reading through an online learning platform** to which delegates will have access prior to the course.

Bangalore, the cultural hub of India's youth, has much more to offer than just academics. If you find yourself with free time on a Friday, there are plenty of options to fill your evening with fun and create happy memories. We look forward to seeing you in July.

Signing off

Organising Committee

POSI Mid-Year Meeting 2023.

MESSAGE FROM THE PRESIDENT, POSI



The hip joint is truly a marvel of creation and plays a crucial role not only in our ability to walk, run and jump, but also to perform feats of human physical endurance. The evolution of the hip joint can be traced back to the earliest quadrupeds, which had simple ball-and-socket joints that allowed for limited movement. As humans evolved and became more upright, the hip joint underwent significant changes to accommodate the shift from quadrupedal to bipedal locomotion. In humans, the hip joint is characterized by a large femoral head and a deep acetabulum, which provides stability and support for the body while also allowing for a wide range of movement. The hip joint is essential to human movement, and any injury or disease that affects the joint can significantly impact a person's mobility and quality of life. With a better understanding of the biology, blood supply & biomechanics of the hip over the past few decades, hip preservation surgery has become the newest and most exciting tool to add to the Orthopaedic surgeon's armamentarium. It is an important treatment option for people with hip disorders, such as hip dysplasia, labral tears, or femoroacetabular impingement due to a variety of causes. This type of surgery aims to repair or reconstruct damaged tissues in the hip joint, preserve the natural structure and function of the joint, and prevent or delay the need for total hip replacement surgery.

As hip preservation techniques continue to evolve and improve, we need to constantly update our knowledge and refine our surgical skills. With this goal in mind, the Paediatric Orthopaedic Society of India (POSI), in collaboration with the renowned MS Ramaiah Advanced learning Centre, is pleased to offer a skills lab and hands-on cadaveric workshop to all Orthopaedic surgeons who have an interest in hip preservation surgeries. I welcome all delegates to participate in our 2nd Mid-year Meeting that will focus exclusively on hip preservation techniques. Since seats are limited, do register as soon as possible. See you all in Bangalore this July.



DR. ALARIC AROOJIS
PRESIDENT, POSI

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PROGRAMME



POSI MID-TERM MEETING: HIP PRESERVATION RE-VISITED

Saturday: Half day: 12:00 PM - 6.30 PM

Session 1: Basics of Hip Preservation (12:00 – 01:30 pm)

12:00 – 12:10 pm : Anatomy of the proximal femur and its blood supply

Objectives: to learn the unique anatomy of the proximal Femur, the various muscles encountered in this region, the blood supply to femoral head and the retinacular flap. The faculty will give practical tips to identify the structures and to develop the necessary intervals and flaps.

The delegates should be able to identify all the important anatomical landmarks needed for execution of various hip-preservation procedures on the femoral side (Tensor Fascia lata, Gluteus maximus, the Gibson interval, Gluteus medius-Conjoint tendon-Vastus lateralis, Piriformis-Gluteus minimus interval, Obturator internus with Gamelli, Obturator externus, reflected head of Rectus femoris, Capsule, Ligamentum teres and the Ligament of Weitbrecht.

12:10 – 12:20 pm : Anatomy of the pelvic bone with its blood supply

Objectives: to learn the anatomy of the pelvic bone along with its important blood vessels. The faculty will give practical tips to identify the structures and to develop the necessary intervals to make the various cuts in the pelvis.

The delegates should be able to identify all the important anatomical landmarks needed for execution of various hip-preservation procedures on the acetabular side (Tensor Fascia lata, Sartorius, Lateral femoral cutaneous nerve, straight head of Rectus femoris, rectus – Iliopsoas interval, Iliopectineal bursa, Iliopectineal membrane, the Iliopectineal eminence and Pubic tubercle and the Pelvic brim)

12:20 – 12:35 pm: Coxa recta & rotunda – hip morphology from evolutionary standpoint

Objective: to discuss the morphological variations in human hip joint due to evolution and the reason for FAI – dysplasia morphology

PROGRAMME



POSI MID-TERM MEETING: HIP PRESERVATION RE-VISITED

12:35 – 12:45 pm: The Eyes do not see what the Mind does not know..... Making sense of plain Radiology for decision making in hip preservation surgeries

12.45 – 1:15 pm: Radiology exercises – delegates to read and identify problems in the X-rays

(We shall give printouts of ten different pelvis with both hips X rays and ask the delegates to read the X rays and write their findings which would be discussed)

1.15-1.30pm: Tools of the Trade: Instruments and implants required for Hip preservation surgeries.

***Objective:** To know the special instruments as well as implants used in surgeries. We will also be showing the ideal Hip preservation set which makes life easier during surgeries.*

1:30 – 2:30 pm: Lunch

Session 2: Cadaver Session

2:30 – 4:30 pm: Cadaveric demonstration of Hip Preservation procedures

Session 3: Didactic Session on Femur & Pelvic Osteotomy

4:30 – 5:30 pm : Common Hip Preservation Procedures

4:30 – 4:40 pm : Varus & Valgus Osteotomy – principles & technique

4:40 – 4:50 pm : Neck lengthening procedures

4:50 – 5:00 pm : Head Reduction Osteotomy

5:00 – 5:10 pm : Triple Innominate & Variations

5:10 – 5:20 pm : PAO & its modifications

5:20 – 5:30 pm : Discussion

Session 4: 3D Bone model session

Discussion of Paediatric and adolescent hip disorders needing Hip preservation surgeries

PROGRAMME



POSI MID-TERM MEETING: HIP PRESERVATION RE-VISITED

Sunday: Full day: 08:00 am - 4:30 PM

8:00 am – 12:00 pm

Batch A – Cadaver lab- SSD and related surgeries

Batch B – Cadaver lab- PAO/ Triple osteotomy

12:30 pm – 4:30 pm

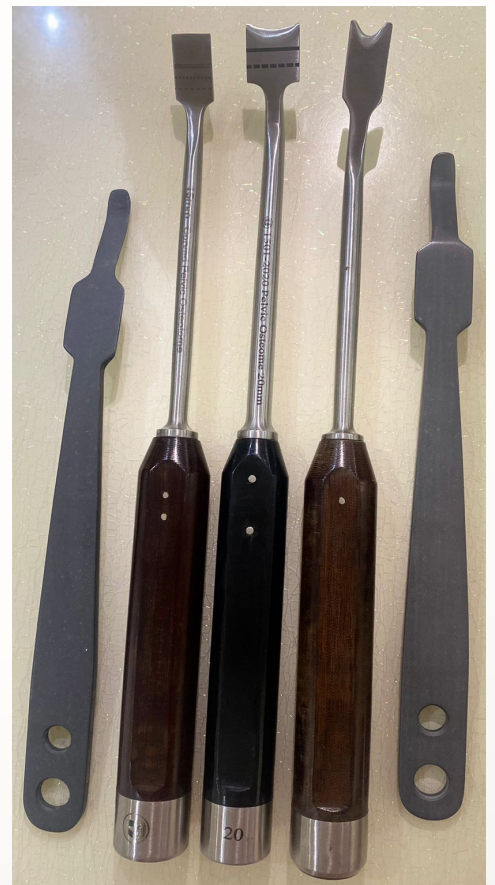
Batch B – Cadaver lab- PAO/Triple osteotomy

Batch A – Cadaver lab- SSD and related surgeries



Due to the tightly packed academic schedule, we plan to deliver most of the theoretical principles and essential pre-course reading through an online learning platform to which delegates will have access prior to the course.

Universal is providing a set of 3 osteotomes for periacetabular osteotomy and a pair of radiolucent retractors at a special course price of Rs 14,000 including GST. If delegates reserve the osteotome set while registering, it can be collected during the course. These instruments have been selected by our faculty as the minimum instrument set necessary to perform PAO.



VENUE

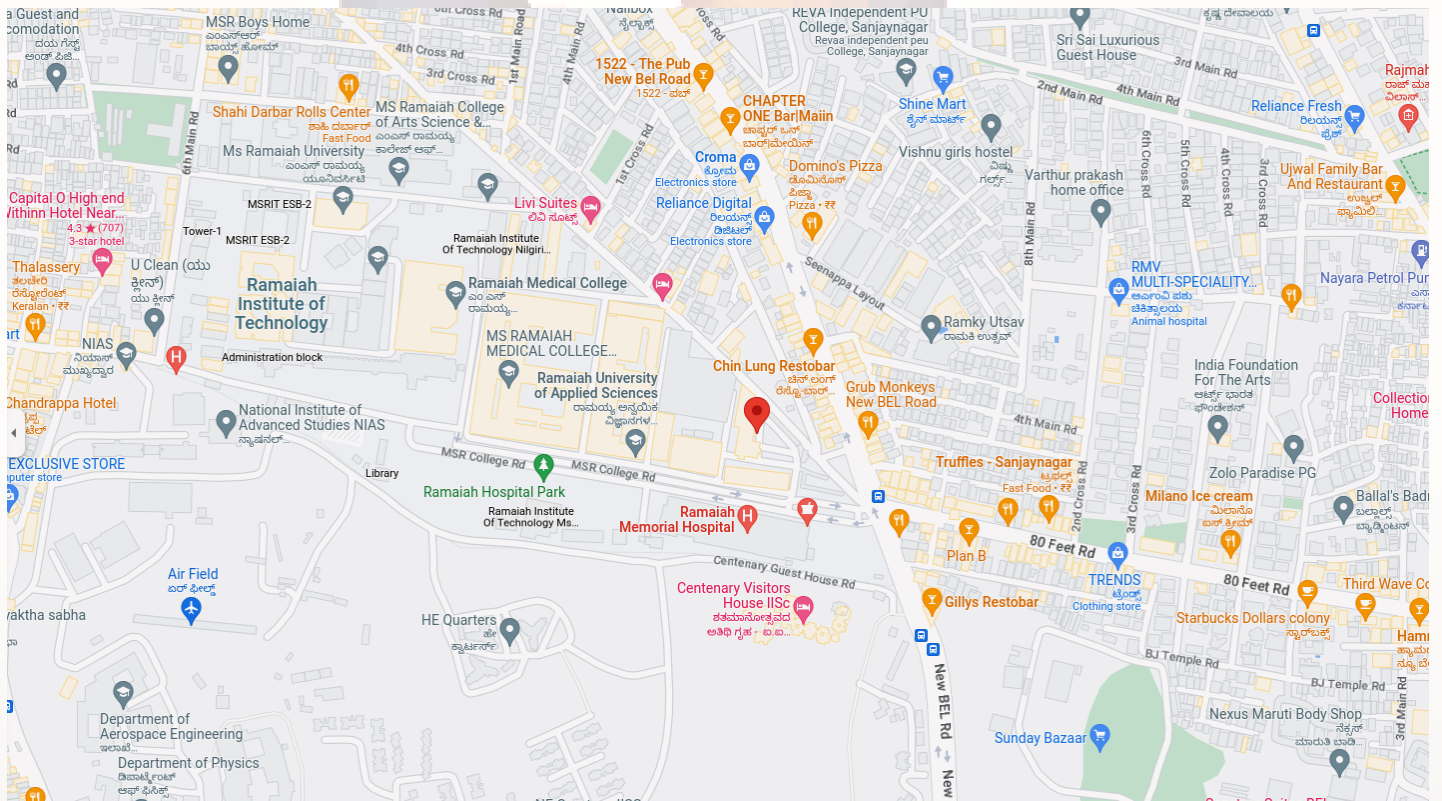


MS RAMAIAH ADVANCED LEARNING CENTRE

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DR SANJEEV MADAN



DR MOHAN BELTHUR



DR ALARIC AROOJIS



DR SANDEEP
PATWARDHAN



DR TARAL NAGDA



DR MANOJ PADMAN



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REGISTRATION & TARIFF



	Early Bird (Before 31st May)	Regular Registration (After 31st May)
POSI / Karnataka Orthopaedic Association / Bangalore Orthopaedic Association Members	25,000 INR	27,500 INR
OTHERS	27,500 INR	30,000 INR
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EARLY BIRD RATES CLOSE ON 31/05/2023.

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ADDRESS:

12/8 D SILVA LAYOUT WHITEFIELD MAIN ROAD,
WHITE FIELD, BANGALORE
KARNATAKA, INDIA
PINCODE- 560066

PHONE :

917760978461

BANK NAME:

AXIS BANK

ACCOUNT NUMBER :

916020018320525

BRANCH:

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BENGALURU 560066

IFSC CODE :

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Cancellation Policy

Before May 31st 2023 - 75% refund

Before June 15th 2023 - 50% refund

After June 15th 2023 - no refund

For More information / clarification contact

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HOSTED BY: BANGALORE PAEDIATRIC ORTHOPAEDIC FOUNDATION



Art: Dr. Easwar T.R



Paediatric Orthopaedic Society of India