



# LOWER LIMB SYMPOSIA

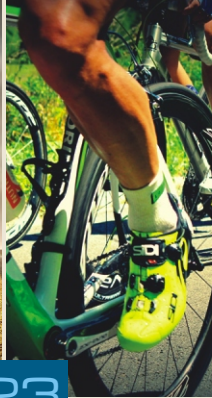
## Basic

### KNEE WORKSHOP

Sir Ganga Ram Hospital  
New Delhi

Sunday, 19th March 2023

All Round ACL-Recent Advancement



SMAV 2023

Organised By

SS Foundation

with

Sports Medicine Unit

Department of Orthopaedics

SIR GANGA RAM HOSPITAL

In Association with

Delhi Orthopaedic Association

Indian Federation of Sports Medicine

&

Indian Arthroscopy Society



# ARTHROSCOPY

19th Sports Medicine & Arthroscopy Workshop





*Dear Friends*

**W**e at Sir Ganga Ram Hospital invite you all to **On-site 19th Sports Medicine and Arthroscopy Workshop** on Sunday, 19 March 2023. Moving from the virtual world on to the real face-to-face meeting will be a refreshing change for all of us. The focus of SMAW2023 will be **“All around ACL—recent advancements”**.

We are seeing a sea of changes in our approach to how we deal with ACL Injuries. The graft choices have opened up new avenues like Quadricep tendon and Peroneal graft. The understanding of anatomy and biomechanics of ACL has advanced, fixation modalities are getting more robust and less technically challenging with development of variable loop. A more minimalistic and biological approach of “All inside ACL reconstruction” and “Internal bracing” providing belt and braces to reconstruction are some of the new developments in the field that will be discussed threadbare during the meeting.

We have a host of all well-known local and national faculty who will be discussing the nitty-gritty of ACL and then take the delegate through the hands on workshop practising the skills discussed during the conference.

We invite you all to a physical on-site scientific feast with a robust scientific program planned that will leave us all wiser by the end of the day. I promise the day will be well spent.

**Wish you all and family a very Happy New Year**

Dr. Prateek Kumar Gupta  
*Organising Chairman*  
SMAW2023

**ARTHROSCOPY**  
*Life is Movement, Movement is Life*

# PROGRAMME

## SCIENTIFIC SESSION

### Scientific Deliberations

- Primary ACL repair – Myth or reality?
- All inside repair – Has it stood the test of time?
- Variable loop - Is it as good as fixed loop?
- ACL - Is it a rope or ribbon or double bundle?
- Internal bracing - Is it a method of choice?
- ACL Reconstruction in varus knee
- Biologics in ACL Reconstruction

### Video Technique Session

- New kid on the block – CQT (Central Quadriceps Tendon)
- Is the gold standard now old? – BTB
- A walkable option – Peroneus graft
- Fixation techniques of various grafts

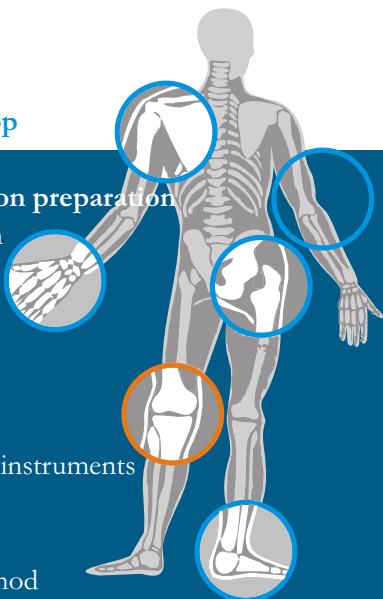
### Panel Discussion

### Case based Discussion

### Live Surgeries

### Hands-On Workshop

- **A - Hamstring tendon preparation**
  - Cleaning of tendon
  - Baseball stitching
  - Strength testing of stitch
- **B - Saw bone ACL Reconstruction**
  - ACLR using actual instruments
  - Fixed loop
  - Variable loop
  - Other fixation method
- **C - Clinical exam of knee with ACL tear**
  - All tests discussed and practiced threadbare



## REGISTRATION FORM

Please write in CAPITAL letters only  
(Photocopy of this form can also be used for registration)

Name .....

Designation ..... Qualification .....

Institution .....

Address .....

.....

Tel ..... Mobile ..... Email .....

Registration Fee	Till 15th Feb 2023	After 15th Feb 2023
1. Delegates Fee	Rs. 1,500	Rs. 2,000
2. Postgraduate Delegates Fee	Rs. 1,000	Rs. 1,500

I am enclosing a Cheque / Draft No.....

for Rs. .... dated .....

drawn on ..... (name of bank)

Cheques/Drafts may please be drawn at Delhi in favour of **Shashi Subodh Foundation** (No outstation cheques will be entertained, please)

Duly completed form with cheque / draft to be sent by Courier only to:

**Dr. Prateek K. Gupta**

Organising Chairman

**Sports Medicine & Arthroscopy Workshop**

**A+ ORTHOPAEDIC AND SPORTS MED  
CENTER**

C- 2/5 Safdarjung Development Area, Aurobindo Marg, New Delhi 110 016

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## ORGANISERS

### Patrons

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Dr. J. Sood

Dr. Ajay Swaroop  
Dr. Anupam Sachdev

### Organising Dept. Chairman

Dr. V. B. Bhasin

### Organising Chairman

Dr. Prateek Kumar Gupta

### Organising President

Dr. V. K. Nijhavan

### Organising Secretary

Dr. Ashis Acharya

### Scientific Committee

Dr. Vinod Kumar  
Dr. Dhananjay Sabat  
Dr. Amarjit Singh

### Workshop Committee

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Dr. Amarjeet Singh  
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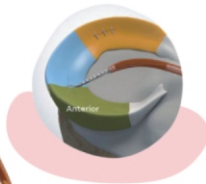
Read more  
repair more

### Fast-fix flex<sup>o</sup>

Meniscal Repair System

Fast-fix flex<sup>o</sup> enables all-zone all-inside meniscal repair to treat tears previously not accessible\*<sup>1-3</sup>

**Smith+Nephew**

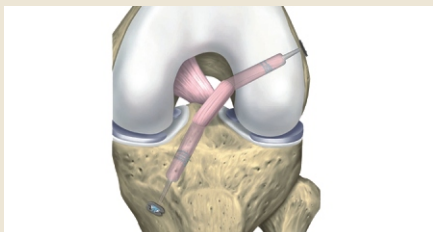


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## AGENDA



Primary ACL Repair



All inside ACL reconstruction



Internal Bracing

Register yourself online by clicking  
<https://smaw.in/registration>

Please enquire for Zoom Link to attend the scientific session virtually

*For further information, please contact*

**Dr. Prateek K. Gupta**

**President - Indian Arthroscopy Society (2018-2020)**

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