



14th December 2013

Basic Knee Arthroscopy Cadaver Course

1:30 PM – 2:00 PM – lunch , Introduction and allotment of batches

2:00 PM – 2:30 PM – Clinical Examination of Knee .Understanding all tests and doing them on volunteers-DR MOHAN

2:30 – 3:00 PM - Reading Knee MRI

3:00 - 3:40 PM -- KNEE ARTHROSCOPY INSTRUMENTATION- CARE STERILISATION AND HANDLING , DIAGNOSTIC KNEE ARTHROSCOPY ROUND – UNDERSTANDING STRUCTURES AND PORTALS OF APPROACH - Dr Ips Oberoi

3: 40 – 4:00 PM -TEA

4.00 – 5.30 pm - HANDS ON WORKSHOP ON KNEE ARTHROSCOPY MODELS WITH INSTRUMENTS – TRIANGULATION EXERCISES , LOOSE BODY REMOVAL AND MENISCECTOMY- DR MOHAN

5:30 – 5:45 PM – ARTHROSCOPIC SYNOVECTOMY AND LOOSE BODY REMOVAL-- DR MOHAN

5.45- 6:00 PM - ARTHROSCOPIC MENISCUS SURGERY—DR
Rajkumar amaravathi

Basic Knee Arthroscopy :Day 2

15 December 2013

9.00 - 9.15 am

Allotment of cadaver badge and table

Change into theatre dress

Hands out of flow chart of how cadaver training will progress

9.15- 9.45-

Demonstration of positioning

Connecting optical attachment

White balancing

Focus and zoom

Demonstration of surface marking

Making of portals - anterior medial and lateral

Diagnostic knee arthroscopy round

How to avoid fat pad

Probing of knee structures

9.45-10.45

Delegates do all the above steps themselves

10.45-11.15

Demonstration of menisectomy

Demonstration of loose body removal

Demonstration of synovectomy

Use of coblation for knee pathologies

11.15-12.15

Delegates do all the above steps themselves

12.15-12.45

Making of posterior medial , posterior-lateral portal and suprapatellar portals

12.45-1.45

Delegates do all the above steps themselves

1.45-2.30 pm

Lunch

2.30-3.30

Open house

Timing of arthroscopy in acute injured knee

Problems during arthroscopy

Complications of arthroscopy

Arthritis and arthroscopy

Questions from delegates

3.30pm - certificate , feedback and future training programs