

DEPARTMENT OF SHOULDER, KNEE & SPORTS INJURY

Presents

# OFFICE ORTHOPAEDICS

Theme : OP Management of Daily Orthopedic Conditions



**Date :**

29 March 2026

**Time :**

09:00 am to 02:00 pm

**Venue :**

Hotel Radisson



## SPINE

Road map to neck pain Management

09:00 - 09:10

The painful Back : Systematic Approach

09:10 - 09:20



### Dr C S VISHNU PRASATH

MS (Orthopaedics), DNB (Orthopaedics), FNB (Spine Surgery)  
Consultant Spine Surgeon,  
SKS Hospital & Postgraduate Medical Institute

09:00

09:20



## SPINE

Beyond Mechanical Pain : Approach to Inflammatory Back Pain



### Dr S VISHNUPRIYA

MD, DM (Rheumatology & Clinical Immunology)  
Rheumatologist & Clinical Immunologist  
SKS Hospital & Postgraduate Medical Institute

09:20

09:30

## DISCUSSION

09:30 - 09:40

## INAUGURATION

09:40 - 10:00

## KEYNOTE LECTURE 1



## SHOULDER

Rotator Cuff Injury : Simplifying Diagnosis and Treatment



### Dr K N SUBRAMANIAN

MS, MRCS Ed, M.Ch Orth, FRCS (Tr & Orth), CCT Orth (GMC-UK)  
Sr. Consultant & Professor- Shoulder Surgery, Arthroscopy and  
Arthroplasty, Vale Hospital, Madurai

10:00

10:20



## SHOULDER

Frozen in Time : Decoding the Latest Trends and Evidence on  
Adhesive capsulitis



### Dr M SATISH KUMAR

Fellowship in Arthroscopy & Sports Medicine (ISAKOS),  
Fellowship in Shoulder and Knee Surgery (UK)  
Consultant Shoulder, Knee and Sports Injury Surgeon  
SKS Hospital & Postgraduate Medical Institute

10:20

10:30



## HEART

When Shoulder Pain is not Orthopaedic : A Cardiologist's Perspective



### Dr M SHATHISH KUMAR

MD (Paediatrics), FPC, DNB (Cardiology), FSC, FSCAI  
Consultant Adult, Paediatric Interventional Cardiologist  
SKS Hospital & Postgraduate Medical Institute

10:30

10:45

## DISCUSSION

10:45- 10:55

## TEA BREAK

10:55- 11:05



## KNEE

Osteoarthritis Knee Management : What to Do and When



### Dr G MYLVAHANAN

MS (Orthopaedics)  
HOD, Sr. Consultant Joint Replacement & Trauma Surgeon  
SKS Hospital & Postgraduate Medical Institute

11:05

11:15

## KEYNOTE LECTURE 2



## KNEE

Knee Stability Under Threat : Treating Cruciate and collateral Injuries



### Dr VINAY KUMARASWAMY

MS - Orthopaedics, DNB -Orthopedic Surgery, MRCS (UK), FASM, Fellowship  
in Arthroscopy & Sports Injury (ISAKOS)  
Consultant Knee and Shoulder Surgeon, Fortis Bangalore

11:15

11:35



## KNEE

Treating the Injured Meniscus: What to Do and When



### Dr CHAITANYA GHANTA

MS - Orthopaedics, MRCS (UK), FIJR, FASM,  
Fellowship in Arthroscopy, Sports Medicine & Trauma, Wales, UK  
Consultant Arthroscopy and Arthroplasty Surgeon  
Sree Sankalpa Multispeciality Hospital, Guntur.

11:35

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11:45

## DISCUSSION

11:45- 11:55



## FOOT & ANKLE

Heel Pain Simplified : Treating Achilles Tendinitis and  
Plantar Fascitis



### Dr JAIDEEP SINGH

MS (Orthopaedics), FIRJR, FIJR, FISS (ISAKOS), FIAS (Cardiff, U.K.)  
Consultant Shoulder, Knee & Ankle Arthroscopy Surgeon  
Amor Hospital, Hyderabad

11:55

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12:05



## WRIST

Expert Insights on carpal tunnel, De quervain & ulna side pain



### Dr UDAYAMOORTHY S,

MS (Ortho.), DNB (Ortho.),  
FASM - Fellowship in Arthroscopy and Sports Medicine,  
Lead Consultant Dept. SMART (Sports Medicine & Arthroscopy, Research &  
Technique) Apollo Speciality Hospitals, Trichy

12:05

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12:15



## ELBOW

Managing Tennis Elbow: From Brace to Release



### Dr PRAJWAL GANESH,

MBBS, MS (Ortho.),  
Fellowship in Shoulder and Upper Limb Surgery (SES)  
Fellowship in Arthroscopy and Sports Medicine (Cardiff and Wales, UK)  
Consultant Arthroscopy and Arthroplasty Surgeon, Rajam Nursing Home, Tiruvannamalai.

12:15

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12:25



## PAIN MEDICINE

Interventional and Multimodal  
Pain Management in Orthopaedic Care



### Dr G PRABU,

MD, DNB, PDCC, EDAIC, IDRA, MNAMS, FICP  
Fellowship in Chronic Pain Management, (Toronto, Canada)  
Consultant Anaesthetist & Pain Physician  
SKS Hospital & Postgraduate Medical Institute

12:25

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12:35

## DISCUSSION

12:35 : 12:45



## REHAB

Regenerative Paradigm : Accelerating the biological Scaffold.



### Dr V SENDIL COUMAR PT

Senior Physiotherapist,  
Tutor - Movementology Academy

12:45

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01:00

## PANEL DISCUSSION

*\*CME Special*

01:00 : 01:40

## END GAME

Arthroscopic Surgery for Shoulder & Knee Ligament Injury



### Dr M SATISH KUMAR

Fellowship in Arthroscopy & Sports Medicine (ISAKOS),  
Fellowship in Shoulder and Knee Surgery (UK)  
Consultant Shoulder, Knee and Sports Injury Surgeon  
SKS Hospital & Postgraduate Medical Institute

01:40

-

01:50

## LUNCH

### ORGANIZING CHAIRMAN

#### Dr SURESH VISWANATHAN

MBBS, MBA (HCA)  
Managing Director  
SKS HOSPITAL & POSTGRADUATE MEDICAL INSTITUTE

### ORGANIZING SECRETARY

#### Dr M SATISH KUMAR

Consultant Shoulder, Knee and Sports Injury Surgeon  
SKS HOSPITAL & POSTGRADUATE MEDICAL INSTITUTE

### ORGANIZING TEAM

#### Dr G MYILVAHANAN

HOD, Sr. Consultant Joint Replacement & Trauma Surgeon  
SKS HOSPITAL & POSTGRADUATE MEDICAL INSTITUTE

#### Dr C S VISHNU PRASATH

Consultant Spine Surgeon  
SKS HOSPITAL & POSTGRADUATE MEDICAL INSTITUTE

#### Dr M SHATHISH KUMAR

Adult, Paediatric & Interventional Cardiologist  
SKS HOSPITAL & POSTGRADUATE MEDICAL INSTITUTE

#### Dr G PRABU

Consultant Anaesthetist & Pain Physician  
SKS HOSPITAL & POSTGRADUATE MEDICAL INSTITUTE

#### Dr S VISHNUPRIYA

Consultant Rheumatologist & Clinical Immunologist  
SKS HOSPITAL & POSTGRADUATE MEDICAL INSTITUTE

### REGISTRATION DETAILS:

For Registration Visit : [skshospital.org](http://skshospital.org)

**POSTGRADUATE**

₹ **700**

**CONSULTANT**

₹ **1000**

#### Note :

- Last date for registration 23 March 2026
- From 24 March 2026 onwards to onspot registration fees for all the delegates will be ₹ 1500
- Please note that a processing fee and applicable GST will be added to the registration amount
- The final total payable will include these additional charges

#### For Queries Contact:

**Mr YUVARAJ** : + 91 74184 87222

**Mr SANTHOSH** : + 91 74184 89222