

7th International Meet of the Asia Pacific Orthopaedic Association Young Surgeons Forum 2025

21st & 22nd Feb 2025

Ganga Hospital, Coimbatore, India



Prof. S. Rajasekaran
Organizing Chairman



Dr Jamal Ashraf
President
Asia Pacific Orthopaedic Association (APOA)



Dr Raja Bhaskara R
Organizing Secretary

Dear Colleagues and Young Orthopods,

It is with great pleasure that we invite you to the 7th International Meet of the Asia Pacific Orthopaedic Association Young Surgeons Forum 2025 , which will be held in Coimbatore, India, from February 21st to 22nd, 2025. The Theme for this Meeting will be 'Cultivating the Future Leader in You'.

This Innovative Program will focus on the various facets of developing, shaping, and shaping the orthopaedic careers of young surgeons. Sessions of Professional development, Personal development, and Setting up of Orthopaedic practices will be discussed and deliberated. Experts will give their insights on their success stories. Young surgeons can present their work on important topics, such as interesting case presentations, innovative techniques, and complications. Best Presentations will win awards and the chance to win fellowships. Above all, the Meeting will highlight the true spirit of APOA - Friendship and Collaboration.


SCIENTIFIC PROGRAM

DAY 1

Feb 21, 2025 - Friday

Time	Topic	Speakers	Duration
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7:30 - 8:30 am Registration A-Block 6th Floor			
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8:30 - 8:40 am			
 INAUGURATION - LAMP LIGHTING			
TNOA President	APOA President	COS President	
TNOA Secretary	APOA YSF Chairman	COS Secretary	

Inaugural Address Dr S. Rajasekaran			
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8:40 AM - 9:00 AM	Special Address by TNOA President Special Address by APOA President APOA - YSF : India - The Journey so far Brief about the Meeting	Dr Manikandan N Dr Jamal Ashraf Dr Yudha M Sakthi Dr Raja Bhaskar	5 min 5 min 5 min 5 min
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Time	Topic	Speakers	Duration
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09:00 am - 9:30 am

Specialty Session: Orthopaedic Trauma

Moderators :

Dr Devendra A, Dr Ramesh P

9 - 9.30 AM	Role of AO Trauma in Improving fracture care worldwide	Dr Jamal Ashraf	8 min
	Locking Plates in Orthopaedics - Avoiding Pitfalls & Getting it right	Dr Dheenadhayalan J	8 min
	Advances in 3D Printing in Trauma	Dr Thirunarayan V	8 min

9.30 AM to 10.30 AM

Innovative Techniques & Case Presentations by Young Surgeons

8 Young Surgeons (5 min each)

Sathish Kumar T - Unique & Versatile Implant of the Millenium - Solution for Humerus fractures

Samarth Mittal - FNS Implant in Femoral Neck fractures - Is it worth the hype ?

Imran Asif - Cementotomy - Assisted Masquelet Technique in Distal Femur Bone Defects

Gyan Ranjan - Distal Femur Locking Plate - Boon or Bane? - My Perspective

Rohan Singh - Super Constructs in Complex Trauma - absolu'TIVE' fixation

Saket Prakash - Supra-patellar Nailing in Proximal Tibia fracture - Our perspective

Gurpreet Goyal - Dual Plating in Distal Femur fractures - Is it necessary ?

Sushant Srivastava - Aseptic Non-Union for Humerus - Our Management Experience

Time	Topic	Speakers	Duration
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 **Leadership in Orthopaedics - Get Inspired, Get Empowered !**

Moderators :
Dr Swapnil Keny, Dr Rex C

10.40 - 12.15 PM	Dare to Dream & Strive to Achieve	Dr Sachin Tapasvi	15 min
	Cultivating High Performance Teams - The Ganga Story !	Dr S Rajasekaran	15 min
	Lessons from my Mentors - Chicken Soup for Young Surgeons	Dr Jamal Ashraf	15 min
	Following my Passion - Achieving Excellence in Pelvi-Acetabular Surgery	Dr Ramesh K Sen	15 min
	Building Institutions of Excellence	Dr Guruva Reddy	15 min

Interactive Discussion with Young Surgeons - Q&A (20 min)

Time	Topic	Speakers	Duration
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12.15 pm - 01:00 pm

Short Stories - Seeds for Inspiration !

Moderators :

Dr. Samarth Mittal, Dr. Neha Godghate


12.15 - 1.00 PM	<p>Metamorphosis - Building a Sub-speciality Department</p>	<p>Dr Rujuta Mehta</p>	<p>10 min</p>
	<p>Network is my Net-worth: My Journey to IOA Secretary</p>	<p>Dr Rajeev Raman</p>	<p>10 min</p>
	<p>My Failures, and how they shaped me !</p>	<p>Dr Vaibhav Bagaria</p>	<p>10 min</p>
	<p>Psychology of Complications</p>	<p>Dr Rishi M Khanna</p>	<p>10 min</p>



1:00 pm - 2 pm

Lunch

Time	Topic	Speakers	Duration
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2 pm - 3:30 pm

Speciality Session: Arthroplasty & Joint Replacement

Moderators:

Dr Soundarrajan D, Dr Yuvarajan P

02.00 - 2.40 PM	Lessons for the Young Arthroplasty Surgeon	Dr Guruva Reddy	8 min
	First '5' Years of Arthroplasty Practice - What to Expect	Dr Anoop Dhamangoankar	8 min
	Robotic TJA - Where are we today ?	Dr Dhanasekara Raja P	8 min
	The Alignment Conundrum - Is there a role for Unrestricted KA	Dr Sahil Sanghvi	8 min
	Revision Arthroplasty in 2025 - Where are we ?	Dr Rajkumar N	8 min

02.40 - 3.30 PM Innovative Techniques & Case Presentations by Young Surgeons

6 Young Surgeons (6 min each)

- Arul Prakash** - Complex Revision THA - Navigating the Fracture Complexity
- Soundarrajan D** - Simultaneous Deformity Correction and Hinged Total Knee Arthroplasty For Severe Biplanar Distal Femur Extraarticular Deformity
- Chaitanya Kishore** - Challenging Second Stage Revision - Survival Story
- Sahil Batra** - Adversity with Replacement in Ankylosing Spondylosis - How we Overcame it
- Srinivas Sowlee** - THR in Post-Acetabulum Fracture Non-Union
- Aditya Bharadwaj** - THR in Failed IT fracture - My Perspective

Time	Topic	Speakers	Duration
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3:30 pm - 5.00 pm

Speciality Session: Arthroscopy & Sports Medicine

Moderators :

Dr Ramakanth R, Dr Nitesh Gahlot

03.30 - 4.20 PM	Arthroscopy in India - The Growth so far	Dr Sachin Tapasvi	10 min
	First '5' Years of Arthroscopy Practice - What to Expect	Dr Chirag Thonse	10 min
	Arthroscopy as a Speciality in a Metro - My Journey	Dr Rajeev Raman	10 min
	Evolving as an Arthroscopy Surgeon: Importance of Basics & Soft Skills	Dr Santosh Sahanand	10 min
	Gaining Finesse in Shoulder Arthroscopy	Dr Sundararajan SR	10 min

04.15 - 5.00 PM

Innovative Techniques & Case Presentations by Young Surgeons

6 Young Surgeons (6 min each)

Ankit Kataria - A Comparative Evaluation of Arthroscopic ACL reconstruction results with quadrupled hamstring graft using Tight Rope (T Button) or Bioscrew as tibial tunnel graft fixation methods.

Prasad Soraganvi - Pre-Operative Prediction of Hamstring Tendon Graft size for ACL Reconstruction with MRI

Hari Arjun Jeganathan - Anthropometry Measurements & Co-Relation in Primary ACL Reconstruction

Udepto Iodh - Outcome of ACL Reconstruction in Acl Deficient Knees with Medial compartment Osteoarthritis

Nitesh Gahlot - Massive rotator cuff tears: a case based approach

Varun Joshi - Arthroscopic Assisted Fixation of Proximal Tibia Fractures

Time

Topic

Speakers

Duration

Hall C



2:00 pm - 4:30 pm
WOICE to WAVES !

WOMEN'S ADVOCACY EDUCATION SUPPORT

Moderators : Dr Sindhura, Dr Nagashree V

02.00 - 3.15 PM

WOICE in 2025 - the Journey so Far !

Dr Rujuta Mehta

10 min

There is Scope in Everything - My Journey in Arthroscopy !

Dr Neha Godghote

8 min

Diversity in Orthopaedics - the Turkish Flavour !

Dr Derya S

8 min

Training & Fellowships as an Orthopod - My Journey

Dr Karen Dsa

8 min

Driven by Joints - My Arthroplasty Journey

Dr Rithika Singh

8 min

My Three Pillars - some Scuba, some Music & Deformity Correction

Dr Ishani Chaudary

8 min

AO Grant to Academic Prize - My Research Story !

Dr Nagashree V

8 min

3.15 PM to 4.30 PM

Innovative Techniques & Case Presentations by Young Surgeons

5 Young Surgeons (6 min each)

Jane S Sathiavadi - A New Hope for Treatment: Overcoming Fungal Osteomyelitis with Multidisciplinary Care

Sheenam Bansal - Long-term complications of Septic hip management

Vyshnavi JM - Accelerated Ponseti Method in Managing CTEV

Sanjana Nandakumar - Rare occurrence of post-traumatic Cutaneous Mucormycosis after a superficial abrasion: A report of 2 cases

Sana Aamir Shaikh - Lateral Ligamentous Approach for Talus

Time

Topic

Speakers

Duration



5 pm Onwards

Workshops (Prox Humerus Nailing - MHN Bone Mode Workshop : AO Synthes & VA Plating) - On Bone Models



7 pm onwards

Networking Dinner at Hash Six Hotel

End of Day 1

DAY 2

Feb 22, 2025 - Saturday

Time	Topic	Speakers	Duration
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7:30 am - 9 am

Auditorium

Moderators : Dr Venkatsass K, Dr Sivakumar SP

**Interesting Case Presentations - Innovative Techniques & Complications
(12 Presentations - 5 min each)**

- Jeshwanth Netaji** - Disseminated Melioidosis with Isolated Ankle Osteomyelitis - A Case Report
- Thiyagarajan TS** - Osteochondroma of posterior compartment of leg - Is it a simple excision? Evaluation and Management
- Purushothaman V** - Functional outcomes of fixation of Acetabular Fractures using percutaneous screws.
- Alden D Souza** - Knee Joint Reconstruction of Chondrosarcoma using Composite Autograft-Prosthesis Composite
- Abhishek Shukla** - Role of STIMULAN in Management of Chronic Osteomyelitis
- Manu Selvaraj** - Wide excision of GCT of Wrist followed by Reconstruction with Fibula autograft
- Rajeev Reddy** - Glenoid Sparring Scapulectomy for Sarcoma
- Pradeesh Kiswanth Sundarapandian** - Navigation Guided Curettage for Lesions around the Growth Plate
- Badhri Narayana Bolisetty** - Comparison on two modalities of treatment for IT Fractures
- Harikrishnan V** - Intraarticular Correction of Severe Extraarticular Distal Femur Deformity with Robotic Assisted Total Knee Arthroplasty
- Ayush Arun** - ABC of the Femoral Head - Our Management Technique
- Barkat Anwar Shah** - A Novel technique of Annular Ligament Reconstruction in a Chronic/Neglected Monteggia lesions by a synthetic fiber tape material



9 am - 10:30 am

Research in Orthopedics : Editors Cut !

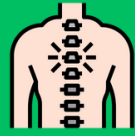
Moderator :

Dr Raja Bhaskar

09.00 - 10.30 AM	My Tenure as Editor-in-Chief of IJO : Lessons for Young Surgeons	Dr Lalit Maini	15 min
	Publish vs Perish' vs 'Publish & Prosper'	Dr Raju Vaishya	15 min
	Ten Tips' to Publish the Best Research Paper - Insights as an Editor	Dr Srinivas Kambhampati	15 min

Interactive Discussion with Delegates on Commonly encountered Issues & Publishing in High-Indexed Journals

Time	Topic	Speakers	Duration
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10:30 am - 12:15 pm
Specialty Session: Spine Surgery

Moderators :
Dr Vijayanand, Dr Vishnu Prasath

10.30 - 12.15 PM	Continuous learning in surgical practice	Dr Ajoy Shetty	10 min
	Setting up Spine Surgery practice in a Tier II City	Dr R Sivakumar	10 min
	First '5' Years of Spine Surgery Practice - What to Expect	Dr G Sudhir	10 min
	Decision making in Cervical Myelopathy	Dr Vishnu Prasath	10 min

11.00 AM to 12.15 PM
Innovative Techniques & Case Presentations by Young Surgeons
10 Young Surgeons (5 min each)

Prabhat Agarwal - Management of Sub-axial Cervical Spine facetal dislocation in neurologically intact individuals

Vinoth Thangamani - Post Endoscopic Discectomy Infected Pseudomeningocele with Discharging Sinus with Spondylodiscitis and Deficit - How we proceeded ?

Aditya Thakur - UBE assisted Decompression with Percutaneous Fusion with Large Foot Print Spacer

Gnanaprakash G - Do all symptomatic Adjacent Segment Diseases (ASD) require surgery?

Tanay Prabhoo - 'Stitch in Time Saves Nine' - My Story

Pankaj Sharma - Instrumentation in Pott's Spine - Worth it 'OR' Not ?

Harshavardhan S - Correlation between clinical symptoms and MRI findings in patients with Grade 2 Lumbar Disc Prolapse (Michigan State University Classification)

Yudha M Sakthi - Transforaminal Lumbar Endoscopy - Technical Tricks

Ishant Gunadala - Unilateral Biportal Endoscopic Lumbar Fusion: How I do it ?

Joy Guharay - Diverging Paths : Exploring Laminectomy vs Laminoplasty Outcomes in Cervical Myelopathy

Time	Topic	Speakers	Duration
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12:15 pm - 1:30 pm
Life after Orthopaedics : What to Expect !

12.15 - 1.30 PM	So Many Hospitals, So Many Orthopods, So Many Specialists - What will be my Scope in future ?	Dr Swapnil Keny	10 min
	Speciality Expertise in the Government Set-Up -My Journey	Dr Aju Bosco	8 min
	Research & Presentations - Conferences Galore	Dr Vishnu Senthil	8 min
	Navigating in Un-chartered Territories - Practicing in a Metro	Dr Kunal Aneja	8 min
	Orthopaedic Practice in Dubai, UAE: My Experience	Dr Vignesh Karthik	8 min
	Fellowships to FRCS: The UK Experience in Orthopaedic Training	Dr Akash Saraogi	8 min
	DIP Sicot Exam - From Examinee to Examiner !	Dr Saurabh Gupta	8 min
	International Diploma in Orthopaedics Exam - Preparation & Utility in today's scenario	Dr Arulkumaran	8 min
	Training Down-Under: Fellowships in Australia	Dr Supreet Bajwa	8 min
Interactive Discussion with Delegates (15 min)			

Time

Topic

Speakers

Duration



1:30 - 2:15 pm
LUNCH

2:15 pm - 3 pm

Fellowships & Training in Orthopaedics

Panel Discussion

Interactive Question Based Panel on Fellowship Opportunity Training

Five Panelists



Panel - Fellowships

(Dr Terrence D'Souza, Dr Akash Saraogi, Dr Jeshwanth N, Dr Supreet Bajwa, Dr Sindhura Y)

3 pm - 5 pm

Auditorium

Best Thesis Award - Presentation

(14 Presentations - 6 min each)

Aravind Manoj - COMPARATIVE ANALYSIS BETWEEN ARTHROSCOPIC TRANSOSSEUS REPAIR AND ANCHOR BASED REPAIR IN ROTATOR CUFF INJURY

Shreya P S - FACTORS AFFECTING QUALITY OF LIFE AND RETURN TO PRE-FRACTURE ACTIVITY LEVEL IN PATIENTS WITH INTERTROCHANTERIC FRACTURE OF FEMUR

Mohammed Abbas - COMPARISON OF FUNCTIONAL AND RADIOLOGICAL OUTCOME OF TYPE I AND TYPE II VALGUS KNEE AND AN ALGORITHM FOR MANAGEMENT OF VALGUS KNEE

R Kavilakshmanan - FUNCTIONAL AND RADIOLOGICAL OUTCOME OF DISTAL FEMUR FRACTURES MANAGED WITH MULTIFUNCTIONAL RETROGRADE FEMUR NAILING (MRFN)

Akash vishwakarma - Prospective Study to Assess Knee Deformities in Paediatric Outpatients and Its Correlation with Nutritional Status and Regulators of Bone Metabolism

Vyshnavi JM - A PROSPECTIVE OBSERVATIONAL STUDY ON THE COMPARISON OF CLINICAL OUTCOME OF ACCELERATED PONSETI METHOD WITH STANDARD PONSETI METHOD IN MANAGING CONGENITAL TALIPES EQUINO VARUS

Sheshachala - TO EVALUATE THE ASSOCIATION BETWEEN DIFFERENT NOTCH WIDTH INDICES AND NOTCH SHAPES WITH THE OCCURRENCE OF ACL INJURIES IN PATIENTS WITH TRAUMATIC KNEE INJURIES.

Srikrishna - Radiological and Functional outcomes of Posterior Stabilization in subaxial cervical spine disorders

Ebin Edward - Analysis of movement and stability post open surgical management of collateral ligament injuries of knee

Vignesh I - PROSPECTIVELY ANALYSING THE CORRELATIONS BETWEEN THE CLINICAL EVALUATION, MRI AND ARTHROSCOPY INFERENCES OF KNEE DERANGEMENTS INTERNALLY

Midun kumar V - A PROSPECTIVE STUDY OF FUNCTIONAL OUTCOME IN PATIENTS UNDERGOING FIXED BEARING TOTAL KNEE ARTHROPLASTY VS MOBILE BEARING TOTAL KNEE ARTHROPLASTY

Arjun J - INTRA-ARTICULAR FRACTURES OF DISTAL RADIUS IN ADULTS

Shashank Omprakashji Jajoo - Validation of a Novel Clinico-Radiological Scoring System to Decide on the Need for Fusion in cases of Degenerative Spondylolisthesis

Aditya Kumar - Comparative Efficacy of High-Dose versus Standard-Dose TXA in Minimizing Perioperative Blood Loss during Spine Surgery

5 pm - 5.30 pm

QUIZ

End of Course