

# TAC TRIVANDRUM ARTHROSCOPY COURSE / 2026



**IOTS**  
INSTITUTE OF ORTHOPAEDICS  
TRAUMA, SPINE & SPORTS MEDICINE

Biggest  
International

## SPORTS SURGERY CONCLAVE

03<sup>rd</sup> May  
Sunday 2026  
UDS, Kovalam

### Knee & Shoulder Workshop

02<sup>nd</sup> May, 2026

( Limited Seats Only )

#### Why you should attend

1. Selected 2 participants will be awarded 1 month Traveling fellowship at Aspetar FIFA centre Qatar.
2. Selected 1 participants will be awarded 1 month observership at sports surgery unit in Johns Hopkins school of medicine USA.
3. Selected 2 participants will be awarded 1 month observership in OSTEOTOMY UNIT at NHS , UK.
4. Next year's fellow for the ISAKOS approved fellowship at Al Arif hospital will be selected from the event.

TAC is not just another event It's

#### Helping our junior colleagues

To be the best version of themselves or even better than their mentors .



**Chirkov Nikolay Nikolaevich**  
Scientific Chair  
Head of Arthroscopy  
Ilizarov Institute RUSSIA



**Dr. Shammas B M**  
Course Chairman  
Al Arif Hospital, TVM



**Prof. Dr Bashir Zikria**  
Course Co chair  
John Hopkins, USA



For registration log on to  
[www.arthrolearn.com](http://www.arthrolearn.com)

<b>Time</b>	<b>Topic</b>	<b>Speaker</b>
<b>8.30 AM - 9.30 AM</b>	<b>WRIST ARTHROSCOPY</b>	
8.30 AM - 8.38 AM	1. Set up for Wrist Arthroscopy, Portals and Arthroscopic Anatomy	Dr. Elisabet Hagert
8.38 AM - 8.46 AM	2. Arthroscopic TFCC Repair	Dr. Anil K Bhat
8.46 AM - 8.54 AM	3. Ganglion Cyst — Arthroscopic Treatment	Dr. Abhijith Wahegonker
8.54 AM - 9.02 AM	4. Arthroscopic Management of Scapholunate Ligament Tear	Dr. Elisabet Hagert
9.02 AM - 9.10 AM	5. Arthroscopy Assisted Distal Radius Fixation	Dr. Anil K Bhat
9.10 AM - 9.18 AM	6. CTS Release	Dr. Bhoopesh Karthik
9.18 AM - 9.30 AM	Panel Discussion	
<b>9.30 AM - 11.30 AM</b>	<b>KNEE ARTHROSCOPY</b>	
9.30 AM - 9.38 AM	ACL Reconstruction - Graft Options Hamstrings, BTB, CQT, Peroneus, Jewel	
9.38 AM - 9.46 AM	Femoral and Tibial Fixation - Options	Dr. Hemant Kumar Reddy
9.46 AM - 9.54 AM	Tailor-made ACLR for Athletes: When Performance Matters	Dr. Emmanuel Papacostas
9.54 AM - 10.02 AM	Indications for LET & Steps	
10.02 AM - 10.10 AM	ACL reconstruction in challenging patient Profiles- prpp, obesity, knee hyperextension, old age ,varus knee , ligamentous laxity etc-	Dr.Rajkumar Amaravati
10.10 AM - 10.18 AM	Pediatric ACLR	
10.18 AM - 10.26 AM	Acute ACL repair , when to add? ACL Augmentation/ ACL brace	
10.26 AM - 10.34 AM	Problems Associated with Present Day ACLR	Dr. Kayas Muhammed
10.34 AM - 10.42 AM	Triple Bundle ACLR with 3 Femoral and 3 Tibial Tunnels	Dr. Shammas B M
10.42 AM - 10.50 AM	PCL Reconstruction — Step by Step	
10.40 AM - 10.48 AM	Meniscal Repair: Indications & Methods	Dr. Rajeev Raman
10.48 AM - 10.55 AM	Rehabilitation & Return to Sports	
10.55 AM - 11.02 AM	Algorithm for Patellar Instability Management	Dr.Rajkumar Amaravati
11.02 AM - 11.09 AM	Revision ACLR and ALPS Score for Tibial Slope	
11.09 AM - 11.18 AM	Cartilage Injuries in Athletes? Do we do it differently	Dr. Emmanuel Papacostas
11.18 AM - 11.28 AM	Arthroscopic Modified Larsons & LaPrade PLC Reconstruction	
11.28 AM - 11.43 AM	Panel Discussion	
<b>11.45 AM - 12.45 PM</b>	<b>HIP ARTHROSCOPY</b>	
11.45 AM - 11.52 AM	Set up for Hip Arthroscopy and Arthroscopic Anatomy	Dr. Ankit Jose
11.52 AM - 11.59 AM	How to Enter the Hip Joint – Different Techniques	Dr. Raghavendra Kembavi
11.59 AM - 12.07 AM	Pincer FAI and Labral Tears	Dr. Rajeev Raman
12.07 AM - 12.14 AM	CAM FAI	
12.14 AM - 12.22 PM	Muscle Tears Around the Hip in Athletes	
12.22 PM - 12.30 PM	Hip Arthroscopy Beyond FAI	Dr. Raghavendra Kembavi

<b>Time</b>	<b>Topic</b>	<b>Speaker</b>
12.30 PM - 12.38 PM	Hip Arthroscopy in Trauma	
12.38 PM - 12.45 PM	Panel Discussion	
<b>12.45 PM - 1.20 PM</b>	<b>ELBOW ARTHROSCOPY</b>	
12.45 PM - 12.52 PM	Set up for elbow arthroscopy and arthroscopic anatomy with nerve safty precautions	Dr. Prashant Kamble
12.52 PM - 1.00 PM	The Scope in the Elbow - What Every Sports Surgeon Should Know	Prof. Dr. Bashir Zikria
1.00 PM - 1.07 PM	Arthroscopic Loose Body Removal	Dr. Abhijith Wahegonker
1.07 PM - 1.14 PM	Tennis Elbow — A to Z	Dr. Prashant Kamble
1.14 PM - 1.20 PM	Arthroscopic Treatment of Post-Traumatic Stiff Elbow	Dr. Abhijith Wahegonker
<b>1.20 PM - 1.45 PM</b>	<b>LUNCH</b>	
<b>1.45 PM - 2.45 PM</b>	<b>ANKLE ARTHROSCOPY</b>	
1.45 PM - 1.52 PM	Ankle Arthroscopy- Set up/ Portals, Arthroscopy Assisted Arthrodesis	Dr. Abdul Gafoor PM
1.52 PM - 2.00 PM	ATFL Repair — Arthrobrostrum, Open	Dr. Girish Motwani
2.00 PM - 2.08 PM	Arthroscopic Management of Ankle Impingement	Dr. Rajesh Simon
2.08 PM - 2.16 PM	Arthroscopic FHL Transfer (Management of Chronic TA Rupture)	Dr. Abdul Gafoor PM
2.16 PM - 2.24 PM	Arthroscopic Haglund Excision	Dr. Girish Motwani
2.24 PM - 2.32 PM	OCD Talus	Dr. Rajesh Simon
2.32 PM - 2.40 PM	Case based discussion	
<b>2.45 PM - 4.45 PM</b>	<b>SHOULDER ARTHROSCOPY</b>	
2.45 PM - 2.53 PM	Suture Anchor Placement for Bankart Repair - Tips & Tricks	
2.53 PM - 3.01 PM	Bipolar fixation. (Bankart + Hillsachs. ). Facts , myths & future a long journey .REPLISSAGE	Dr. Hemant Kumar Reddy
3.01 PM - 3.08 PM	Aspetar Approach on Shoulder Instabilities in Elite Athlete	Prof. Dr. Gazi Huri
3.08 PM - 3.15 PM	Posterior Labral Tear and Posterior GLAD Defect	
3.15 PM - 3.23 PM	DAS	
3.23 PM - 3.31 PM	Arthrolatarjet	
3.31 PM - 3.39 PM	Arthroscopic Bone Block	
3.39 PM - 3.47 PM	Single Row Cuff Repair vs Double Row Cuff Repair	
3.47 PM - 3.55 PM	Cuff Mobilisation & Identification of Tear Pattern	
3.55 PM - 4.03 PM	Algorithm of Management of Rotator Cuff Tears	Prof. Dr. Gazi Huri
4.03 PM - 4.11 PM	anterosuperior rotator cuff tears: My Sequence and tips for arthroscopic repair	Prof. Dr. Chirkov Nikola
4.11 PM - 4.18 PM	Anchor Placement & Suture Passage	
4.18 PM - 4.30 PM	Irreparable massive cuff tears case based Presentation - [Lattisimus dorsi transfer, lower trapezius transfer, muscle Sliding surgery ,cuff repair with fascia lata SCR ,balloon spacer, rerouting biceps - Bio SCR]	
4.30 PM - 4.45 PM	Panel Discussion	