



Sri Devaraj Urs Academy of Higher Education and Research

(A Deemed to be University)

Sri Devaraj Urs Medical College
Tamaka, Kolar-563103

We cordially invite you all to a
STATE LEVEL CME and WORKSHOP

on
**“MENISCUS INJURIES – RECENT
UPDATES”**

On
27/06/2024 FROM 9AM TO 4PM

Venue: **LIBRARY AV HALL 1ST
FLOOR**

Organized by

Dept. of ORTHOPAEDICS



INTRODUCTION

Each of your knees has two C-shaped pieces of cartilage that act like a cushion between your shinbone and your thighbone. A torn meniscus is one of the most common knee injuries. Any activity that causes you to forcefully twist or rotate your knee, especially when putting your full weight on it, can lead to a torn meniscus.

If you've torn your meniscus, it might take 24 hours or more for pain and swelling to begin, especially if the tear is small. A torn meniscus causes pain, swelling and stiffness. You also might feel a block to knee motion and have trouble extending your knee fully.

Performing activities that involve aggressive twisting and pivoting of the knee puts you at risk of a torn meniscus. The risk is particularly high for athletes — especially those who participate in contact sports, such as football, or activities that involve pivoting, such as tennis or basketball. So does age and obesity.

Rest, ice and medication is sometimes enough to relieve the pain of a torn meniscus and give the injury time to heal on its own. In other cases, however, a torn meniscus requires surgery.

A torn meniscus can lead to a feeling of your knee giving way, inability to move your knee as you usually do or persistent knee pain. You might be more likely to develop osteoarthritis in the injured knee

GUEST SPEAKERS

Dr Sandesh G M (MS Ortho, FAOA-
Australia)- Consultant at St John's
hospital

Dr Preetham. N (MS Ortho, DNB
Ortho, MRCS, FASM, FIFA DSM)
Consultant in BMCRI

Dr Anoop P (MS Ortho, DNB Ortho,
MNAMS, FIAR (ISAKOS) Consultant
at St John's hospital.

LINK FOR REGISTRATION



<https://forms.gle/cwsZC2u81dDQsscJ8>

2 KMC credit point can be availed on
submission of feedback form

PROGRAMME SCHEDULE

- 9am - 09.10 am: Introduction and welcome speech – Dr Nagakumar J S
- 09.10am - 9.30am: Surgical anatomy of Meniscus
- 9.30 - 10am: Classification and clinical features of meniscus injuries
- 10am – 10.10am Inauguration
- 10am - 10.40am: Decision making conservative or surgical
- 10.40am - 11am: Tea break
- 11am - 12pm: Surgical management strategies (outside in, Inside out, All inside techniques)
- 12pm -12.30pm: Meniscal root tears and Ramp lesion
- 12.30pm - 1pm: Meniscal Transplant
- 1pm to 1.30pm: Rehabilitation
- 1.30 pm - 2pm: Lunch break
- 2pm - 4pm: Workshop in anatomy cadaveric hall or skill lab
- 4pm: Vote of Thanks - Dr. Vinod Kumar K



Seeking Blessings of

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DEPUTY MEDICAL SUPERINTENDENT, RLJH & RC

Dr. Nagakumar J S
Prof & HOD,
Dept. of Orthopaedics
Organizing Chairperson,
SDUMC, SDUAHER

Organizing Secretary

Dr. Vinod Kumar K

Dr. Manoj Kumar R

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