



## 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  
**Regional Level**

**CME and WORKSHOP on**  
**“ANKLE INJURIES UNRAVELLED:  
BLUEPRINT FOR EFFECTIVE  
TREATMENT”**

On

**13/09/2024 from 9AM TO 5PM**

**Venue: SKILL LAB, CARE  
BUILDING**

**Organized by**

**Dept. of ORTHOPAEDICS**



## INTRODUCTION

Ankle injuries are extremely common. It is important to have a clear insight of the course of recovery after such injury to evaluate the effective strategies to guide management decisions, and understand the potential risk factors involved in the development of chronic problems and recurrent ankle sprains. When the medial ligament complex (MLC), in particular the anterior fascicle of the deltoid ligament, is involved, rotational ankle instability (RAI) can develop. Generally, a tear of the anterior fibres of the MCL accompanied by anterior talofibular ligament (ATFL) insufficiency has been associated with RAI. Conservative management is the first line of treatment, with surgery reserved for special cases or if rehabilitation has failed. Ankle arthroscopy is increasingly used to address ligament insufficiency and to identify and treat intra-articular pathologies. Repair of MLC tears by an arthroscopic all-inside procedure is effective in both MAI and RAI.

## GUEST SPEAKERS



**Dr. Vinay Kumar Singh**

MBBS, D-Ortho, MRCS, M.Ch, DISPSEM, FEBOT, FRCS



**Dr Sreejith Thampy**

MBBS, MS ORTHO, ARTHROSCOPY FELLOWSHIP  
IN KNEE AND SPORTS, HIP AND KNEE  
ARTHROPLASTY, PRIMARY CARE  
RHEUMATOLOGY

## LINK FOR REGISTRATION

<https://forms.gle/LE5r5dVCQznMzLpM8>



## PROGRAMME SCHEDULE

9am - 09.15 am: Networking  
09.15am - 9.40am: Introduction and  
Welcome speech – Dr Nagakumar J S  
9.40 - 10am: Surgical anatomy  
Of ankle.  
10am – 10.30am: Classification and  
clinical features of ankle injuries  
10.30am – 10.45am Inauguration  
10.45am - 11.15am: Decision making  
conservative or surgical  
11.15am – 11.30am: Tea Break  
11.30am – 1pm: Surgical  
management  
1pm to 1.30pm: Rehabilitation  
1.30 pm – 2.30pm: Lunch break  
2.30pm – 4.45pm: Workshop in  
anatomy Cadaveric hall or Skill lab  
4.45pm – 5pm: Vote of Thanks - Dr.  
Vinod Kumar K



Seeking Blessings of

**Late Shree. R. L. JALAPPA**  
**Founder Chairman, SDUET**

**Chief Patron**

**Sri. G.H. NAGARAJA**

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**DR. DINESH K**

DEPUTY MEDICAL SUPERINTENDENT, RLJH & RC

**DR. RAJKUMAR**

DEPUTY MEDICAL SUPERINTENDENT, RLJH & RC

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

Organizing Secretaries

Dr. Vinod Kumar K

Dr. Manoj Kumar R

Organizing Committee Members

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Dr. Kiran

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