



**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
DECISION-MAKING IN TIBIAL
PLATEAU FRACTURES on**

17/06/2026 9AM TO 5PM

and 18/06/2026 9AM to 2pm

Venue: LIBRARY AV HALL

Dept. of ORTHOPAEDICS



**Under the
Aegis of
KOA and BOS**



INTRODUCTION

Tibial plateau fractures are complex intra-articular injuries involving the proximal tibia. They commonly result from high-energy mechanisms such as road traffic accidents in younger patients and low-energy falls in the elderly with osteoporotic bone. These fractures compromise the articular surface, metaphysis, and surrounding soft tissues.

Accurate assessment begins with a thorough clinical evaluation, focusing on soft-tissue status, ligamentous injury, and neurovascular integrity. Radiographs supplemented with CT scans are essential for understanding fracture morphology, depression, and comminution. The Schatzker and AO/OTA classifications help guide treatment planning and prognostication.

The primary goals of management are restoration of articular congruity, maintenance of mechanical alignment, and stable fixation to allow early mobilization. Treatment options range from conservative management in minimally displaced fractures to surgical intervention using open reduction and internal fixation, minimally invasive techniques, dual plating, or external fixation in complex patterns. Arthroscopy-assisted reduction is gaining popularity for selected cases.

Postoperative rehabilitation plays a vital role in functional recovery, emphasizing early range of motion while protecting fixation. Despite optimal treatment, complications such as post-traumatic osteoarthritis, stiffness, infection, and malalignment can occur.

GUEST SPEAKERS



Dr. Vinay Kumar Singh

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



Dr Nitesh Kumar Meena

MBBS, MS Orthopaedics



Dr. Khushwanth Singh Rathore

MBBS, DNB (Orthopaedics)

Dr Abhi Sharma

MBBS, MS Orthopaedics

LINK FOR REGISTRATION

<https://forms.gle/qABCszVC9XWt7fCe9>

2 KMC POINTS WILL BE AWARDED FOR

PARTICIPATING IN THE PROGRAM



PROGRAMME SCHEDULE

17/06/2026	PROGRAMME
9:00 AM- 9:15 AM	Registration & Welcome Address by HOD, Department of Orthopaedics
9:15 AM- 11:00 AM	Overview of Tibial Plateau Fractures: Epidemiology, Mechanism & Challenges
11:00 AM – 12:00 PM	Classification Systems (Schatzker, AO/OTA) & CT-Based Fracture Mapping
12:00 PM- 12:15 PM	Inaugural, Lamp lighting & speech by Principal & Felicitation of Guest speakers
12:15 PM – 1:30 PM	Soft Tissue Assessment, Timing of Surgery & Damage Control Orthopaedics
1:30 PM- 2:00 PM	LUNCH BREAK
2:00PM- 2:30PM	Decision-Making in Tibial Plateau Fractures: Conservative vs Operative Management
2:30 PM- 3:30 PM	Surgical Approaches to Tibial Plateau Fractures: Medial, Lateral & Posterior
3:30 PM- 4:30 PM	Fixation Strategies: Buttress Plating, Dual Plating & Minimally Invasive Techniques
4:30 PM- 5:00 PM	Discussion
18/06/2026	
9:00 AM - 12 PM	Workshop at CCSS (skill lab)
9:00 AM - 10:00 AM	Preoperative Planning Using X-rays & CT Scans
10:00 AM - 12:00 PM	Reduction Techniques for Depressed & Split Fractures
12:00 PM – 1:00 PM	Plate Positioning, Screw Placement & Avoiding Complications
1:00 PM- 1:45 PM	Case-Based Discussion & Complication Management
1:45 PM- 2:00 PM	Vote of thanks by Dr. Vinod Kumar K



To commemorate the centenary year
celebration of our beloved

Founder Chairman

Late Shree. R. L. JALAPPA

Chief Patron

Sri. G.H. NAGARAJA

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CHAIRMAN, SDUET**

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DEPUTY MEDICAL SUPERINTENDENT, RLJH & RC

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Dr. Nagakumar J S

Prof & HOD,

Dept. of Orthopaedics
SDUMC, SDUAHER

Organizing Secretary

Dr. Vinod Kumar K

Organizing Committee Members

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Dr. Hariprasad S

Dr. Manoj Kumar R

Dr. Sunil Chandrashekar

Dr. Anil Kumar P

Dr. Punith

Dr. Kiran Theja

Dr. Tarun Kumar

All Senior residents and Post Graduates

For any queries contact

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