



**Sindhu Hospitals and ESIC MCH Sanathnagar**

# **Cadaveric Hands on Workshop**

**TUESDAY, 16 DECEMBER 2025**

**8 AM ONWARDS**

**Dept. of Anatomy,  
ESIC Medical College Hospital, Hyderabad**

**2 TGMC  
CREDIT  
POINTS**

## **Knee Workshop**

**Organizing Chairman – Dr. V.S. Ravindranath**

**Organizing Secretary – Dr. Jagan Mohan Reddy**

**ARTHROSCOPY**

**ANATOMICAL EXPOSURE**



**Dr. Anil Kumar Mettu 9705218258**

**Dr. Rohit Reddy 9663544716**

## APPEAL AND WELCOME MESSAGE



Dear Delegates,

Welcome to the Cadaveric Hands-On Workshop, a gathering of orthopaedic professionals, surgeons, and enthusiasts committed to advancing the field of orthopaedics.

This workshop is designed to offer a rich learning experience through hands-on training, expert-led discussions, and exposure to the latest developments in arthroscopic techniques. Our esteemed faculty members are here to share their expertise, ensuring that you gain valuable skills and insights to elevate your clinical practice.

We encourage you to participate actively, ask questions, and make the most of this opportunity to learn, network, and collaborate with your peers. Thank you for joining us. We look forward to a productive, insightful, and inspiring session ahead.

To the post graduates and freshly graduated members, we urge you to actively participate in the session of Anatomical exposures.



Dr. V.S. RAVINDRANATH  
Chairperson

## PATRONS



DR. SHIRISHKUMAR G. CHAVAN  
DEAN, ESIC MEDICAL COLLEGE, HYDERABAD



DR. M RADHIKA  
MED. SUPT. ESIC MCH, HYDERABAD

## ORGANIZING TEAM



Dr. V.S. RAVINDRANATH  
Chairperson



Dr. V. PRASHANTH  
Co-Chairperson



Dr. JAGAN MOHAN REDDY  
Organizing Secretary

# SCIENTIFIC HIGHLIGHT

## LOWER LIMB SESSION

- ◆ **Knee Arthroscopy**
- ◆ **Brief on High tibial osteotomy**
- ◆ **Anatomical Exposures**



Very small Group training  
with individual attention



Learn from the Experts in the  
field



Extensive learning hours  
to cater the interest of  
the delegates



# AGENDA

## SESSION I - KNEE ARTHROSCOPY

BREAKFAST AND PREPARING TO ENTER LAB - 7:00- 8:00 AM

TIMING 8:00 AM - 1:00 PM

8:00 - 8:30 AM	SURFACE ANATOMY , MARKING , PORTALS
8.30 - 9.20 AM	DIAGNOSTIC ARTHROSCOPY , TRIANGULATION , USE OF SHAVER
9.20 - 9.50 AM	HAMSTRING + PERONEUS LONGUS GRAFT HARVESTING
9.50 - 11:30 AM	GRAFT PREPARATION , FEMORAL AND TIBIAL TUNNEL, GRAFT PASSAGE
11.00 - 11:30 AM	POSTEROMEDIAL AND POSTEROLATERAL PORTAL
12.00 - 12:30 PM	MENISCAL REPAIR
12.30 - 01:00 PM	MPFL RECONSTRUCTION

### KNEE ARTHROSCOPY -FACULTY

- |                          |                          |
|--------------------------|--------------------------|
| 1. Dr Sai Kiran          | 4. Dr. Suresh Babu       |
| 2. Dr. Harshvardhan Goud | 5. Dr. Sateesh           |
| 3. Dr. Ram Mohan Babu    | 6. Dr. Jagan Mohan Reddy |

To register for  
Arthroscopy session

CLICK HERE



Note: All activities to be performed by Delegates under the guidance of table instructors

# AGENDA

## SESSION II- LOWER LIMB ANATOMICAL EXPOSURE

TIMING 2:00 PM- 5:00 PM

2.00 - 3:00 PM

APPROACHES TO HIP JOINT

3.00 - 4:00 PM

APPROACHES TO ACETABULUM

3.30 - 4:30 PM

APPROACHES TO DISTAL FEMUR

4.30 - 5:30 PM

HIGH TIBIAL OSTEOTOMY

5.30 -6:30 PM

APPROACHES TO PROXIMAL TIBIA

FROM 6:30 PM

APPROACHES TO ANKLE AND FOOT

TEA AND SNACKS - 6:00 PM ONWARDS

## ANATOMICAL EXPOSURES - FACULTY

- |                         |                       |
|-------------------------|-----------------------|
| 1. Dr Krishna Kiran     | 6. Dr Kamalakar       |
| 2. Dr I V Reddy         | 7. Dr Srinivas Kasha  |
| 3. Dr V.S. Ravindranath | 8. Dr. Sukarna Reddy  |
| 4. Dr. V Prashant       | 9. Dr. Mohammed Sadiq |
| 5. Dr. Sukesh Rao       |                       |

To register for Anatomical exposure session

CLICK HERE



Note: All activities to be performed by Delegates under the guidance of table instructors

## CAPTURES FROM THE PREVIOUS WORKSHOP





## REGISTRATION FOR WORKSHOP

Category	Price
ARTHROSCOPY	INR 5000/-
ANATOMICAL EXPOSURES	INR 3000/-

30 SLOTS ONLY

2 TGMC CREDIT POINTS\*



**Dr. Anil Kumar Mettu 9705218258      Dr. Rohit Reddy 9663544716**



Dept. of Anatomy, ESIC Medical College Hospital, Hyderabad







**Sindhu Hospitals and ESIC MCH Sanathnagar**

# **Cadaveric Hands on Workshop**

**MONDAY, 15 DECEMBER 2025**

**8 AM ONWARDS**

**Dept. of Anatomy  
ESIC Medical College Hospital, Hyderabad**

**2 TGMC  
CREDIT  
POINTS**

## **Shoulder Workshop**

**Organizing Chairman – Dr. V.S. Ravindranath**

**Organizing Secretary – Dr. Jagan Mohan Reddy**

**ARTHROSCOPY**

**ANATOMICAL EXPOSURE**



**Dr. Anil Kumar Mettu 9705218258**

**Dr. Rohit Reddy 9663544716**

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Dr. V. PRASHANTH  
Co-Chairperson



Dr. JAGAN MOHAN REDDY  
Organizing Secretary

# SCIENTIFIC HIGHLIGHT

## UPPER LIMB SESSION

- ◆ **Shoulder Arthroscopy**
- ◆ **Anatomical Exposures**



Very small Group training  
with individual attention



Learn from the Experts in the  
field



Extensive learning hours  
to cater the interest of  
the delegates



# AGENDA

## SESSION I- SHOULDER ARTHROSCOPY

BREAKFAST AND PREPARING TO ENTER LAB - 7:00- 8:00 AM

**TIMING 8:00 AM - 1:00 PM**

8.00 - 8.30 AM

PORTAL PLACEMENT

8.30 - 9.30 AM

DIAGNOSTIC ARTHROSCOPY , TRIANGULATION AND USE OF SHAVER, RADIOFREQUENCY, ROTATOR INTERVAL RELEASE

9.30 - 10.00 AM

SUB ACROMIAL DECOMPRESSION, SUPRASCAPULAR NERVE DECOMPRESSION

10.00- 11.30 AM

BANKART LESION REPAIR

11.30 - 1.00 PM

ROTATOR CUFF REPAIR

**LUNCH - 01:00- 02:00 PM**

### SHOULDER ARTHROSCOPY - FACULTY

1.Dr. Ravi Babu  
2.Dr. Deepti Nandan  
3.Dr Paparao

4. Dr Kaushik Reddy  
5. Dr. Ajay Panchuri  
6. Dr. Jagan Mohan Reddy

To register for  
Arthroscopy session

CLICK HERE



Note: All activities to be performed by Delegates under the guidance of table instructors

# AGENDA

## SESSION II- UPPER LIMB ANATOMICAL EXPOSURE

TIMING 2:00 PM- 6:00 PM

2.00 - 3.00 PM

APPROACHES TO SHOULDER

3.00 - 3.30 PM

APPROACHES TO HUMERUS SHAFT

3.30 - 5.00 PM

APPROACHES TO ELBOW

5.00 - 6.00 PM

APPROACHES TO FOREARM AND WRIST

FROM 6.00 PM

MISCELLANEOUS

TEA AND SNACKS - 6:00 PM ONWARDS

## FACULTY

1. Dr Thimma Reddy
2. Dr Suneel
3. Dr Deepti Nandan
4. Dr. V Prashanth

5. Dr. V S Ravindranath
6. Dr. Sukarna Reddy
7. Dr. Mohammed Sadiq

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exposure session

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