



CME FOUNDATION OF INDIA

SHOULDER CONNECT WORKSHOP



Date:

18th August, 2024

Venue:

Hotel Chanakya BNR, Ranchi

Registration Link:

<https://shoulderconnectworkshopranchi.cmefi.co.in/register>

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Conclave Overview

The "Shoulder Connect" orthopedic workshop, organized by us, is designed to provide in-depth knowledge and practical skills to orthopedic professionals. This workshop will focus on the latest advancements and techniques in orthopedic care, specifically targeting shoulder and elbow treatments. It aims to explore various surgical procedures, diagnostic strategies, and therapeutic approaches, taking into account the unique clinical challenges faced in the Indian context. This workshop will include expert lectures, hands-on training sessions, and interactive discussions, sharing practical insights and fostering in-depth conversations among medical professionals.

Conclave Objectives

1. To understand the diagnosis of painful shoulder and current treatment practices for common shoulder problems.
2. To provide physicians with hands-on experience in shoulder and elbow assessment and surgical techniques.
3. To facilitate a platform for knowledge sharing and collaboration among healthcare professionals in Ranchi.
4. To improve the quality of care provided to patients with shoulder and elbow conditions.

Conclave Outcome

- 1. Comprehend the Anatomy and Function of the Shoulder:**
 - Understand the key anatomical structures of the shoulder, including bones, muscles, tendons, and ligaments.
 - Describe the normal function of the shoulder joint and its role in upper body movement.
- 2. Diagnose Common Shoulder Conditions:**
 - Identify common shoulder conditions such as rotator cuff injuries, tendonitis, bursitis, and arthritis.
 - Recognize the clinical signs and symptoms associated with these conditions.
- 3. Evaluate and Implement Treatment Strategies:**
 - Discuss current treatment practices for common shoulder problems, including conservative management (physical therapy, medications, injections) and surgical options.
 - Evaluate the effectiveness of different treatment modalities for specific shoulder conditions.
 - Understand rehabilitation protocols and the role of physiotherapy in shoulder recovery.
- 4. Manage Pain and Prevent Recurrence:**
 - Develop pain management strategies for patients with shoulder problems.
 - Implement preventive measures to avoid recurrence of shoulder injuries.
 - Educate patients on lifestyle modifications and exercises to maintain shoulder health.

Agenda

Date : 18th August, 2024

Time: 3:30 p.m. to 7:00 p.m.

Topic	Speaker	Timing
Session 1: Diagnosis of painful shoulder		3:30 p.m. – 4:30 p.m
1. Live demo of how to evaluate a shoulder in clinic setting:	Dr. J. Maheshwari	
2. Essential shoulder x-rays – what to take and how?	Dr. Abheek Kar	
3. Seven common mistakes made in shoulder diagnosis	Dr. J. Maheshwari	
4. Clinical case presentations and discussion	Both Faculty	
Tea Break		
Session 2: Common shoulder problems		4:30 p.m. – 5:30 p.m
1. Frozen Shoulder – from conservative to arthroscopic release	Dr. Abheek Kar	
2. Acute and recurrent dislocation shoulder – what's current.	Dr. J. Maheshwari	
3. Rotator cuff tear – need surgery or not	Dr. Abheek Kar	
Session 3: Proximal humerus fractures (1 hour)		5:30 p.m. – 6:30 p.m.
1. Proximal humerus fractures – when and what operation?	Dr. Abheek Kar	
2. PHILOS plating – Tips and tricks	Dr. J. Maheshwari	
3. Commonly made mistakes in treatment of PHF	Dr. Abheek Kar	
4. Arthroplasty for trauma– where is the role?:	Dr. J. Maheshwari	
Session 5: Trauma Cases - What went wrong?	Both faculty	6:30 p.m. – 7:00 p.m.
Dinner		7:00 p.m. onwards

About Faculty



DR. J. MAHESHWARI

MBBS (AIIMS), MS ORTHO (AIIMS)

Dr. J. Maheshwari is a distinguished orthopedic surgeon with MBBS and MS degrees in Orthopedics from the prestigious All India Institute of Medical Sciences (AIIMS), New Delhi. Currently, he serves as the Head of the Department of Orthopedics and is the Director and Chief of Knee & Shoulder Service at Sitaram Bhartia Institute of Science & Research, New Delhi. With a strong focus on knee and shoulder treatments, Dr. Maheshwari is renowned for his expertise and leadership in orthopedic care.



DR. ABHEEK KAR

MBBS (CALCUTTA), MS (ORTHO, SMS JAIPUR), MRCS (EDINBURGH, UK)

Dr. Abheek Kar, an esteemed orthopaedic surgeon, holds MBBS from Calcutta, MS in Orthopaedics from SMS Jaipur, and MRCS from Edinburgh, UK. Trained at IRCAD in France, AAOS in Chicago, and the San Diego Shoulder Institute, he is a nominated member of the Sports Authority of India and has served as a team physician for ATK Football Club, FIFA U20 World Cup, T20 Cricket World Cup, and the Cricket Association of Bengal. A post-graduate teacher and Indian Arthroscopy Society faculty member, Dr. Kar is also an accomplished author. His expertise includes shoulder and elbow replacement, arthroscopic procedures, complex fracture reconstruction, regenerative medicine, and cartilage surgery. He is a Senior Consultant Orthopaedics at Apollo Multi-Speciality Hospital, Calcutta.

Snapshots of Success

New Learnings in Diabetic Complications Prof. Arun Bal Auditorium, Chennai - 25th February, 2024



Advancements in Respiratory Health Hotel Fariyas, Lonavala, Maharashtra - 24th and 25th February, 2024



Advancements in Respiratory Health Hotel Manas, Igatpuri, Maharashtra - 24th and 25th February, 2024



Advancements in Respiratory Health
Sterling Corbett, Jim Corbett, Uttarakhand - 2nd and 3rd March, 2024



Respi ACCEDE - Expert Conclave on RTI and Cough Management
The LaliT Golf & Spa Resort, Goa - 13th and 14th April, 2024



The Pediatric Scholar Series Conclave Meeting
Sterling Lake Palace, Alleppey - 27th and 28th April, 2024



For inquiries and registration, please contact:

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About CME Foundation of India

"CME Foundation of India" (CMEFI) is a registered AOP under income tax act 1961, which is engaged in updating the skills and knowledge of practicing doctors, nurses, and healthcare professionals by providing continuing education activities. The objective of the foundation is to serve the medical knowledge needs of practicing doctors, nurses, and healthcare professionals in order to enhance the quality of healthcare services provided to the patients in rural and urban areas.

CMEFI has worked with many prominent senior faculties, societies, and associations in the medical fraternity to create CME modules in various formats, including print and digital. These modules leverage evidence based knowledge and skills from thought leaders across various medical specialties, reaching a large number of practicing doctors across the country. The continuing education is imparted to professionals through live meetings, workshops, webinars, and the distance education mode.

CMEFI provides an excellent forum to share the outstanding experience and expertise of eminent specialists with the young professionals, thereby benefiting millions of people through better treatment at the point of care.

CMEFI carries out the scientific and market research projects, such as conducting Medical and Nursing Education activities and patient camps and surveys by healthcare providers, doctors, medical practitioners, nurses, etc., CMEFI works with Indian institutions and individual doctors to offer CME programs of current interest in India.

CMEFI plans to establish and promote social/culture/business centres, conducting activities in the interest of all doctors, medical practitioners, and nurses.

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