



36th

**INTERNATIONAL
POA ORTHOCON 2023**

2nd - 5th November, Pearl Continental Hotel, Karachi

Theme: Current & Emerging Intervention in Orthopaedics



SCIENTIFIC PROGRAM



Message



Prof. Asadullah Makhdoom

Chairman Scientific Committee

Warm Greetings,

As the Chairman of the Scientific Committee for the 36th International Pak OrthoCon in 2023, I am delighted to extend a warm and gracious welcome to each and every one of you who has joined us for this year's much-anticipated orthopedics conference.

This year, we were fortunate to witness an astounding influx of research papers, with over 110 submissions that have enriched our knowledge pool significantly. We extend our heartfelt thanks to all the dedicated individuals who invested their time and expertise in creating this invaluable repository of knowledge.

Our event has been graced by the active participation of distinguished national and international speakers, lending their expertise to our scientific program, making it more diverse and engaging. The diverse array of sessions in our program and the scholarly contributions from our academic community truly reflect the essence of knowledge sharing in the field of orthopedics.

I would like to express my sincere gratitude to everyone who has played a pivotal role in making this event a resounding success. Your unwavering support and contributions have undeniably elevated the quality of research and learning in our field.

As we gather here for the 36th International Pak OrthoCon, I want to express our collective excitement for the coming days. We eagerly anticipate your continued guidance and support in our academic endeavors, and we trust that you will find this conference a rewarding and enriching experience.

Thank you for your attention to this matter, and please feel free to reach out to our committee should you require any assistance during the conference. We hope you enjoy the event and look forward to the valuable insights and discussions that lie ahead.

Best regards

**Day - 1, FRIDAY
03RD NOVEMBER 2023**

Time	Hall A	Hall B	Hall C
08:30 – 11:00	Trauma	Arthroplasty	Spine
	Hall A		
11:00 – 13:00	Plenary & State of Art Talks		
13:00 – 14:30	Lunch & Jumma Prayer Break		
14:30 – 16:30	Ilizarov	Arthroscopy	Paeds
16:30 – 18:00	Hand & Wrist	Foot & Ankle	Miscellaneous & Pain

**Day - 2, Saturday
04th NOVEMBER 2023**

Time	Hall A	Hall B	Hall C
08:30 – 11:00	Trauma	Arthroplasty	Spine
	Hall A		
11:00 – 13:00	Plenary & State of Art Talks		
13:00 – 14:30	Lunch & Prayer Break		
14:30 – 16:30	Foot & Ankle	Arthroscopy	Paeds
16:30 – 18:00	Bone Infections & Tumors	Foot & Ankle	

Trauma Session I

FRIDAY 03RD NOVEMBER 2023

Time: 8:30am to 10:00am

Panelists: Prof. Pervaiz Anjum, Prof. Abbas Memon
Prof. Badaruddin Sahito, Prof. Nazar Hussain Shah

Moderators: Dr. Ghazanfar Ali Shah, Dr. Amir Ali Shah
Dr. Lachman Das Maheshwari

Time	Topic / Title	Speaker
08:30 – 08:45	Hip Fracture Registry of Pakistan - Empowering Hospitals to improve Hip Fracture care	Prof. Muhammad Amin Chinoy
08:45 – 09:00	Pitfalls with use of extramedullary implants	Dr. Syed Imran Bukhari
Free Papers		
09:00 – 09:10	Role of Valgus Osteotomy with DHS in managing nonunion and mal-union trochanteric fracture.	Dr. Farman-ul-Haq
09:10 – 09:18	Proximal femur nail anti-rotation: Indication on its use	Prof. Badaruddin Sahito
09:18 – 09:28	Bilateral asymmetrical hip dislocations with acetabulum fractures; a case report	Prof. Badaruddin Sahito
09:28 – 09:36	Functional Outcomes of the Double Intramedullary Nailing with Single Incision Technique in the Treatment of Extra-articular Floating Knee.	Dr. Shah Fahad
09:36 – 09:44	Radiological outcome of Gustilo Type 3A and 3B open tibial fracture fixed by external fixator.	Dr. Yasir Sahi
09:44 – 09:52	Total Percutaneous Screw Fixation (PCS) of Acetabular Fractures & outcomes.	Dr. Ajay Kumar
09:52 – 10:00	Clinical studies investigating the role of mesenchymal stem cells in healing of fracture non-unions: a systematic review	Dr. Sumaiya Khan

Trauma Session II

FRIDAY 03RD NOVEMBER 2023

Time: 10:00am to 11:00am

- Panelists:** Prof. Zulfiqar Ali Mastoi, Prof. A R Jamali
Prof. Syed Muhammad Ali, Prof. Faheem Ahmed Memon
- Moderators:** Dr. Adeel Ahmed Siddiqui, Dr. Muhammad Faraz Jokhio
Dr. Kishore Kumar, Dr. Imran Khan Mahar

Time	Program	Speaker
Invited Talks		
10:00 – 10:20	10 Year Experience of Treating the Acetabular Fracture with Reconstruction Plate at Civil Hospital Karachi/ Dow university of health Sciences.	Prof. Badaruddin Sahito
Free Papers		
10:20 – 10:28	Bilateral asymmetrical hip dislocations with acetabulum fractures; a case report	Prof. Badaruddin Sahito
10:28 – 10:36	Outcome of Locking Plate Dynamic Hip Screw Fixation in Osteoporotic Intertrochanteric Fractures	Dr. Shah Fahad
10:36 – 10:44	Prevalence of Intertrochanteric Fractures in Young Population with Hip Fractures Presented in Ghurki Trust Teaching Hospital Lahore.	Dr. Zain Naseer
10:44 – 10:52	Mortality after hip fractures in elderly patients- a review of modifiable factors	Dr. Muhammad Mustafa
10:52 – 11:00	Comparison of tibia plateau ORIF with traction on fracture table and without fracture table	Dr. Humayun Hassan

Arthroplasty I

FRIDAY 03RD NOVEMBER 2023
Time: 8:30am to 09:55am

Panelists: Prof. Shahid Noor, Prof. Pervaiz Mehmood Hashmi
 Prof. Maj. Gen. M. Sohail Ameen,
 Prof. Eid Muhammad, Dr. Faisal Qamar

Moderators: Dr. Jagdesh Kumar, Dr. Shahjehan Syal

Time	Topic / Title	Speaker
Invited Talks		
08:30 – 08:45	Total knee replacement in valgus knee	Prof. Pervaiz Mehmood Hashmi
08:45 – 09:00	Approaches to TKR: an evidence-based approach	Prof. Zahid Askar
09:00 – 09:15	Day case knee replacement in Pakistan how far are we?	Dr. Faisal Qamar
Free Papers		
09:15 – 09:25	Frequency of restoration of mechanical axis in patients undergoing primary total knee arthroplasty by using mal-alignment test in pre & post-operative scanogram.	Dr. Shah Fahad
09:25 – 09:35	The role of tranexamic acid in reducing postoperative hemorrhage following bilateral total knee arthroplasty: our experience from developing world.	Dr. Mustafa Pervez
09:35 – 09:45	Benefits of total knee replacement in pre-existing complex primary knee deformities: our experience in Pakistan	Dr. Sobia Aziz
09:45 – 09:55	Two stage revision total knee arthroplasty for prosthetic joint infection, our midterm results	Dr. Usman Mehmood

Arthroplasty II

FRIDAY 03RD NOVEMBER 2023

Time: 09:55am to 11:00am

Panelists: Prof. Zaki Idrees, Prof. Amjad Gulzar Shaikh
Prof. Zahid Askar, Dr. Shahzad Sadiq

Moderators: Dr. Ranjeet Kumar, Dr. Saifullah Soomro
Dr. Abdul Samad Qureshi

Time	Program	Speaker
Invited Talks		
09:55 – 10:10	Total knee replacement in aseptic loosening.	Prof. Pervaiz Mehmood Hashmi
10:10 – 10:20	Partial knee replacement. Is it an option in Pakistani population?	Dr. Faisal Qamar
10:20 – 10:30	Intraoperative assessment of midflexion instability	Dr. Ranjeet Kumar
Free Papers		
10:30 – 10:37	Treatment of infected knee arthroplasty: a review article	Dr. Asad Waqar
10:37 – 10:45	Improvement in pre-operative abnormal posture after total knee arthroplasty for knee-hip-spine syndrome	Dr. Shahzaib Riaz
10:45 – 10:52	Functional outcomes after total knee arthroplasty: a comparative analysis of knee society score and knee injury and osteoarthritis outcome score - an observational study	Dr. Shahzaib Riaz
10:52 – 11:00	Long Term Outcomes of Single Staged Sequential Bilateral Total Knee Replacement in Patients Aged 60 Years or Above	Dr. Ahsan Ahmed

Spine I

FRIDAY 03RD NOVEMBER 2023

Time: 08:30am – 09:51am

Panelists: Prof. Muhammad Tariq Sohail, Brig. Waseem Afzal
 Prof. Mian Muhammad Hanif

Moderators: Dr. Muhammad Imran Khan

Time	Topic / Title	Speaker
Invited Talks		
08:30 – 08:45	Surgical management of spine tumors	Prof. Ehud Mendel
08:45 – 09:00	Complications avoidance in spine tumors surgery	Prof. Stefano Boriani
09:00 – 09:15	TB Spine Its Surgical Management	Prof. Ayaz khan
09:15 – 09:30	Decision Making for Spine Metastases	Prof. Stefano Boriani
Free Papers		
09:30 – 09:37	Posterior only approach with titanium Mesh cage vs autogenous iliac bone graft for Thoracic & lumbar spine tuberculosis	Dr. Wajid Akhtar
09:37 – 09:44	Uncoforaminotomy in Anterior cervical Disectomy & fusion (ACDF): Our Experience	Dr. Pir Zarak Khan
09:44 – 09:51	Frequency of Deranged Pulmonary Function Tests in Patients with Adolescent Idiopathic Scoliosis	Dr. Imran Khan

Spine II

FRIDAY 03RD NOVEMBER 2023

Time: 09:51am – 11:00am

Panelists: Prof. Amir Aziz, Prof. Sohail Rafi, Prof. Stefano Boriani

Moderators: Dr. Akbar Jaleeli

Time	Program	Speaker
Invited Talks		
09:51 – 10:05	Principles & Management in early onset scoliosis	Prof. Behrooz Akbarnia
10:05 – 10:17	Surgical techniques for corpectomy in the TL junction	Prof. Pedro Berjano
10:17 – 10:29	Technique for Inter Laminar Endoscopic Discectomy	Prof. Arif Khan
10:29 – 10:41	De Novo Adult Degenerative Scoliosis	Prof. Asad Qureshi
Free Papers		
10:41 – 10:50	A case series of lumbar intervertebral disc herniation: intradural disc herniation	Dr. Zain Mehmood
10:50 – 11:00	Occupational-Seasonal Spine and Other Orthopaedic Injuries due to Fall from Java Plum Tree	Dr. Zain Naseer

Plenary / State of Art Talks

FRIDAY 03RD NOVEMBER 2023

Time: 11:00am to 13:00pm

Panelists: Prof. Khaleeqe Ahmed Siddiqui
 Prof. Khusnood Ali Baaz, Prof. Seggy Abudu
 Prof. Asadullah Mahar

Moderators: Prof. Nazri Mohammad Yousaf, Dr. Faaiz Ali Shah

Time	Topic / Title	Speaker
Plenary & State of Art Talks		
11:00 – 11:15	Management of severe open fracture of lower limbs with external fixation	Prof. Nazri Mohammad Yousaf, Malaysia
11:15 – 11:30	Extra-articular bone resections and reconstructions for bone sarcomas	Prof. Seggy Abudu, UK
11:30 – 11:45	Physseal preserving extendable endoprosthesis replacement for primary bone sarcomas in children	Prof. Seggy Abudu, UK
11:45 – 12:00	Osteogenesis imperfecta Current perspective	Prof. Muharrem Inan, Turkey
12:00 – 12:15	Congenital Patella Dislocation & Solutions	Prof. Muharrem Inan, Turkey
12:15 – 12:30	Reconstruction of elbow flexion in arthrogryposis multiplex congenita	Prof. J. Chomiak, Prague
12:30 – 12:45	Shoulder from Inside out	Dr. Sami Khan, UK
12:45 – 13:00	Tips & Tricks of writing original research Article for Impact Factor Journals	Dr. Faaiz Ali Shah, PAK

Ilizarov I

FRIDAY 03RD NOVEMBER 2023

Time: 14:30pm to 15:30pm

Panelists: Prof. Nazri Bin Yousaf, Prof. Masood Umer
Prof. Pir Abdul Latif Qureshi, Prof. Amir Jalil

Moderators: Dr. Ali Shami, Dr. Sougath Khatoo

Time	Program	Speaker
Invited Talks		
14:30 – 14:45	Problems and solutions of using external fixation in the femur	Prof. Nazri Mohammad Yousof, Malaysia
14:45 – 15:00	Principle of correction multiplanar deformities	Prof. Zamir Ahmed Soomro
Free Papers		
15:00 – 15:08	Functional outcome of ring fixator (Ilizarov) in the management of Schatzker type V & VI tibial fracture	Dr. Bilal Hassan
15:08 – 15:15	Risk factors affecting patient compliance with frame care in ilizarov surgery: experience from the developing world	Dr. Muhammad Mustafa, Dr. Naveed Khan
15:15 – 15:22	Segment transport with Ilizarov that causes spontaneous healing of gap at docking site in long bones; a case series and review of literature	Dr. Muhammad Inam
15:22 – 15:30	Outcome of Congenital Pseudoarthrosis Tibia Treated with Ilizarov Fixator in Children: Congenital Pseudoarthrosis Tibia: Our Experience.	Dr. Mohsin Javed Zubair

Ilizarov II

FRIDAY 03RD NOVEMBER 2023

Time: 15:30pm to 16:30pm

Panelists: Dr. Haroon Rashid, Prof. Shoaib Khan
Prof. Zamir Soomro, Dr. Ahmed Awad

Moderators: Dr. Sunil Kumar, Dr. Abdul Rehman

Time	Topic / Title	Speaker
Invited Talks		
15:30 – 15:45	Pelvic support osteotomy as salvage for hip problems in adolescence patients	Dr. Sikandar Hayat
15:45 – 16:00	Global alignment proportion scoring system in correcting sagittal balance in deformity correction	Dr. Waqar Hassan
Free Papers		
16:00 – 16:10	Comparison of pin site infection rate between schanz screws and k-wires in Ilizarov fixator for tibial fracture	Dr. Muhammad Inam
16:10 – 16:20	Deformity correction of lower extremities by application of Ilizarov	Dr. Muhammad Inam
16:20 – 16:30	Correction of rigid CTEV in maturity foot by Ilizarov	Dr. Mohsin Javed Zubair

Arthroscopy I

FRIDAY 03RD NOVEMBER 2023

Time: 14:30pm to 15:30pm

Panelists: Prof. Zahid Askar, Prof. Maj. Gen. M. Sohail Ameen
Dr. Sami Khan, Dr. Yasir Mustafa

Moderators: Dr. Sanaullah, Dr. Sundus Mastoi

Time	Program	Speaker
Invited Talks		
14:30 – 14:40	Overview on Management and Treatment for Patellofemoral instability.	Prof. Marc Tompkins, USA
14:40 – 14:50	How I Manage Cartilage Injuries at my Institution	Prof. Marc Tompkins, USA
14:50 – 15:00	Revision ACL Reconstruction	Prof. Maj. Gen. M. Sohail Ameen
Free Papers		
15:00 – 15:08	Role of combined arthroscopic MPFL and lateral retinacular release in lateral patellar instability	Dr. Zain Mehmood
15:08 – 15:16	Arthroscopic Anterior Cruciate Ligament (ACL) reconstruction: A paradigm shift in patient's perspective.	Dr. Faaiz Ali Shah
15:16 – 15:23	Access to Sports Medicine Services in Resource-Limited Settings: Challenges and Opportunities	Dr. Muhammad Muzzammil
15:23 - 15:30	Posterolateral corner injury importance & management	Dr. Syed Dil Bagh

Arthroscopy II

FRIDAY 03RD NOVEMBER 2023

Time: 15:30pm to 16:30pm

Panelists: Dr. Khalid Mehmood Shah, Dr. Kashif Memon

Moderators: Dr. Usama Bin Saeed, Dr. Syed Dil Bagh

Time	Topic / Title	Speaker
Invited Talks		
15:30 – 15:40	ACL reconstruction in Adolescents and young adults	Prof. Zahid Askar
15:40 – 15:50	Shoulder instability in young personnel: diagnosis and outcomes of arthroscopic stabilization	Dr. Kashif Memon UK
15:50 – 16:00	When to augment your ACL?	Dr. Usama Bin Saeed
Free Papers		
16:00 – 16:07	Clinical and functional outcome of two stage revision anterior cruciate ligament reconstruction	Dr. Sumaiya Khan
16:07 – 16:14	Correlation of Clinical Examination and MRI findings with Arthroscopic Evaluation of Meniscus Tears and Cruciate Ligament Ruptures	Dr. Rehan Alwani
16:14 – 16:21	Intercondylar notch width and other anthropological measurements and their relationship with ACL injuries in adults. A prospective study in local population	Dr. Sayed Moin
16:21 – 16:30	When to plan arthroscopic capsular release in resistant adhesive capsulitis	Dr. Aziz

Paeds Orthopaedic I

FRIDAY 03RD NOVEMBER 2023

Time: 14:30pm to 16:30pm

Panelists: Prof. Inam Muharrem, Prof. Javed Iqbal
Prof. Nusrat Rasheed, Prof. M. Baksh Shahwani

Moderators: Dr. Mumtaz Hussain, Dr. Jamil

Time	Program	Speaker
Invited Talks		
14:30 – 14:45	Cerebral palsy hip or knee or foot problems	Dr. Muharrem Inan
14:45 – 15:00	CP and gait analysis decision making	Dr. Muharrem Inan
15:00 – 15:15	Missed fractures in children	Prof. Irfan Mehboob
15:15 – 15:30	Current status of Clubfoot services in Pakistan	Prof. Muhammad Amin Chinoy
Free Papers		
15:30 – 15:40	Analysis of functional and cosmetic outcome of Green and Bank Procedure done spastic cerebral palsy cases	Dr. Muhammad Usama
15:40 – 15:50	Developmental dysplasia of hip (DDH): role of assessing the geographical prevalence in Pakistan for screening to minimize the late presentation of DDH	Dr. Farman-ul-Haq
15:50 – 16:00	Comparison of radiological outcome of open reduction in unilateral vs bilateral DDH	Dr. Irfan Ali Sujah
16:00 – 16:10	Functional outcome with the use of flexible intramedullary nails in a femoral diaphyseal fracture in children	Dr. Faraz Ahmed
16:10 – 16:20	Intercalary Arthroplasty using capsule in neglected development dysplasia hip. Case series	Prof. Dr. Atiq uz Zaman
16:20 – 16:30	Short term functional outcome of developmental coxa vara correction surgery	Prof. Dr. Atiq uz Zaman

Hand & Wrist

FRIDAY 03RD NOVEMBER 2023

Time: 16:30pm to 18:00pm

Panelists: Prof. Tahseen Ahmed Cheema, Dr. Haroon Rasheed
 Prof. Khalid Masood, Prof. Syed Kamran

Moderators: Dr. Talha Khalil, Dr. Asim Islam

Time	Topic / Title	Speaker
Invited Talks		
16:30 – 16:40	The art and science of tensioning in tendon transfers.	Prof. Tahseen Cheema
16:40 – 16:50	Erb's Palsy: Early and late management	Prof. Pervaiz Mehmood Hashmi
16:50 – 17:00	Late perilunate dislocations: management options	Prof. Khalid Masood
17:00 – 17:10	Arthroscopic management of TFCC: our experience in HULS	Prof. Khalid Masood
Free Papers		
17:10 – 17:16	Experience of mini fragments hand plating at a peripheral health center.	Dr. Talha Khalil
17:16 – 17:22	Role of external fixator in distal radius fracture.	Dr. Farman-ul-Haq
17:22 – 17:28	Frequency of Superficial Radial Nerve Injury In Surgical Decompression of De Quervain's Tenosynovitis.	Dr. Zain Naseer
17:28 – 17:34	De Quervain's Tenosynovitis Treated with Steroid Injection Compared to Conservative Management	Dr. Faraz Ahmed
17:34 – 17:40	Functional outcome with the use of flexible intramedullary nails in a femoral diaphyseal fracture in children	Dr. Faraz Ahmed
17:40 – 17:46	Range Of Motion after 3 months Follow Up of Across Wrist ex fix in Distal Radius comminuted Fracture	Dr. Bilal Hassan
17:45 – 17:50	The Outcome of The Distal Radius Fractures Managed Across Wrist External Fixator Vs Buttress Plate	Dr. Muhammad Zaigham Maqsood
17:50 – 17:55	Corrective Osteotomy for malunited Distal Fracture – A HULS perspective	Dr. Asim Islam
17:55 - 18:00	Compound Tuberculous palmer Ganglion causing the Carpal tunnel & Guyon's canal compression- Cases report	Shuja uddin

Foot & Ankle I

FRIDAY 03RD NOVEMBER 2023

Time: 16:30pm to 18:00pm

Panelists: Dr. Amanullah Khan Kakar, Dr. Haroon Majeed

Moderators: Dr. Tashfeen Ahmad

Time	Program	Speaker
State of Art / Invited Lectures		
16:30 – 16:45	Ankle arthritis: Recent advances	Dr. Sohail Yousaf
16:45 – 16:55	Ankle arthroscopy: An emerging modality	Dr. Rizwan Haroon Rashid
16:55 – 17:05	Hallux valgus: Trends in management	Dr. Haroon Majeed
17:05 – 17:10	Q & A	
Mini Symposium: The Flat Foot		
17:10 – 17:20	Adult flat foot: How do I manage non-operatively?	Dr. Arshad Qamar
17:20 – 17:30	Adult flat foot: How do I manage with surgery?	Dr. Rajiv Shah
17:30 – 17:40	Paediatric flat foot	Dr. Arshad Khaleel
17:40 – 17:50	Case Discussion: Planovalgus in children	Dr. Sikandar Hayat
Free Papers		
17:50 – 17:56	Medial arch restoration after Kidner's procedure with rerouting of tibialis posterior tendon for symptomatic accessory navicular presenting with flexible flat feet	Dr. Muhammad Inam, Syed Dilbagh Shah
17:56 – 18:00	Q & A	

Miscellaneous & Pain

FRIDAY 03RD NOVEMBER 2023

Time: 16:30pm to 18:00pm

Panelists: Prof. Atta-Ur-Rehman, Prof. Gulzar Saeed
 Prof. Karam Ali Shah, Prof. Zulfiqar Soomro

Moderators: Dr. Naveed Solangi, Dr. Najeeb-Ur-Rehman,
 Dr. Shakeel Memon

Time	Topic / Title	Speaker
Invited Talks		
16:30 – 16:40	Effects Of Myofascial Release Technique with Ferritin on Pain, Range of Motion and Disability in Adults with Neck Pain	Dr. Aamir Gul Memon
16:40 – 16:50	Case report: A rare Case of low backache (Bertolotti's Syndrome)	Prof. Maj Gen. Liaquat Ali
16:50 – 17:00	Nano Technology & Biomaterials of Orthopaedic medical implants	Prof. Syed Farman Ali Shah
Free Papers		
17:00 – 17:10	Prevalence of kinesiophobia and its impact on clinical outcomes post ACL reconstruction; a cross sectional study.	Dr. Hina Arshad Karachi
17:10 – 17:20	Community-Based Interventions for Preventing and Managing Orthopedic Complications during Pregnancy in Resource-Limited Settings: A Review of Exercise Programs, Acupuncture, and Peer Support Groups	Dr. Muhammad Muzamil
17:20 – 17:30	Non-Surgical Approaches for Orthopedic Complications during Pregnancy in Resource-Limited Settings: A Systematic Review	Dr. Muhammad Muzamil
17:30 – 17:40	The Potential of New TB Hip Drug Regimens, Such as Bedaquiline and Delamanid, For Improving Treatment Outcomes In Developing Countries	Dr. Muhammad Muzamil
17:40 – 17:50	The prevalence of deep Venous thrombosis of the lower extremity in hospitalized bedridden Orthopaedic patients: a Pilot Study.	Prof. Badauddin Sahito
17:50 – 18:00	Kinesiology Tape: A Descriptive Survey of Physiotherapists in Pakistan	Dr. Urwa Yaseen

Trauma Session III

SATURDAY 04th NOVEMBER 2023

Time: 8:30am to 10:00am

Panelists: Prof. Mian Amjad, Prof. Jagdesh Kumar,
Prof. Abdul Malik Shaikh, Prof. Dileep Kumar

Moderators: Dr. Zamir Hussain Tunio, Dr. Siraj Ahmed Butt

Time	Topic / Title	Speaker
Invited Talks		
08:30 – 08:45	Why PRP? & PRP for Trauma Surgery	Dr. Muhammad Iqbal Alam
09:00 – 09:00	Periprosthetic fractures	Dr. Syed Imran Bukhari
Free Papers		
09:00 – 09:10	Comparison Of Functional Outcome of Philos Plate Vs. External Fixator In The Management Of Proximal Humerus Fracture	Dr. Hazrat Akbar
09:10 – 09:18	Range of Motion after 3 months Follow Up of Across Wrist ex fix in Distal Radius comminuted Fracture	Dr. Bilal Hassan
09:18 – 09:26	The outcome of the distal radius fractures managed with across wrist external fixator vs buttress plate	Dr. Zaigham Bajwa
09:26 – 09:34	Closed Interlocking Intramedullary Nail in Humerus Shaft Fractures: Our clinical Experience	Dr. Imran Khan Mahar
09:34 – 09:42	Innovative method of Intervention: Modified- Internal Joint Stabilizer-Elbow for Acute & chronic Elbow Dislocation	Dr. Shuja Udin
09:42 – 09:50	A study of neglected traumatic hip dislocation treated with total hip arthroplasty: The journey from miserable to a happy life	Dr. Shahzaeb
09:50 – 10:00	Comparison of Open Vs Closed Technique in the Treatment of Sub - Trochanteric Fractures	Dr. Faraz Khan

Trauma Session IV

SATURDAY 04th NOVEMBER 2023

Time: 10:00am to 11:00am

Panelists: Prof. M. Akhtar Baig, Prof. M. Ayoub Laghari
Prof. Kashif Tabani, Dr. Zahoor Ellahi Soomro

Moderators: Dr. Irshad Ahmed Bhutto, Dr. Allah Nawaz Abbasi

Time	Program	Speaker
Invited Talks		
10:00 – 10:10	Functional Outcome of distal Humerus intra-articular fractures using distal Humerus anatomical locking plates.	Prof. Badar Uddin Sahito
10:10 – 10:20	Distal Radius Fractures in adults: 4 vs 6 weeks of cast immobilization after closed reduction, a randomized control Trial	Dr. Muhammad Irfan Yousaf
Free Papers		
10:20 – 10:27	The frequency of unsatisfied patients treated conservatively for mid shaft clavicle fractures	Dr. Faheem Ghori
10:27 – 10:34	Functional Outcome of Radial Head Fractures When Treated with Open Reduction and Internal Fixation: Our Experience	Dr. Nimra Rasheed
10:34 – 10:41	Functional Outcome of Open Reduction and Internal Fixation of Radial Head Fractures	Dr. Ghazanfar Ali shah
10:41 – 10:48	Meyer's Procedure for Grade I and II AVN in Delayed Femoral Neck Fractures: A Retrospective Study	Dr. Muhammad Muzzammil
10:48 – 10:55	Clinical and Radiographic Outcomes of PHILOS plate in proximal humerus fractures: Our experience	Dr. Nida Hameed
10:48 – 10:55	To evaluate the outcome of AO external fixator for the management of GIIIA and IIIB open Tibia Fracture	Dr. Allah Nawaz Abbasi

Arthroplasty III

SATURDAY 04th NOVEMBER 2023

Time: 8:30am to 09:45am

Panelists: Prof. Zaki Idrees, Prof. Intakhab Toufiq
Dr. Mujahid Jamil, Dr. Faridullah Khan Zimri

Moderators: Dr. Shohab Haider Shaikh, Dr. Adeel Ahmed Siddiqui

Time	Topic / Title	Speaker
Invited Talks		
08:30 – 08:45	Approaches to THR...an evidence-based approach	Prof. Zahid Askar
08:45 – 09:00	Revision hip arthroplasty in failed hip surgery	Prof. Pervaiz Mehmood Hashmi
09:00 – 09:15	Total hip replacement in congenital dysplastic hip	Prof. Pervaiz Mehmood Hashmi
Free Papers		
09:15 – 09:25	Long Stem Total hip replacement in pelvic support osteotomy (PSO)	Dr. Zain Naseer
09:25 – 09:35	Frequency of Limb Length Discrepancy (LLD) After Total Hip Arthroplasty.	Dr. Abidullah
09:35 – 09:45	Patients undergoing total hip replacement in a rural health care setup- our experience	Dr. Muhammad Mustafa
09:45 – 09:55	Is tranexamic acid safe in hip hemiarthroplasty? A review	Dr. Muhammad Mustafa

Arthroplasty IV

SATURDAY 04th NOVEMBER 2023

Time: 09:55am to 11:00am

Panelists: Prof. Muhammad Umer, Prof. Major Gen Sohail Hafeez
Dr. Yasir Mustafa Khan, Prof. Ghulama Mustafa Qaim Khani

Moderators: Dr. Khalid Kareem, Dr. Nouman Rajpoot

Time	Program	Speaker
Invited Talks		
09:55 – 10:10	Reverse shoulder arthroplasty in proximal humeral fractures	Prof. Pervaiz Mehmood Hashmi
10:10 – 10:20 10:20 – 10:30	TKA in obese Patients	Prof. Maj. Gen. M. Sohail Ameen
Cancer Mechanism Extensor Mechanism		
	Rupture after TKA	Dr. Adnan Rabani
10:30 - 10:37 10:37 - 10:44 10:44 - 10:51 10:51 - 11:00	Free Papers Approaches for Total Hip Arthroplasty and Its Outcomes: a review article	Dr. Mustafa Pervez
	Efficacy of intra-operative periarticular injections among patients undergoing total hip arthroplasty	Dr. Zohaib Nawaz
	Outcome of proximal femur replacement in failed internal fixation of hip fractures, a case series	Dr. Asif Ali Dhari

A Radiological Anthropometry study on

Spine III

SATURDAY 04th NOVEMBER 2023

Time: 08:30am – 09:46am

Panelists: Prof. M. Ayaz Khan, Prof. Muhammad Hanif

Moderators: Dr. Shahbaz Khan

Time	Topic / Title	Speaker
Invited Talks		
08:30 – 08:45	Management of spinal cord injury where have we been where are we now – where are we going	Prof. Micheal Fahlings
08:45 – 09:00	Nanotechnology in spine fusion surgery	Prof. Tariq Suhail
09:00 – 09:15	Outcome of Three Column Osteotomies in RIGID Adolescent Idiopathic Scoliosis	Prof. Muhammad Hanif
Free Papers		
09:15 – 09:23	Outcome of central laminectomy and lateral mass screw fixation in multilevel cervical spondylotic myelopathy. Our experience at GTH	Dr. Faraz Ahmed
09:23 – 09:30	The experience of developing countries in managing and treating spinal tuberculosis, including the challenges of limited resources and infrastructure.	Dr. Muhammad Muzzammil
09:30 – 09:38	Outcome of single level lumbar discectomy in prolapsed intervertebral disc in terms of radicular pain relief	Dr. Bakht Sardar
09:38 – 09:46	Deformity Angular Ratio and its correlation with Complications rate	Dr. Muhammad Siddique Hamid

Spine IV

SATURDAY 04th NOVEMBER 2023

Time: 09:46am – 11:00am

Panelists: Prof. Muhammad Arif Khan
 Prof. Asad Qureshi

Moderators: Prof. Rizwan Akram

Time	Program	Speaker
Invited Talks		
09:46- 09:58	Cervical Stenosis	Dr. M. Zeeshan Sardar
09:58 - 10:10	Anterior Endoscopic Cervical Spinal Surgery	Prof. Alastair Gibson
10:10 - 10:20	MISS- emerging trend in spine surgery	Prof. Rizwan Akram
10:20 – 10:30	Management of severe rigid scoliosis role of preoperative traction	Prof. Abdullah Shah
Free Papers		
10:30 – 10:36	Clinical and Radiographic Outcomes of Uncoforaminotomy in Anterior Cervical Discectomy and Fusion (ACDF): Our experience	Dr. Nida Hameed
10:36 – 10:42	Frequency of Sacroiliac joint pain after Lumbar and Lumbosacral fusion: Our Experience	Dr. Nida Hameed
10:42 – 10:48	Frequency of Deranged Pulmonary Function Tests in Patients with Adolescent Idiopathic Scoliosis	Dr. Qaisar Khan
10:48 – 10:54	Comparative Analysis of pulmonary function impairment in adolescent Idiopathic vs congenital	Dr. Zaigham Bajwa
10:54 – 11:00	Comparison of demography, effectiveness and safety of MISS microscopic, endoscopic, and open discectomy for lumbar disc herniation.	Dr. Atif

Plenary / State of Art Talks

SATURDAY 04th NOVEMBER 2023

Time: 11:00am to 13:00pm

Panelists: Prof. Ghulam Mehboob, Prof. Shahid Ilyas,
Prof. Abdul Rahman Sheikh
Mr. Guy Wansbrough, Prof. Nayyar Qayyum

Moderators: Dr. Mujahid Jamil, Dr. Shakir Syed

Time	Topic / Title	Speaker
Plenary /State of Art Talks		
11:00 – 11:12	Radiographic Evaluation following Hip Arthroplasty.	Dr. Shakir Syed, UK
11:12 – 11:24	The use of megaprotheses for revision of infected knee replacements	Prof. Seggy Abudu UK
11:24 – 11:36	Vascularised fibular epiphyseal transplantation for managing bone defects in childhood sarcoma	Prof. Seggy Abudu UK
11:36 – 11:48	Anatomical Variant MRI findings in Hip, Knees and Shoulder Joints.	Dr. Shakir Syed, UK
11:48 – 12:00	The Tip of the Iceberg - Treating Trauma Disability in Kenya	Prof. Guy Wansbrough, UK
12:00 – 12:12	Management options PPF in hip surgery	Mr. Shahzad Sadiq UK
12:12 – 12:24	Managing acetabular defects in revision surgery	Mr. Shahzad Sadiq UK
12:24 – 12:36	MSK Screening protocols and its benefits	Prof. J. Chomiak
12:36 – 12:48	Anterior pelvic osteotomy in cases of bladder extropy .17 years SIUT experience	Prof. Maratab Ali
12:48 – 13:00	Problems & solutions of Orthopaedic surgeons in Pakistan	Dr. Zahid Malik

Foot & Ankle II

SATURDAY 04th NOVEMBER 2023

Time: 14:30pm to 16:30pm

Panelists: Prof. Irfan Mehboob, Dr. Sohail Yousaf

Moderators: Dr. Rizwan Haroonrashid

Time	Program	Speaker
Invited Lectures		
14:30 - 14:45	Osteochondral Defect Talus: What's new	Dr. Syed Mohsin Ali
14:45 - 14:58	How I do it: The posterolateral perspective in Ankle fracture	Dr. Haroon Majeed
14:58 - 15:10	How I do it: Lateral Ankle Instability	Dr. Sohail Yousaf
15:10 - 15:22	Calcaneal fracture: Non-operative and Operative management	Dr. Irfan Mehboob
15:22 - 15:34	Ilizarov for complex foot and ankle trauma	Dr. Amanullah Khan Kakar
15:34 - 15:40	Q & A	
Mini Symposium: The Achilles Tendon		
15:40 - 15:50	Achilles rupture: When does bracing work?	Dr. Tayeb Asim
15:50 - 16:00	Achilles rupture: When is surgery better?	Dr. Sohail Yousaf
16:00 - 16:10	Achilles insertional pain	Dr. Rizwan Haroon Rashid
Free Papers		
16:10 - 16:16	Outcome of early weight bearing cast for the treatment of Jones Fracture	Dr. Faaiz Ali Shah
16:16 - 16:22	Molecular characterization and antibiotic susceptibility pattern of bacterial strains isolated from diabetic foot ulcers	Dr. Sabir Khan Khattak
16:22 - 16:28	Outcome of percutaneous reduction & fixation of displaced calcaneal fractures: Our Experience	Dr. Mohsin Javed
16:28 - 16:30	Q & A	

Arthroscopy III

SATURDAY 04th NOVEMBER 2023

Time: 14:30pm to 15:30pm

Panelists: Dr. Umer Butt, Dr. Kazim Rahim Najjad
Dr. Mustaf Javed, Dr. Saeed Shaikh

Moderators: Dr. Amanullah Khan, Dr. Raheel Akbar Baloch

Time	Topic / Title	Speaker
Invited Talks		
14:30 – 14:40	Tibial spine avulsion fracture	Prof. Zahid Askar
14:40 – 14:50	Bucket handle tear reduction and repair by a locally customized Outside-In technique; A simple, cost-effective approach.	Dr. Javed Iqbal
14:50 – 15:00	Subacromial impingement, scope & management	Dr. Dil Bagh
Free Papers		
15:00 – 15:07	Multiligamentous Knee Injury treated with autologous graft Our Novel technique	Dr. Shahrukh Ahmed
15:07 – 15:14	Functional Outcome of Arthroscopic Anterior Cruciate Ligament Reconstruction Using Hamstring Autograft with Fixation Using Endobutton at Femoral End and Bioabsorbable Screw at Tibial End	Dr. Sabir Khan Khattak
15:14 – 15:21	Integrity & Functional Outcome after Massive Rotator Cuff Repair in Double Row Repair Manner: A Prospective Study.	Dr. Arslan Abro
15:21 – 15:30	Arthroscopic Bankart Repair; update on PROM from Faisalabad	Dr. Zohaib Nadeem

Arthroscopy IV

SATURDAY 04th NOVEMBER 2023

Time: 15:30pm to 16:30pm

Panelists: Prof. Shams Tabraiz, Prof. Kamran Butt
 Dr. Sufyan, Dr. Nadeem

Moderators: Dr. Javed Iqbal, Dr. Yasir Hussain

Time	Program	Speaker
Invited Talks		
15:30 – 15:40	Primary ACL Repair, the way I do it.	Dr. Usama Bin Saeed
15:40 – 15:50	All inside ACL reconstruction "How I do it"	Dr. Sanaullah
15:50 – 16:00	Arthroscopic shoulder stabilization	Dr. Amir Sohail
Free Papers		
16:00 – 16:06	Clinical and Functional Outcome of Traumatic Osteochondral Fracture In Adolescent Patella	Dr. Sobia Aziz
16:06 – 16:12	Role of Stem Cells In The Treatment of Osteoarthritis- A Review of Literature	Dr. Muhammad Mustafa
16:12 – 16:18	Correlation of Clinical Examination and MRI findings with Arthroscopic Evaluation of Meniscus Tears and Cruciate Ligament Ruptures'	Dr. Rehan Alwani
16:18 – 16:24	Pectoral major repair; A case report of one of the first case in Faisalabad	Dr. Zohaib Nadeem
16:24 – 16:30	ACL reconstruction with remnant preservation	Dr. Huzaifa Tariq

Paeds Orthopaedic II

SATURDAY 04th NOVEMBER 2023

Time: 14:30pm to 16:30pm

Panelists: Prof. Anisuddin Bhatti, Prof. Sikandar Hayat

Moderators: Dr. Salik Kashif, Dr. Abbas Ali

Time	Topic / Title	Speaker
Invited Talks		
14:30 – 14:45	Long-term follow-up [over 10 years] of my cases of DDH open reduction. How I learn to improve my expertise.	Prof. Anisudin Bhatti
14:45 – 15:00	Complications of DDH surgery through medial approach	Prof. Sikandar Hayat
15:00 – 15:15	Congenital pseudarthrosis of tibia. In search of better surgical procedure. How to achieve union using Onlay and in-lay fibular graft?	Dr. Mumtaz Hussain
15:15 – 15:30	Management of Obstetric brachial plexus injury (Birth Palsy). Our experience of Subscapularis release and Latissimus Dorsi to Infraspinatus at LRH Peshawar	Dr. Baqir Hussain
Free Papers		
15:30 – 15:40	Comparing mean time to walk in children having shaft of femur fracture treated with titanium elastic nail versus hip spica cast	Dr. Ajay Kumar
15:40 – 15:50	Spoke Wheel Injuries in Children: A Comprehensive Review of Epidemiology, Prevention, and Treatment	Dr. Muhammad Muzzammil
15:50 – 16:00	Functional, Radiological and AVN in patients of SCFE underwent Modified Dunn Procedure	Dr. Atif Ali
16:00 – 16:10	Association between CHOHES and Severin scores in children surgically treated for developmental dysplasia of the hip (DDH)	Dr. Nirma Shahzad
16:10 – 16:20	Frequency of microorganisms in septic arthritis in children under the age of 10 years	Dr. Muhammad Inam
16:20 – 16:30	Results of Modified Green's Procedure in Sprengel Deformity: a single center experience	Dr. Mumtaz Hussain

Bone Infections & Tumours

SATURDAY 04th NOVEMBER 2023

Time: 16:30pm to 18:00pm

Panelists: Prof. Raja Irfan Qadir, Prof. Badaruddin Sahito,
Prof. Hameedullah Kakar, Dr. Shakeel Abbasi

Moderators: Dr. Sunil Kumar, Dr. Javed Khaskeli, Dr. Nizam Attari

Time	Program	Speaker
Invited Talks		
16:30 – 16:45	Frozen bone Auto graft for reconstruction of Bone and soft tissue Sarcoma; our Experience	Prof. Badaruddin Sahito
16:45 – 17:00	Giant cell tumour Grade III & Denosumab effects, prospective study 94 patients.	Prof. Badaruddin Sahito
17:00 – 17:15	Management of Fracture related infection	Dr. Syed Imran Bukhari
17:15 – 17:25	Periprosthetic infection	Dr. Syed Imran Bukhari
Free Papers		
17:25 – 17:32	Denosumab in Giant Cell Tumor of the Bone: A Review of Current Perspectives and Clinical Trials	Dr. Muhammad Muzzammil
17:32 – 17:39	Aneurysmal bone cyst in an eleven-month-old girl: a case report	Dr. Mumtaz Hussain
17:39 – 17:46	Biological reconstruction after cryosurgery using liquid nitrogen after resection of paediatric long bone Sarcomas. Our experience at the children's hospital Lahore	Dr. Mumtaz Hussain
17:46 – 17:53	Efficacy of core needle biopsy in the diagnosis of paediatric malignant bone tumors	Dr. Mumtaz Hussain
17:53 – 18:00	Fungating Synovial sarcoma at posterior aspect of neck: An unusual site and rare case report	Prof. Badaruddin Sahito

Arthroscopy V

SATURDAY 04th NOVEMBER 2023

Time: 16:30pm to 18:00pm

Panelists: Prof. Khalid Mehmood Shah, Prof. Masood Umer
Prof. Faisal Masood, Dr. Kashif Memon
Prof. Maj. Gen. M. Sohail Ameen

Moderators: Dr. Naveed Juman, Dr. Amir Sohail

Time	Topic / Title	Speaker
Invited Talks		
16:30 – 16:42	Arthroscopic subscapular repair	Dr. Usama Bin Saeed
16:42 – 16:54	Does every rotator cuff tear need repair? An evidence-based approach to decide"	Dr. Naveed Juman
16:54 – 17:06	Arthroscopic Rotator cuff repair for massive tear " How I do it.	Dr. Sanaullah
Free Papers		
17:06 - 17:14	Effectivity of rotator cuff repair in terms of clinical outcomes and re tear rate after arthroscopic rotator cuff repair.	Dr. Atif
17:14 - 17:22	Arthroscopy vs arthrotomy for management of septic shoulders – a review of literature	Dr. Muhammad Mustafa / Dr. Shahjahan Syal
17:22 - 17:30	Integrity & Functional Repair Manner: A Prospective Study.	Dr. Arsalan Abro
17:30 - 17:38	Functional outcome of congruent arc Laterjet procedure in off track lesions of shoulder with recurrent anterior shoulder instability	Dr. Nauman Malik
17:38 - 17:46	Functional Outcome of Arthroscopic Anterior Cruciate Ligament Reconstruction Using Hamstring Autograft with Fixation Using Endobutton at Femoral End and Bioabsorbable Screw at Tibial End	Dr. Sabir Khan Khattak
17:46 - 17:54	Impact of Kinesiophobia On Ability of The Athlete To Return To Pre-injury Sports Activity Level: After Arthroscopic Anterior Cruciate Ligament Reconstruction With Hamstring Tendon	Dr. Mueed Shaikh
17:54 - 18:00	Q & A	



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