



THE 6TH Annual PAREKH INDO –US FOOT AND ANKLE CONFERENCE

9, 10, 11th January 2015

M S Ramaiah Memorial Hospital Auditorium
M S Ramaiah Advanced Learning Centre
New BEL Road, Bangalore 560054
www.footandanklecourse.com
indousfacon15@gmail.com

Patron:

Dr. D.C.Sundaresh

International Chair:

Dr. Selene G Parekh

National Chair:

Dr. Rajiv Shah

Organizing Chairpersons:

Dr. Naresh Shetty, Dr. Harshad M Shah

Organizing Secretary:

Dr. Ajoy S.M.



For the First time:

Hands-on Cadaver workshop for delegates
Hands-on osteotomies and fixation using variable angle plates
E- Posters selected from delegate submissions
Physiotherapy Day focused on Foot and Ankle

Course details

9th Jan 2015: Course commences sharply 7:45 AM

Lectures – Pre Lunch

Charitable Live Surgeries – Post Lunch

10th Jan 2015: Course commences sharply 7:45 AM

Lectures – Pre Lunch

Choice: Cadaver Hands –on OR Saw Bone Workshop at MSRALC – Post Lunch

11th Jan 2015: Course commences sharply 7:45 AM Lectures – as per schedule

10th Jan 2015: Physiotherapy Day commences sharply 7:45 AM

KMC CME Credits will be awarded to registered delegates

Dear Colleagues and Friends,

The 6th Parekh Indo-US Foot and Ankle Course brings us to Bangalore, the capital of Karnataka. A vibrant city, which has seen phenomenal growth, from infrastructure and development, to becoming the hub of all major IT related firms from around the world, this location closely mirrors what has been happening to the field of foot and ankle in India. Earlier known as the Garden city, for the innumerable parks and open spaces that it boasted, it is also a major healthcare destination for all types of treatment, modern and holistic.

As time has passed, we continue to evolve our course. This year's excitement includes: a cadaver work shop, the ability for attendees to showcase their works via the e-poster sections, and the inclusion of a foot and ankle physiotherapy day. As always, live charitable surgeries will be conducted, sawbones sessions will be made available, cases from the audience will be requested, and deep academic sessions will be conducted.

Bangalore has an enviably pleasant climate and January is a time for light woollen wear. The city and its surroundings have places to visit which are steeped in history, architecture and natural beauty. A visit to Bangalore in general and the conference in particular will be an enriching experience for all in every possible way.

We would like to thank the Parekh Family Foundation for their continued dedication to elevating the care, education, and training of foot and ankle in South Asia.

We hope to see you at the course. Your commitment to this course helps to make it a success. Please plan for it, mark it, and register early to ensure your spot in the cadaver or sawbones workshops. We will see you in January.

International Chair	:	Dr Selene G Parekh
National Chair	:	Dr Rajiv Shah
Organizing Secretary	:	Dr Ajoy S.M. (+919663394216)

International Faculty

Dr. Selene Parekh
Dr. Greg Berlet
Dr. Chris Coetzee
Dr. Sam Flemister
Dr. Norah Foster
Dr. Paul Hecht

And Many More

Course content:

Lectures on:

Foot and Ankle Basics:

- Physical Exam
- Imaging
- Anesthesia

Foot and Ankle Trauma including concepts, principles, management and algorithms for:

- Ankle Fractures
- Syndesmotic Injuries
- Pilon Fractures
- Talar Fractures
- Open and closed Calcaneal
- Compartment Syndrome Multiply injured metatarsals

Foot and Ankle Arthritis and Acquired PesPlanus including concepts, principles, management and algorithms for:

- Ankle Arthritis – Non operative Management
- Ankle Distraction Arthroplasty
- Ankle Fusion (open, arthroscopic, and mini)
- Total Ankle Replacement
- Subtalar Arthrodesis
- Subtalar Distraction Arthrodesis
- Tibiotalocalcaneal Fusions
- Midfoot Arthritis – Non operative and Operative Management
- Delayed Lisfranc Injuries and TMT Arthritis – Non operative and Operative Approach
- Hallux Rigidus – Non operative and Operative Approach and Management
- Stage 1,2,3 Posterior Tibial Tendon Dysfunction - Diagnosis and Treatment

National Faculty

Dr. Rajiv Shah
Dr. Sampat D. Patil
Dr. Malhar Dave
Dr. Nikesh Shah
Dr. Udaykumar S.B
Dr. S R Sundararajan

Tendon Issues including concepts, principles, management and algorithms for:

- Achilles Tendonitis
- Acute Achilles Ruptures
- Chronic Achilles Ruptures
- Peroneal Tendonitis and Tears
- Anterior TibialTendinopathy

Common Foot and Ankle Issues including concepts, principles, management and algorithms for:

- Hallux Valgus
- Claw and Hammer Toes
- Plantar Heel Pain
- Neuropathic Foot and Ankle
- Stress Fractures of the Foot and Ankle
- Physical Therapy of the Foot and Ankle
- Equinus Ankle
- Osteotomies of the Foot and Ankle
- Tarsal Tunnel Syndrome
- Sesamoid Pathologies
- Common Tumors of the Foot and Ankle
- Congenital Deformities
- Prosthetics and Orthotics

Foot and Ankle Sports including concepts, principles, management and algorithms for:

- Foot and ankle arthroscopy
- Acute Ankle Sprains (bracing, PT, medial ankle)
- Chronic Anterolateral Ankle Pain
- Ankle Instability
- Medial Deltoid Ligament Injury and Reconstruction

Surgical Videos

- Surgical technique videos will be demonstrated by the faculty

Surgical Cases

A minimum of five cases to be operated upon--charitable surgery

Cadaver Lab:

Hands-on for all registered delegates (Entry restricted to first 50 registered delegates)

Course content:

- Exposures in foot and ankle
- Calcaneal osteotomy and fixation
- Subtalar fusion
- Variable angle plates from Synthes – fixation techniques



Saw Bone workshop: (Entry restricted to the first 100 registered delegates)

Course Content:

- Calcaneal fixation
- Lisfranc fixation
- Distal Tibia fixation

Registration Fees:

	Conference	Saw Bone workshop	*Cadaver Workshop	Physiotherapy Day
Early Bird (Upto 31st July 2014)	4500	1500	4000	750
Upto 30th Nov 2014	5000	2000	4500	1000
After 1st Dec 2014 and spot	6000	2500	CLOSED	1500
**For Post Graduates / Residents-	3000	1500	3000	750

**Post graduates need to produce a certificate from HOD and have to register before 30th Nov 2014, else they will be registered as regular delegates.

Payments to be made to : For conference

Account name: Indo-US FACON -15
A/CNumber :141201011017103
IFSCCode :VIJB0001412

* MSRALC for Cadaver Workshop

Account name : MSR ALC
Account number : 141200301000146
Swift Code : VIJBINBBFXB
IFSC Code : VIJB0001412
Vijaya Bank - MSRIT Branch, Mathikere

Instructions for Submitting Abstracts

1. Only abstracts submitted on the proper form by registered delegates will be considered (see the next pages A and B of this document).
2. Abstract should be no longer than 500 words.
3. All abstracts must be received by October 1, 2014 .Decisions will be mailed by November 1, 2014
4. Use only Times New Roman 10 point type.
5. All images, tables and text should not extend beyond the original size of an 8-1/2 x 11 piece of paper.
6. Ensure that the Disclosure Form is completed by ALL authors.
7. Complete application below.
8. Create a blinded copy on page B.
 - A. Copy only the Title and Abstract into their respective boxes on the last page of this document.
 - B. Make sure to leave the Author(s) and Affiliation lines are blank on the blinded copy.
9. Save this document.
10. E-mail the file to fmer001@gmail.com (Subject line should read Abstract Submission, Title and Name of Author). If your abstract contains any images, or graphs, please attach a separate file for each in addition to the abstract. Please make sure all charts, images (jpg), etc. are formatted for black and white copy.
11. These documents will be processed electronically. The blinded copy on Page 4 will be stripped off and submitted to the judges. If your document does not strictly follow the proper format it will not be processed.

Abstract Submission Application

1. Title of Abstract (Please use sentence casing for all titles):
2. Name of Author(s) and Institution. Include specialty preference and title(s) of each author. Presenting author should be listed as (a).
 - a. Presenting Author:
 - b.
 - c.
 - d.
3. Complete name and address of where correspondence should be sent:
Address:
Phone:
Fax:
Email:

Page A

TITLE:

AUTHOR(S):

AFFILIATION(S):

Objective:

Methods:

Results:

Conclusions:

.....

Page B

TITLE:

AUTHOR(S): [BLINDED COPY LEAVE BLANK]

AFFILIATION(S): [BLINDED COPY LEAVE BLANK]

Objective:

Methods:

Results:

Conclusions:

Physiotherapy Day Details:

Physical Therapists

Course Chair

Zankhna S. Parekh, MSPT

Faculty :USA

Lindsay Hack MSPT,DPT

India

Dr Savita Ravindra

1. Course Intro and Objectives starting at 7:45 AM sharply
2. Anatomy of the Foot and Ankle – Bone Topography
3. Examination of the Foot and Ankle

- a. Alignment
 - b. Palpation
 - c. Joint Mobility
 - d. Flexibility
 - e. Strength
 - f. Proprioception
4. Review of Gait
 - Plane terminology
 - Gait Terminology
 - ROM required during various phases of gait
 5. Modalities and their use in PT

Questions

-----Break-----

6. Intervention Strategies for Non-Operative Dysfunctions
 - a. Plantar Fasciitis
 - b. Achilles Tendonitis
 - c. Lateral Ankle Sprain
7. Intervention Strategies for Operative Dysfunctions
 - a. Pick three cases that Surgeons are operating during the course
8. Manual Therapy Treatment
 - Subtalar
 - Midtarsal
 - Talocrural
 - Gross Mobs

Questions and Wrap up



6th Annual Parekh Indo-US Foot and ankle Conference - 2015

9th,10th and 11th of Jan, 2015

REGISTRATION FORM

Name				
Designation				
Institution				
City		Pin code		
Address for correspondence				
Country				
Phone no.	Office	Country code	City code	Phone no.
	Mobile	Country code	Mobile no.	
E mail ID	1			
	2			

Registration payments can be made through bank NEFT/Cheque/DD drawn in favour of " M. S. RAMAIAH ADVANCED LEARNING CENTER"

And " INDO-US FACON - 15"

Forms to be sent to :indousfacon15@gmail.com

Organizing Secretary,

6th Parekh Indo-US FACON 15,

MSR Advanced Learning Centre, New BEL Road,

MSRIT Post,

Bangalore 560054

I am herewith enclosing Demand Draft/ Cheque no. dated

..... drawn on

..... Bank, for Rs..... (in

words.....

.....).

Date

Signature.....