



## The 7<sup>th</sup> Annual Parekh Indo –US Foot and Ankle Course 8,9, 10<sup>th</sup> January ,2016 , Ahmedabad .

**Venue:**

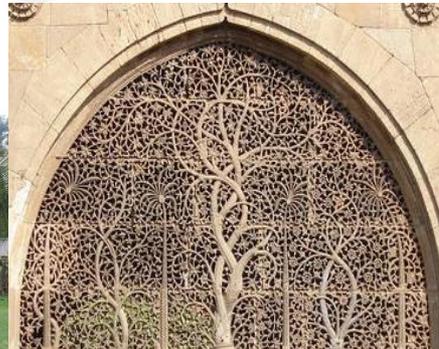
***Polio Foundation Hospital Auditorium***

***Pavan Sut Society, Opp. Sun Flower School Opp. Rajwadu Hotel, Jivraj Park,  
Ahmedabad, Gujarat 380051. Phone:079 2661 0801***



**Focus : Detailed Discussions and Live  
Demo on Problems and Possible  
Solutions of Foot and Ankle for General  
Orthopedic Surgeons.**

**CME  
Credits for  
Delegates**

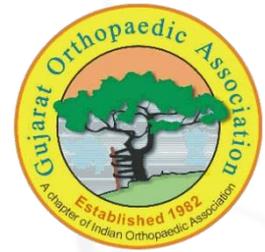


**Welcome to Ahmedabad !**

**Register Online at : <http://www.footandanklecourse.com> or  
<http://footandanklecourse2016.seawindsolution.com>**

**Register Offline at : Organizing Secretary : Dr. Navin N. Thakkar 39 /B Hindu  
Colony , Opp. S P Stadium , Navrangpura , Ahmedabad – 380009.**

**Email: [naveenthakkar@gmail.com](mailto:naveenthakkar@gmail.com)**



# We Welcome Your Foot Steps



The 7th Parekh Indo-US Foot and Ankle Course brings us to Ahmedabad . A vibrant city with its heritage of architecture and memories of Mahatma Gandhi ,which has seen phenomenal growth, from infrastructure and development, to becoming the hub of major pharma and engineering related companies. It is now a well recognized destination for cost effective and quality based healthcare facilities and it is also a major medical tourism destination for all types of treatments.

This year's foot and ankle course includes: case based learning, sawbones, live surgical demos, and interactive question/answer sessions in each module. These modules have been carefully crafted keeping in mind common foot and ankle problems encountered on a daily basis by the general orthopedic surgeons, as well as for those who want to enter the superspeciality of foot and ankle.

Delegates have an opportunity to share their own work by submitting an e -poster, showcasing innovative work which will be displayed round the clock . As always, deep academic discussions will be conducted and each session will be focused on areas from trauma to sports to reconstruction. In addition, this year will include the 2nd Annual Parekh Foot and Ankle Physiotherapy day, on Saturday. Have your own physiotherapists learn about techniques and protocols in rehabilitation of the foot and ankle patient.

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.

January in Ahmedabad is pleasant. A visit to this city will be memorable on all aspects and the conference in particular will be an enriching experience for trainees and practicing surgeons alike. Bring your own cases to share with the faculty, and be prepared to share focused discussions and a live demo of common foot and ankle problems and possible solutions with international and national faculties - one to one .

We hope to see you at the course. Your commitment to this course helps to make it a success. Mark it in your calendar and register early to ensure your spot in the sawbones workshops and conference as there are limited seats !

We will see you in January 2016

On Behalf of Whole Team

**Dr. Selene G. Parekh (International Chair)**

**Dr. Rajiv Shah (National Chair)**

**Dr. Nishith Shah (Organizing Chairman )**

**Dr. Navin Thakkar ( Organizing Secretary )**

CME Credits will be awarded to registered delegates by Medical Council

## Team and Faculty



**Dr. Selene Parekh - International Chair of Course , Associate Professor of Surgery, Renowned Foot and Ankle Surgeon. Duke University ,Durham ,North Carolina , USA . Very Active International Speaker ..... [To know more click link here](#)**



**Dr. Rajiv Shah –National Chair of Course is past President of Foot and Ankle Association of India . He runs the first ever Foot and Ankle Centre of India at Vadodara ..... [To know more click link here](#)**



**Dr. Nishith Shah –Local Chairperson of Course is one of the pioneer arthroscopic surgeons in India, does exclusive Arthroscopy and Sports medicine work in Ahmedabad since 1988 ..... [To know more click link here](#)**



**Dr. Navin Thakkar –Organizing Secretary of Course , first Indian Orthopedic Surgeon , received US Patents for his Innovations, practicing trauma work in Ahmedabad since 1989 ..... [To know more click link here](#)**



**Dr. Judith Baumhauer is the past president of the American Board of Orthopedic Surgery, American Ortho. Foot and Ankle Society (AOFAS); has chaired AAOS/AOFAS Courses in the past 20 years..... [To know more click link here](#)**



**Dr. Rebecca A. Cerrato, M.D., Board Certified orthopedic surgeon, joined The Institute for Foot and Ankle Reconstruction following the completion of her foot and ankle surgery fellowship..... [To know more click link here](#)**

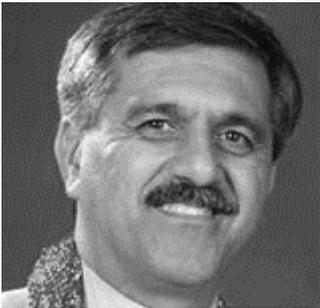
## Team and Faculty



Dr. Timothy Daniels serves as Associate Editor to the Journal Foot and Ankle International and is a reviewer for the Journal of Bone and Joint Surgery (Am) and Journal of AAOS..... [To know more click link here](#)



Dr. Malhar H. Dave, M.S. is Director of the Foot and Ankle Center, Baroda, India and Chief Executive Officer of Abhishek Hospital, Baroda, India .... [To know more click link here](#)



Dr. Mandeep S. Dhillon is Past President of Foot and Ankle Association of India and currently working as Professor Department of Orthopaedics PGIMER Chandigarh..... [To know more click link here](#)



Dr. Mahendra S. Kudchadkar is practicing orthopedic Surgeon at Panaji Goa with special interest in foot and ankle problems and its solutions ..... [To know more click link here](#)

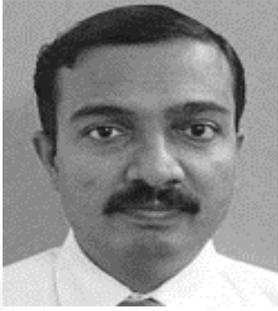


Dr. Moonot is an Orthopaedic surgeon in Mumbai at P. D. Hinduja National Hospital and Research Centre, Mahim. He has more than 15 years of clinical and research experience in orthopaedics in both UK and India ..... [To know more click link here](#)



Dr. Julie Neumann is a chief orthopedic surgery resident at Duke University Medical Center. She is honored to have been selected as this year's Parekh Indo-US Foot & Ankle Scholar..... [To know more click link here](#)

## Team and Faculty



**Dr. Sampat Patil , Director and Head of Department - Orthopedics, Noble Hospital, Pune is Renowned Foot and Ankle Surgeon and Speaker ..... [To know more click link here](#)**



**Dr. Balvinder Rana M.S ( Orthopedics ) is Present President of Indian Foot and Ankle Society and a senior Consultant at Foot and Ankle Unit Medanata -Medicity , Guragoan , Haryana , India ..... [To know more click link here](#)**



**Dr. Sundararajan Ramasamy is President Elect of Indian Foot and Ankle Society and a senior Consultant at Ganga Hospital Coimbtore ..... [To know more click link here](#)**



**Dr. Nikesh Shah is Practicing Foot and Ankle Surgeon at Baroda , India and he is passionate for spreading knowledge and development of foot and ankle subspeciality ..... [To know more click link here](#)**



**Dr. Rajeev Vohra is a Senior Consultant Orthopedic Surgeon at Amritsar with Special interest in Foot and Ankle Surgery ..... [To know more click link here](#)**



**Dr. Emilio Wagner Hitschfeld is Associate Professor Foot and Ankle Fellowship , Staff Member Foot and Ankle Unit Clinica Alemana, Past President Chilean Foot and Ankle Society..... [To know more click link here](#)**

## Course Highlights

8-9-10<sup>th</sup> Jan : Starts Sharp at 7.45 a.m. Pre-Lunch –Presentations , Post Lunch Charitable Live Surgeries and Hands on Workshop

## Course Details

### Foot and Ankle Basics :

1. Physical Examinations and How to Diagnose .
2. How to do Imaging –Recent advances-3D Printing and demonstration
3. Anesthesia and Positioning and More .....

### Trauma : Concepts , Principles , How to plan and perform :

1. Ankle Fractures –Recent Advances –Posterior Malleolus Fractures
2. Syndesmotic Injuries – Recent Advances
3. Pilon Fracture – understand injury and decide approach and Implant
4. Talus Fractures: Minimally Invasive – Which screw , from where ? Plate ?
5. Calcaneus : Approaches , Minimally invasive – Recent advances
6. Lisfranc – Multiple Metatarsals – Compartment Syndrome and Many More...

### Tendon Issues : Principles , Identify source of Pain –Recent Advances :

1. Tendo- Achilles Rupture –Acute and Chronic
2. Achilles Tendinitis and Tendinopathy
3. Paroneal Tendinitis and Tears
4. Anterior Tibial Tendinopathy
5. Stage 1,2,3 Posterior Tibial Tendon Dysfunction - Diagnosis and Treatment.

### Arthritis Issues : Principles , Identify source of Pain –Recent Advances :

1. Ankle Arthritis – Non operative Management
2. Ankle Distraction Arthroplasty
3. Ankle Fusion (open, arthroscopic, and mini)
4. Total Ankle Replacement
5. Subtalar Arthrodesis
6. Subtalar Distraction Arthrodesis
7. Tibiotalocalcaneal Fusions
8. Midfoot Arthritis – Non operative and Operative Management
9. Delayed Lisfranc Injuries and TMT Arthritis – Non operative and Operative

## Course Details

### **Common Foot and Ankle Issues -concepts, principles, management :**

1. Claw and Hammer Toes
2. Plantar Heel Pain
3. Neuropathic Foot and Ankle
4. Stress Fractures of the Foot and Ankle
5. Physical Therapy of the Foot and Ankle
6. Equinus Ankle
7. Osteotomies of the Foot and Ankle
8. Tarsal Tunnel Syndrome
9. Sesamoid Pathologies
10. Common Tumors of the Foot and Ankle
11. Congenital Deformities
12. Prosthetics and Orthotics and Many More .....

### **Ligament and Sports Related Problems : Concepts and Management :**

1. Foot and ankle arthroscopy
2. Acute Ankle Sprains (bracing, PT, medial ankle)
3. Chronic Anterolateral Ankle Pain
4. Ankle Instability
5. Medial Deltoid Ligament Injury and Reconstruction.

### **Recorded Surgical Videos :**

Faculty will bring with them detailed steps of surgery for visualization of each and every steps –will help you to adopt these surgical techniques in your day today practice.

**Ask the Experts :** Case based small multiple group discussions : Solve your doubts and query in real life practice .

### **Live Saw Bone Workshops:**

Faculty will show detailed steps of surgery – then delegates will be given hands on experience of how to reconstruct lesions of ankle and foot problems and interact one to one in each Module . Limited seats available on first register first get basis.

**Live Surgeries : Minimum five and may be more on availability of suitable cases : Moderated by experts in OT and Auditorium – Two Way Communication . Freely interact and clear your doubts and query instantly.**

**We welcome your cases for Interaction - Discussions and Live Surgery.  
Welcome Constructive Suggestions from participants for fruitful participation.**

## Physiotherapy Day (Saturday) Details

### Faculty



**Zankhna Parekh , Chapel Hill, NC, USA , MSPT** has been a physical therapist in the orthopedic community for over 10 years. She has been a manager of multiple physical therapy clinics in USA .....[to know more click here](#)



**Debbie Nawoczinski PT, PhD** holds an appointment as an adjunct Professor in the Department of Orthopedics at the University of Rochester Medical Center.....[to know more click here](#)

Local Course Coordinator :

1. Jaymin Bhatt ( [jaymin\\_04@hotmail.com](mailto:jaymin_04@hotmail.com) ) ( 09898567822 )
2. Jalpa Shah & others at Polio Foundation ( [jalpa.s.shah@gmail.com](mailto:jalpa.s.shah@gmail.com) ) ( 0 9825151392 )

This Parallel session for physiotherapists will start sharp at 7.45 a.m.

1. Course Intro and Objectives
  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
  - 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

### Registration Fee in INR

Surgeons	Conference		Workshop***		Physiotherapy
		IOA/GOA Member *		IOA/GOA Member*	
Early Bird ( Up to 30 September 2015)	5500	5000	2500	2000	750
Up to 15 November	6500	6000	3000	2500	1000
After 15 November and Spot	7500	7000	3500	3000	1500
Post Graduates/Residents **	4000		2000		

\* Indian Orthopedic Association and Gujarat Orthopedic Association Members has to mention their Number.

\*\* Post graduates has to submit Letter from HOD . [Download pdf file from website](#) –get signed and submit online .

\*\*\* Workshop seats are limited for one to one interaction with faculty .

### How I can Register ?

**Online** : 1. Submit registration charge by Pay in Cash Slip or Cheque in any State Bank Of India Branch for A/c Number of beneficiary . Take Image in mobile phone and open website for registration –fill it and submit image of pay in slip online.

2. Submit registration charge by fund transfer to beneficiary a/c from your a/c by net banking or mobile banking and note transaction id and fill that id number in registration form online on website . ( No need to send /post any paper)

**Offline** : Submit registration charge in any SBI branch by cash or cheque - [Download registration form](#) –print – fill and send organizing secretary copy of stamped pay in slip . ( need to send /post paper)

### Beneficiary Account Details

(1) Beneficiary Account Name: **Indo-Us Foot and Ankle Course 2016**

(2) Beneficiary Account Number at State bank of India: **35009244451**

(3) Beneficiary Account IFSC:**SBIN0060399**

(4) MICR: **380002125**

### How I can submit my Innovation /Idea/ Work /Technique as e-poster at meeting ?

(1) Deadline for submission is 15th October ,2015

(2) [Download Guideline and Rules at website](#) - submit as per instructions online only

### How I can submit my problem case for discussion or demo Live charitable surgery ?

(1) Collect all details and Images for case labelled in chronological order

(2) Submit to [Organizing Secretary](#) .

## The Whole Team and Supporters

### Patrons

Dr. Bharat Bhagat  
Dr. Dilip Patel  
Dr. Prakash Amin  
Dr. Kalpan Desai  
Dr. Mehul Shah

### International Chair

Dr. Selene G. Parekh

### National Chair

Dr. Rajiv Shah

### Organizing Chairman

Dr. Nishith Shah

### Organizing Secretary

Dr. Navin N. Thakkar

### Local Coordinators and Supporters

Dr. Dhiren Ganjwala	Dr.Jigar Chhapan	Dr . Rajesh Solanki	Dr. P.Bhatt (CEO Polio )
Dr. Bhavik Dalal	Dr Neel Bhavsar	Dr. N. Goswami	Dr. Alok Shah
Dr. Jigar Shah	Dr. Rohan Vakta	Dr. R. Mukhopadhyay	Dr.Abhay Parikh

### Local Advisors and Supporters

Dr. Pankaj Patel	Dr.M M Prabhakar	Dr. Sumant Shah	Dr. J P Pandit
Dr. Pankaj Divatia	Dr.Piyush Parikh	Dr. P. K. Kanabar	Dr. R N Naik
Dr. Yogesh Parikh	Dr Jawahar Jethwa	Dr. K .M .Shah	Dr Rohit Shah

### Regional Advisors and Supporters

Dr. V M Shah	Dr. D K Shah	Dr. A.Vaishnavi	Dr.H K Vakharia
Dr. Lalbhai Patel	Dr. J J Patwa	Dr. Nishith Shroff	Dr. G K Patel
Dr. R R Viradia	Dr. K S Maheshwari	Dr. Paresh Golwala	Dr. Satish Patel
Dr. Anil Nayak	Dr. D B Patel	Dr. Ashit Mehta	Dr. C S Ajmani
Dr. Anil Jain	Dr. Sudhir Kapoor	Dr . H. Jhunjunwala	Dr. Sanjay Jain
Dr. Dharendra Singh	Dr. Deepak Shah	Dr. Sudhir Kumar	Dr.Rajiv Choudhary

### Regional Coordinators and Supporters

Dr.Sanjiv Ravisahab	Dr.Vijay Sata	Dr. Vivek Parikh	Dr. Pinakin Vora
Dr. Bhavesh Sachde	Dr. Rashmi Shah	Dr. Hothchandani	Dr. Kamlesh Gurjar
Dr. Sidharth Patel	Dr. Pranav Shah	Dr. Mandeep Shah	Dr. Maulin Shah
Dr. H.Nagwadia	Dr. K .Ardesna	Dr. Mukul Pandit	Dr. Rajesh Chacha
Dr. Pravin Thakkar	Dr. Siddharth Patel	Dr . Dhaval Desai	Dr. Sunil Kulkarni
Dr. Sushrut Babhulkar	Dr. Ravi Gupta	Dr. Amit Ajaonkar	Dr. Paresh Pandya



# 7 th Annual Parekh Indo-US Foot and Ankle Conference – 2016 8,9,10<sup>th</sup> Jan . Ahmedabad

## Offline Registration Form

Registration as ( Tick one): Surgeon  Physiotherapist

Surname :

Name :

Name on Badge :

Address for Correspondence :

City :

State:

Country:

Zip / Pin :

Mobile :

Email :

Have you submitted abstract online for e Poster? : Yes  No

Are you a Life Member of Gujarat Orthopedic Association? : Number

Are you a Life Member of Indian Orthopedic Association? : Number

Are you a PG Student or Resident ? : Yes  No

Submitted Certificate from HOD ? : Yes  No

Mode of Payment : A. Cash /Cheque submitted at SBI Branch  (attach Copy)

(Tick one from A,B ,C)

B. Online fund Transfer : Transaction ID

C. Cheque at Par / Draft with this form ( name at back of draft)

Submit to :

Dr. Navin. N. Thakkar. ( Organizing Secretary)

39/B Hindu Colony, Opp. S.P. Stadium, Navrangpura , Ahmedabad , Gujarat

Pin : 380009 . Mobile : 09825387016 Email : naveenthakkar@gmail.com