



3rd BASIC KNEE ARTHROSCOPY & ISOKINETIC WORKSHOP 2014



DATE
28th & 29th April 2014

VENUE
*T.J Danaraj Hall
Level 3, Academy of Medicine Malaysia, KL
&
General Operation Theater (GOT),
HOSPITAL KUALA LUMPUR.*

JOINTLY ORGANISED BY:
*Arthroscopy and Sports Injury Unit (ASIU),
Orthopaedics and Traumatology Institute
Hospital Kuala Lumpur*

*MOH Arthroscopy and Sports Injury Group (MOH/ASI)
&
Malaysian Arthroscopy Society (MAS)*

ORGANIZING COMMITTEE

ADVISOR

Dato' Dr. Fazir bin Mohamad (HKL)

CHAIRPERSON

Dr Siti Hawa bte Tahir (HKL)

CO- CHAIRPERSON

Dr Hishamuddin bin Masdar (H.Selayang)

SCIENTIFIC CHAIRMAN

Dr Sanusi Azni bin Abd Ghani (HPRZ II)

SECRETARY 1

Sn Norzehan bte Masri (HKL)

SECRETARY 2

Dr Leong Wan Hee (HKL)

TREASURER

Dr Arshad bin Puji (HKL)

PROGRAMME CO-ORDINATOR:

Dry Workshop

Dr Sidik bin Che Kob (H. Selayang)
PPP Najib bin Osman

Booth

Dr Mohd Rusdi bin Abdullah (HKL)

Live surgery

Dr Mohd Azrin b Shahul Hamid (H.Selayang)
PPP Nik Hazri bin Nik Din (HKL)

Audiovisual & IT Officer

Dr Haris Ali bin Chemok Ali (H. Serdang)
Dr Dzuraimy b Ismail (HPRZ II)
PPP Riduan bin Nasir (HKL)

Liaison Officers

PPP Haszaimi b Omar (HKL)
PPP Hj Mohammad Ali b Abdul Majid (HKL)

Special task officers

PPP Rajendran al Krishnan (HKL)
Sr Wan Noraziah bte Wan Rosli (HKL)

Committee Members

Dr Razip b Sirat (HPSF Muar)
Dr Zulkifli b Hasssan (Hosp Sultan Ismail)
Dr Maria Shelynn Wong (HKL)
Dr Haritharan al Suppaiah (HKL)
Dr Ahmad Redzuan b Arshad (HKL)
Dr Muhammad Irsyaduddin b Rosli (HKL)
Lt. (Dr) Nur Aina bt Salim (HKL)
Dr Khasnida Suriani bt Abdul Khalil (HKL)
En. Zahari Afandi b Yaafar (HKL)
PPP Kamal Aizam Bin Mohd Noor (H.Selayang)
Pn. Vanitta ap Panmuaisolvani (HKL)

PROGRAM AGENDA
3rd BASIC KNEE ARTHROSCOPY & ISOKINETIC WORKSHOP 2014
HOSPITAL KUALA LUMPUR

DAY 1: MONDAY 28th April (T.J. Danaraj Hall, Level 3, Academy of Medicine Malaysia, KL)

TIME	TOPIC	SPEAKER
0730 - 0800	Registration	
0800 - 0810	Welcome address and Opening Ceremony (MC: Dr Azrin / Dr Haritharan)	Dato' Dr Fazir Mohamad
	Session 1 (Moderators: Dr Sidik Che Kob/Dr Haris Ali)	
0810 - 0830	Lecture 1 : Anatomy and Biomechanics of ACL	Dr Leong Wan Hee
0830 - 0850	Lecture 2 : Management of ACL injury- Decision Making	Dr Zulkifli Hasssan
0850 - 0910	Lecture 3 : Arthroscopic Anatomy of the Knee	Dr Razip Sirat
0910 - 0930	Lecture 4 : The Meniscus	Dr Sanusi Azni Ab Ghani
0930 - 0940	Q&A	
0940 - 0950	Photo Session	
0950 - 1015	Tea break	
	Session 2(Moderators: Dr Leong Wan Hee/ Dr Rusdi)	
1015 - 1035	Lecture 5 : Graft Choices and Methods of fixation in ACL reconstruction	Dr Sidik Che Kob
1035 - 1055	Lecture 6 : ACL reconstruction – Surgical Technique	Brig Gen Dato' Dr Amiruddin Hamdan
1055 - 1115	Lecture 7 : Current Updates in ACL Reconstruction	Dr Johan Ahmad
1115 - 1135	Lecture 8 : Rehabilitation after knee arthroscopic surgery	Dr Arshad Puji
1135 - 1145	Q&A	
1145 - 1245	Case presentation	
1250 - 1400	Lunch	
Co-ordinator	Dr Sidik Che Kob /Dr Leong WH	Dr Haris Ali / PPP Rajendran
	(FOR DOCTORS) Dry Workshop 1 (Dewan TJ Danaraj)	(FOR PARAMEDIC) Dry Workshop 1
1400 - 1430	ACL reconstruction-Endobutton	Introduction to Arthroscopy Procedure (PPP Najib Osman)
1430 -1500		Graft preparation
1500 -1530		
1530-1600	ACL reconstruction - Biointerference Screw	
1600- 1615	Tea Break	
	Dry Workshop 2	Dry Workshop 2
1615 - 1815	Meniscus repair - inside-out technique	Video Presentation on ACL Recon Procedure
	Meniscus repair – outside-in technique	ACL Recon – Step by Step
	Meniscus repair - all-inside technique	
1815	Adjourn	
2000	Faculty Dinner	

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HOSPITAL KUALA LUMPUR**

DAY 1: MONDAY 28th April (Function Room, Level 3, Academy of Medicine Malaysia, KL)

Co-ordinator	Dr Arshad/ En Zahari	
	ISOKINETIC (Function Room)	SPEAKER
1400 - 1430	Lecture 9: Introduction & brief overview	Mejar Noorizan Zahiran
1430-1500	Lecture 10 : Application of Isokinetic & Rehab of the Knee	
1500 - 1530	Lecture 11 : Application of Isokinetic testing & Rehab of the shoulder	Lt Kol (Dr) Ridzuan Azmi
1530-1600	Lecture 12: Clinical data & Isokinetic Interpretation	
1600	Tea Break	
1630	Adjourn	

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DAY 2: TUESDAY 29th April 2014 (General OT, Level 3, HKL)

Live surgery (0800hrs – 1500hrs): OT7, OT8

4 cases: ACL +/- meniscus procedure

0730 hrs	Meet at reception, GOT, HKL	
0745 – 0830 hrs	Pre-op assessment on OT table	
	OT 7	OT 8
0830 – 1100 hrs	Live surgery 1	Live surgery 2
1200 – 1500 hrs	Live surgery 3	Live surgery 4

1000 hrs – Tea Break at GOT CME Room

1300 hrs - Lunch

1600 – 1700 hrs – Closing ceremony and Presentation of Certificates

DAY 2: TUESDAY 29th April 2014 (ISOKINETIC LAB, ORTHOPEDIC CLINIC, SCACC,HKL)

0800 - 0830hrs	Meet at Orthopedic Clinic, SCACC,HKL & Registration
0830 – 0930 hrs	Introduction to Isokinetic machine
0930 – 1030 hrs	Knee assessment
1030 – 1100 hrs	Tea break
1100 – 1230 hrs	Hands on knee assessment
1230 – 1400 hrs	Lunch
1400 – 1500 hrs	Shoulder assessment
1500 – 1630 hrs	Hands on shoulder assessment
1700 hrs	Closing & End session

Table Instructor

DRY WORKSHOP (DOCTOR)

Table 1	:	Dr Sidik bin Che Kob
Table 2	:	Dr Leong Wan Hee
Table 3	:	Dr Zulkifli bin Hasssan
Table 4	:	Dr Razip b Sirat

DRY WORKSHOP (PARAMEDIC)

Table 1	:	PPP Najib bin Osman
Table 2	:	PPP Riduan bin Nasir
Table 3	:	PPP Nik Hazri bin Nik Din
Table 4	:	PPP Kamal Aizam bin Mohd Noor