



BORNEO ARTHROSCOPY COURSE 2024

**SPORTS ORTHOPEDIC DEPARTMENT
SARAWAK GENERAL HOSPITAL**

[REGISTER HERE](#)



COURSE DETAILS

Date : 19-20th August 2024

Time : 8am - 5pm

**Venue : Borneo Cultural Museum
& Daycare Complex SGH**

Course Fees :

- Surgeon - RM 500
- MO/Masters student - RM 150
- Nurses/MA/Physiotherapist - RM 100

**CLOSING DATE
2 AUGUST 2024**

For any enquiries please contact :

- Orthopedic Department, Sarawak General Hospital
- Email : sportsmedicinesgh@gmail.com

DRY WORKSHOP & LIVE SURGERY AVAILABLE !

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TENTATIVE PROGRAM

- **Day 1 : Activity Room, Borneo Cultural Museum, Sarawak (19th August 2024)**

Time	Topic
0800-0830	REGISTRATION
LECTURE	
0830-0850	Opening ceremony: Speech by Organizing Chairperson
0850-0910	Anatomy and Biomechanics of ACL
0910-0930	Graft choices and fixation methods
0930-0950	Tips and Tricks of ACL surgery
0950-1010	Complications of ACL reconstruction
1010-1030	BREAK
1030-1050	Anatomy and Biomechanics of Meniscus
1050-1100	Meniscus Injury and Fixation
1100-1120	Cartilage Injuries and Its Management
1120-1140	Rehabilitation after ACL reconstruction + Meniscus procedure
1140-1200	ACL and Meniscus injuries – Radiology point of view
1200-1230	Q+A session
1230-1400	LUNCH
WORKSHOP	
1400 - 1600	Meniscus Station Graft preparation
	Graft Preparation Meniscus Station
1600-1630	END of DAY 1

- **Day 2 : Seminar Room, Daycare Complex, SGH (20th August 2024)**

Time	Surgery (Arthroscopy)	Surgeon
0800-1100	Case 1	Speaker 1
1100-1400	Case 2	Speaker 2
1400-1700	Case 3	Speaker 3
1700-1730	END OF DAY 2 / CLOSING	

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