

Knee 360° 2025

Simplifying Complex Knee Surgeries

Agenda: Day 1 (Sports)

- **Session 1: ACL (08:00-09:00)**
 - Live Surgery 1: (ACLR+BioBrace/LEAT) (08:00-08:30)
 - Lectures: (8+2 mins)
 - ACLR in 2025: Best Practice Today
 - When and how to add lateral augmentation
 - Revision ACLR: Getting it right the second time

- **Session 2: PCL (09:00-10:00)**
 - Live Surgery 2: Double Bundle PCL Reconstruction (09:00-09:40 mins)
 - Lecture (15 mins)
 - PCL Reconstruction for the Asian patients: Grafts, ½ bundles, what's optimum?

- **Session 3: Meniscus (10:00-11:15)**
 - Live Surgery 3: Meniscus Repair (10:00-10:30)
 - Lectures (5+2 mins)
 - Inside-out meniscus repair: Relive
 - Outside-in/all-inside meniscus repair: Relive
 - Medial/lateral root repair: Relive
 - Ramp/zip lesion repair: Relive
 - Biological augmentation in meniscus repair: Fibrin clots ets.
 - Autografts for Meniscal Transplantation (Dr. Amit Joshi) (10 mins)

- **Break (11:15-11:30)**

- **Session 4: General Topics 1 (11:30-12:00)**
 - Lectures (8+2 mins)
 - Graft choices and options in ligamentous injuries
 - Conservative management of ligament injuries: When and how?
 - Choosing the right implants: Pros and cons of each

- **Session 5: PLC Session (12:00-13:00)**
 - Live Surgery 4: PLC Reconstruction (12:00-12:40)

- Lectures (8+2 mins)
 - Anatomy, Biomechanics and Diagnosis of PLC injuries
 - Comparing PLCR techniques (LaPrade/Arciero/Larson): What's valid in 2025
- **LUNCH (13:00 - 14:00)**
- **Session 6: PMC Session (14:00-15:00)**
 - [Live Surgery 5: sMCL+POL/dMCL Recon \(14:00-14:30\)](#)
 - Lectures (8+2 mins)
 - Danish Technique and its evolution for PMC Recon
 - MCL in isolation vs with ACL: How to approach
 - dMCL: What to look for and when to reconstruct
- **Session 7: MLKI Session (15:00-16:00)**
 - Case Presentations (8+2 mins)
 - Acute KD with MFC buttonhole: How I manage
 - Subacute KD with MLKI (<7 days): How I manage
 - Chronic MLKI (>3m): How I manage
 - Panel Discussion (30 mins)
- **Session 8: PF Instability Session (16:00-17:15)**
 - [Live Surgery 6: MPFL Reconstruction \(16:00-16:30\)](#)
 - Lectures (6+2 mins)
 - PF Instability in pediatric age group: Current consensus
 - Isolated MPFLR: When and How
 - Trochleoplasty: When and how
 - TTO: When and how
 - Recurrent vs habitual PFI: Are they different beasts?
 - Permanent patella dislocation: How to approach
- **Break (17:15-17:30)**
- **Session 9: Cartilage Procedures (17:30-18:00)**
 - Lectures (8+2 mins)
 - Restoring Articular Cartilage: Basic science and Current Consensus
 - Graft Based Solutions: OATS/mosaicplasty/minced cartilage
 - Cell-based solution: ACI and others
- **Session 10: General Topics 2 (18:00-18:30)**
 - Lectures (8+2 mins)
 - Tunnel issues in ligament surgeries around the knee

- Complications and how I manage: Stiffness
 - Complications and how I manage: Infection
- **Workshops (18:30-19:30)**
 - Meniscus Workshop on model
 - ACL tunnel workshop
- **Banquet (20:00 onwards)**

Agenda: Day 2 (Osteotomy and Arthroplasty)

- **Session 11: Basic Osteotomies Session (08:30-10:30)**
 - Live Surgery 7: Double Level Osteotomy (08:30-09:30)
 - Lectures (8+2 mins)
 - Indications of HTO/DLO
 - Planning of HTO/DFO/DLO
 - Controversies and Consensus around JLO/JLCA
 - HTO with adjunct surgeries (ACL/MMPRT/Cartilage): When and How
 - Osteotomies for the valgus knee
 - Outcomes of osteotomies: Conversion to TKA
- **Session 12: Complex Osteotomies Session (10:30-12:00)**
 - Live Surgery 8: TTO/Derotation/Slope-altering osteotomy/TCVO (10:30-11:20)
 - Lectures (8+2 mins)
 - Derotational osteotomies: When and How
 - TTO: When and How
 - Slope-changing osteotomies: When and How
 - TCVO: When and How
- **Session 13: Alignment in Arthroplasty Session (12:00-13:30)**
 - Lectures (8+2 mins)
 - Mechanical Alignment
 - Functional Alignment
 - Kinematic Alignment: How I do with Robot
 - Kinematic Alignment: How I do with calipered technique
 - Best alignment for valgus knees
 - Getting alignment right in complex cases (failed HTO)

- Panel discussion on difficult primary TKA (13:00-13:30)
- **Lunch (13:30-14:00)**
- **Session 14: UKA Session (14:00-16:00)**
 - Live Surgery 9: UKA (14:00-14:40)
 - Lectures (8+2 mins)
 - Ideal Candidate for UKA: Indications and contraindications
 - Mobile bearing UKA: Why and How
 - Fixed bearing UKA: Why and How
 - Lateral UKA: How to get it right
 - Revision of UKA to TKA: Tricks to remember
 - Panel discussion on failures in UKA (30 mins)
- **Workshops (16:30-17:30)**
 - HTO Workshop: Plan and execute on sawbone
 - UKA on sawbone

Agenda: Day 3 (Cadaveric Workshops)

- Live Dissection: Lateral Side of the Knee
- Live Dissection: Medial Side of the Knee
- Cadaveric Demo: Complex Osteotomies
- Cadaveric Demo: Complex Ligament Reconstructions