

TOSSM 2015

July 10-11, 2015

Dusit Resort, Hua Hin

Theme: All about Instability

Main Subspecialties

1. Shoulder
2. Knee
3. Hip
4. Elbow
5. Sports Science – Sports Medicine
6. Foot & Ankle

Course Content

1. Instructional Course Lecture
2. Symposium
3. Update/Specific Short Topic
4. Live Surgery
5. Workshop
6. Free Paper
7. Cases presentation & Discussion, Meet the Expert
8. Short video presentation

Friday, July 10, 2015			
	Room A	Room B	Room KW1
0800-0900	ICL 1 Shoulder	ICL 2 Cartilage	ICL 3 Elbow
9.00-10.00	Open Ceremony		
	Introduction of Guest Speakers		
	Honorary Lecture		
10.00-10.15	Coffee Break		
10.15-11.15	Live Surgery Shoulder	Hip 1 Symposium	Free Paper (Knee)
11.15-1200	Shoulder 1 Short Topic	Hip 2 Short topics	Free Paper (Miscellaneous)
1200-1300	Lunch Symposium 1	Lunch Symposium 2	Lunch Symposium 3
1300-1330	Knee 1 Symposium	Sports Medicine	Workshop 1
1330-1430	Knee 2 Symposium		
1430-1445	Coffee Break		
1445-1545	PT Symposium	Elbow 1 Symposium	Workshop 2
1545-1630	Meet the Knee Expert	Elbow 2 Symposium	Workshop 3
1630-1645	Fellow Commencement Ceremony		
1830-2130	Congress Dinner		

Saturday, July 11, 2015			
	Room A	Room B	Room KW1
0730-0830	ICL 4 Knee	ICL 5 Foot & Ankle	ICL 6 Hip
0830-0930	Shoulder 2 Symposium	Athletic Spinal Injuries	Free papers (shoulder)
0930-1000	Coffee Break		
1000-1100	Shoulder 3 Symposium	Sports Medicine	Free papers (shoulder)
1100-1200	Shoulder 4 Debates	Short Video presentation	
1200-1300	Lunch Symposium 4	Lunch Symposium 5	Lunch Symposium 6
1300-1400	Knee 4 Video presentation	Foot Ankle 1 Video presentation	Workshop 4
1400-1500	Knee 5 Symposium	Foot Ankle 2 Short Topic	
1500	Adjourn		

Friday, July 10, 2015

Friday, July 10, 2015			
	Room A	Room B	Room KW1
0800-0900	<p align="center">ICL 1 Shoulder Shoulder Instability (English Language)</p> <p>Moderators: <i>Bavornrat Vanadurongwan, Jirun Apinun</i></p> <p>1. Anterior instability: Glenoid and Humeral bone loss: How to quantify it? and Update in Management (12 min) <i>Gof Tantisricharoenku</i></p> <p>2. "Isolated " Posterior instability: Clinical History, Examination and Surgical decision making (12 min) <i>Theera Rojpornpradit</i></p> <p>3. Multidirectional instability: Pathology and findings in MDI patients and Management in 2015 (12 min) <i>Prapakorn Klabklai</i></p> <p>4. <i>Results of Arthroscopic Bankart repair of 400 cases of recurrent anterior dislocation</i> (12 min) <i>Sanjay Desai</i></p> <p>Q&A : 12 min</p>	<p align="center">ICL 2 Cartilage Update in Cartilage Treatment</p> <p>Moderators: <i>Vatanachai Rojvanit, Channarong Kasemkijwattana</i></p> <p>1. Approach to Cartilage Lesion (12 min) <i>Apisarn Chinanuvathana</i></p> <p>2. Surgical Options for Cartilage Lesion (12 min) <i>Thanathep Tanpowpong</i></p> <p>3. Regenerative Medicine in Cartilage Treatment (12 min) <i>Dumneoensan Pruksakorn</i></p> <p>4. From Bench to Bedside – Regenerative Medicine (12 min) <i>Wirat Kongcharoensombat</i></p> <p>Q&A : 12 min</p>	<p align="center">ICL 3 Elbow Get Start with Elbow</p> <p>Moderators: <i>Ittirat Watcharananan, Chalermchai Limitlaohapanth</i></p> <p>1. Examination in elbow (25 min) <i>Cholawish Chanlalit</i></p> <p>2. Elbow surgical approach (25 min) <i>Nathapon Chantaraseno</i></p> <p>Q&A : 10 min</p>
0900-0940	<p align="center">Open Ceremony <i>Manoj Chantarasorn</i> (1st vice President of RCOST)</p>		
	<p align="center">Introduction of Guest Speakers <i>Chanakarn Phornphutkul</i></p>		
0940-1000	<p align="center">Honorary Lecture <i>Vichai Vanadurongwan</i></p> <p>Introducer: <i>Bavornrat Vanadurongwan</i></p>		
1000-1015	Coffee Break		

1015-1115	<p>Shoulder 1 Lives Surgery (English Language) Arthroscopic Instability Repair</p> <p>Demonstrators: <i>Sang-Jin Shin</i></p> <p>Assistant: <i>Nattha Kulkamthorn</i></p> <p>Modulator: <i>Somsak Kupniratsaikul, Bancha Chernchujit</i></p>	<p>Hip 1 Short Topics (English Language) Moderators: <i>Chonlawish Chanlalit, Prakasit Chanasit</i></p> <ol style="list-style-type: none"> 1. Arthroscopic treatment of FAI - optimizing outcomes (12 min) <i>Geoffrey Abrams</i> 2. Anterior inferior iliac spine problems: from avulsion to impingement (12 min) <i>Pisit Lertwanich</i> 3. Ligamentum teres: a forgotten ligament (12 min) <i>Kitiphong Kongrukreatiyos</i> <p>Q&A : 9 min</p>	<p>Free Paper (Knee) Moderator: <i>Prapakorn Klabklai, Worawit Ongbumrungpan</i></p>
1115-1200	<p>Shoulder 2 Symposium (English Language) Moderators: <i>Pornthep Mamanee, Theera Rojpornpradit</i></p> <p>Posterior instability:</p> <ol style="list-style-type: none"> 1. Is it just a Reverse Bankart? (10 min) <i>Sanjay Desai</i> 2. How To Optimize Treatment of Patients with Posterior Instability: My Approach(10 min) <i>Chanakarn Phomphutkul</i> <p>Multidirectional Instability:</p> <ol style="list-style-type: none"> 1. How to approach MDI & surgical I/C? (10 min) <i>Geoffrey Abrams</i> 2. My technique for capsular plication in MDI patient: Tips for success(10 min) <i>Sanjay Desai</i> <p>Q&A: 5 min</p>	<p>Hip 2 Symposium Hip Instability (section start at 1100) Moderators: <i>Kitiphong Kongrukreatiyos, Chalongrat Yimwadsana</i></p> <ol style="list-style-type: none"> 1. Update management of hip dislocation and role of hip arthroscopy (16 min) <i>Trai Promsang</i> 2. Atraumatic instability of the hip (16 min) <i>Pisit Lertwanich</i> 3. Treatment of dysplastic hip in adolescents (16 min) <i>Perajit Eamsobhana</i> <p>Q&A : 12 min</p>	<p>Free Paper</p>
1200-1300	<p>Lunch Symposium 1 Pfizer</p>	<p>Lunch Symposium 2 Arthrex</p>	<p>Lunch Symposium 3 Linvatec</p>

<p>1300-1400</p>	<p align="center">Knee 1 Symposium ACL</p> <p>Moderators : <i>Wiroon Laupattarakasem , Pongsak Yuktanandana</i></p> <p>1. ACL tear accompanied by articular cartilage lesion or arthrosis (12 min) <i>Channarong Kasemkijwattana</i></p> <p>2. ACL in skeletal immature patient (12 min) <i>Ittipol Prasitdumrong</i></p> <p>3. Adiposed-derived mesenchymal stem cell for knee cartilage lesion: basic science (12 min) <i>Tulyapruk Tawonsawatruk</i></p> <p>4. Combined High tibial ostotomy and ACL reconstruction: indication and technique (12 min) <i>Chusak Kijkunasathian</i></p> <p align="center">Q & A (12 min)</p>	<p align="center">Sports Medicine 1 Tennis</p> <p align="center">(A Touch of Tennis Science)</p> <p>Moderators: <i>Atirek Chivabongs, Mason Porramatikul</i></p> <p>1. Racket Science: Know your weapon (15 min) <i>Chalerm Chai watcharaporn</i></p> <p>2. Sports Technology in Tennis (15 min) <i>Chalerm Chaiwatcharaporn</i></p> <p>3. Biomechanics of tennis serve (15 min) <i>Geoffrey Abrams</i></p> <p>4. Musculoskeleton injuries in tennis player (15 min) <i>Geoffrey Abrams</i></p> <p>5. How to adapt your equipment and technique when your elbow get hurt (15 min) <i>Songpoj Tanprasert</i></p> <p align="center">Q & A (15 min)</p>	<p align="center">Workshop 1 (13.00-14.00) Linvatec</p>
<p>1400-1430</p>	<p align="center">Knee 2 Symposium Remnant Preservation Cruciate Ligament Reconstruction</p> <p>Moderators : <i>Teerawat Kulthanan, Wirat Kongjareonsombat</i></p> <p>1. Remnant preserved ACL reconstruction (12 min) <i>Chih-Hwa Chen</i></p> <p>2. Posterior cruciate ligament reconstruction and remnant revision - (12 min) <i>Wiroon Laupattarakasem</i></p> <p align="center">Q & A (6 min)</p>		
<p>1430-1445</p>	<p align="center">Coffee Break</p>		

1445-1545	<p>PT Symposium Shoulder Biomechanics Moderators : <i>Chanin Lamsam , Chalongrat Yimwadsana</i></p> <p>1. Shoulder movement impair syndrome (25 min) <i>Mantana Vongsirinavarat</i></p> <p>2. Muscle imbalance and neurodynamics (25 min) <i>Khompakorn Limpasutirachata</i></p> <p>Q&A (10min)</p>	<p>Elbow 1 Symposium Elbow instability Acute to Chronic : Conservative Through Reconstruction Moderators : <i>Cholawish Chanlalit , Gof richaroenku</i></p> <p>1. Acute setting (15 min) <i>Nathapon Chantaraseno</i></p> <p>2. Chronic setting (15 min) <i>Ittirat Watcharananan</i></p> <p>3. The role of PM&R (15 min) <i>Visal Kantaratanakul</i></p> <p>Q&A (15min)</p>	<p>Workshop 2 Go-On</p>
1545-1630	<p>Meet the Knee Expert 3 (English Language) Round table discussion : How to do a good ACL reconstruction Moderators : <i>Chathchai Pookarnjanamorakot, Manoon Leownorasati</i></p> <p>Panelists : <i>Chih-Hwa Chen Chanin Lamsam Sermsak Sumanont Pinij Srisuwanporn Geoffrey Abrams</i></p>	<p>Elbow 2 Symposium Tennis elbow Moderators: <i>Nathapon Chantaraseno, Bavornrat Vanadurongwan</i></p> <p>1. PRP for elbow: evidences base (15 min) <i>Sutee Thaveepunsan</i></p> <p>2. Shock wave role in elbow treatment (15 min) <i>Visal Kantaratanakul</i></p> <p>3. Tennis elbow conservative : which one prove ,which one harm (15 min) <i>Tulyapruk Tawonsawatruk</i></p> <p>Q&A (15min)</p>	<p>Workshop 3 Zimmer</p>
1630-1645	Fellow Commencement Ceremony		
1830-2130	Congress Dinner		

Saturday. July 11, 2015

	Room A	Room B	Room KW1
0730-0830	ICL 4 Knee Basic Science and Clinical Application (English Language) Moderators: <i>Wirat Kongcharoensombat, Niti Prasathaporn</i>	ICL 5 Foot – Ankle Achilles Tendinopathy in Runners Moderators: <i>Tanawat Vaseenon</i>	ICL 6 Hip Common hip problems in young patients Moderators: <i>Pisit Lertwanich, Kitipong Kongrukgratiyos</i>
	1. Healing of ACL graft (12 min) <i>Worawit Ongbumrunghan</i> 2. Biological fixation in ACL reconstruction (12 min) <i>Chih-Hwa Chen</i> 3. ACL reconstruction with hamstring tendons preserved tibial insertion (12 min) <i>Nadhaporn Sangpetch</i> 4. Failed ACL surgery - Analysis and Treatment (12 min) <i>Chih-Hwa Chen</i> Q&A (12min)	1. Unique anatomy of gastrosoleus complex and diagnosis of Achilles tendinopathy (15 min) <i>Theerawoot Tharmviboonsri</i> 2. Option for conservative treatment including PRP application (15 min) <i>Aekachai Jaroenarpornwatana</i> 3. Open surgery (15 min) <i>Tanawat Vaseenon</i> 4. Arthroscopic surgery (15 min) <i>Marut Arunakul</i>	1. Update in AVN (12 min) <i>Pakasit Chanasit</i> 2. Femoroacetabular impingement (12 min) <i>Kitipong Kongrukgratiyos</i> 3. Adolescent hip problems (12 min) <i>Perajit Eamsobhana</i> 4. Diagnostic and therapeutic injections around the hips (12 min) <i>Pisit Lertwanich</i> Q&A (12min)
0830-0930	Shoulder 3 Symposium (English Language) Rotator cuff Symposium Moderators: <i>Wichan Kanchanatawan, Harjeet Singh Bhatia</i>	Spine Symposium Athletic Spinal Injuries Moderator: <i>Kachain Namsirikul, Korakod Charakorn</i>	Free Papers (shoulder) Moderator: <i>Pinij Srisuwanporn, Theera Rajpornpradit</i>
	Rotator Cuff tear 1-2 tendon: 1. Management SLAP & Biceps lesion with rotator cuff tear (12 min) <i>Geoffrey Abrams</i> 2. Single-row VS Double row repair update in 2015: Systematic review (12 min) <i>Manusak Boonard</i> Irreparable cuff tear; 1. How do I know that cuff could not be repaired? (12 min) <i>Ekavit Keyurapan</i>	1. Prevention and non-surgical management (25min) <i>Attasit Sittitavorn</i> 2. Surgical perspectives (25min) <i>Kachain Namsirikul</i>	

	<p>2. Functional shoulder with pain: Partial cuff repair or Tenotomy? (12 min) <i>Vudhipong Sutasaneeya</i></p> <p>Q&A (12min)</p>		
0930-1000	Coffee Break & Check Out		
1000-1100	<p>Shoulder 4 Symposium (English Language) 10.00.11.05 Instability & Bone loss</p> <p>Moderators: <i>Nattha Kulkamthorn , Chanakarn Phornphutkul</i></p> <p>Anterior Instability I: First time dislocation & SLAP</p> <p>1. External Rotation Immobilization for First Dislocations: Is Recurrence Lower? (12 min) <i>Bavornrat Wanadurongwan</i></p> <p>2. First time anterior shoulder dislocation in patient under 30 years old (12 min) <i>Sang-Jin Shin</i></p> <p>Anterior Instability II: Hill-Sachs lesion management</p> <p>1. The “significant” Hill-Sachs Lesion: How to recognize it? Which Size is Critical? (12 min) <i>Chatchawan Lertbutsayanukul</i></p> <p>2. Arthroscopic management for the large anterior glenoid bone fragment (12 min) <i>Sang-Jin Shin</i></p> <p>3. Bone Graft or Latarjet for anterior glenoid bone loss > 30% (12 min) <i>Prakasit Sanguanjit</i></p> <p>Q&A: 5 min</p>	<p>A Touch of Sports Medicine</p> <p>Moderators: , <i>Kachain Namsirikul , Kornkrit Chaijenkit</i></p> <p>1. Nutrition in tennis player (20 min) <i>Alisa Nana</i></p> <p>2. Recovery from a tough match to get ready for the next</p> <p>2.1 Nutrition (20 min) <i>Alisa Nana</i></p> <p>2.2 Conditioning and rehabilitation (20 min) <i>Songpoj Tanprasert</i></p>	
1100-1200	<p>Shoulder 5 Symposium (English Language) Fracture & Arthroplasty</p>	<p>Short video presentation</p>	

	<p>Moderators: <i>Pinij Srisuwanporn, Ittipol Prasitdumrong</i></p> <p>Total shoulder Arthroplasty: 1. How to correct Type B2 glenoid? (10 min) <i>Bancho Chernchujit</i></p> <p>2. Technique to expose the Glenoid (10 min) <i>Nattha Kulkamthorn</i></p> <p>Q&A: 5 min</p> <p>Reverse Shoulder Arthroplasty and Fracture: 1. Management rotator cuff tear combined with anterior instability in elderly patient (10 min) <i>Sang-Jin Shin</i></p> <p>2. 4-part proximal humeral fracture in 55 year old active patient: Plate, Hemi or RSA for fracture? (10 min) <i>Sanjay Desai</i></p> <p>Q&A: 5 min</p>	<p>Moderators: <i>Winyou Ratanachai, Wattanai Atthakorn</i></p> <p>1. LUCL reconstruction (10 min) : <i>Cholawish Chanlalit</i></p> <p>2. Arthroscopic suprascapular nerve release (10 min) <i>Wichan Kanchanatawan</i></p> <p>3.MCL reconstruction (10 min) <i>Prakasit Sanguanjit</i></p> <p>4. Arthroscopic PCL avulsion fixation (10 min) <i>Chatchawan Lertbutsayanukul</i></p> <p>Q&A: 20 min (5 min/video)</p>	
1200-1300	Lunch Symposium 4 TRB	Lunch Symposium 5 ATB	Lunch Symposium 6 Smith & Nephew
1300-1400	<p>Knee 4 Video Demonstration</p> <p>Posterolateral reconstruction</p> <p>Demonstrator: <i>Somsak Kupniratsaikul</i></p> <p>Moderators: <i>Prakasit Sanguanjit, Chusak Kijkunasathian</i></p>	<p>Foot Ankle 1 Symposium – Short Video Presentations</p> <p>Ankle Ligament Reconstruction</p> <p>Moderators: <i>Sukij Laohajaroensombat</i></p> <p>1. Conservative (10 min) <i>Thanut Valeenukul</i></p> <p>2. Open Brostrom (15 min) <i>Sukij Laohajaroensombat</i></p> <p>3. Arthroscopy assisted percutaneous lateral ligament repair (10 min) <i>Chayanin Anghong</i></p> <p>4. Salvage procedure (10 min) <i>Narongrit Tiyatha</i></p>	Workshop 4 Smith & Nephew

		5. Associated pathology management (15min) <i>Nusorn Chaiprom</i>	
1400-1500	Knee 5 Symposium (English Language) Knee Ligaments Moderators: <i>Vudhipong Sudhasaneyya, Ekavit Keyurapan</i> 1. PCL avulsion (12 min) <i>Chalermchai Limitlaohapanth</i> 2. Remnant-preserving posterior cruciate ligament reconstruction (12 min) <i>Prakasit Chanasit</i> 3. Failed PCL Surgery - Analysis and Treatment (12 min) <i>Chin-Hwa Chen</i> 4. Multiple ligaments knee injury (12 min) <i>Jirantanin Rattanavarinchai</i> Q&A: 12 min	Foot Ankle 2 Short Topic Common Runner's Foot and Ankle Problems Moderators: <i>Bavornrit Chuckpaiwong</i> 1. Plantar fasciitis (20 min) <i>Korakot Maliwankul</i> 2. Accessory navicular (20 min) <i>Jirun Apinun</i> 3. Metatarsal stress fracture (20 min) <i>Bavornrit Chuckpaiwong</i>	
1500		Adjourn	

Paper presentation (7 min (presentation) +2 min(Q&A))

Knee – Miscellaneous section (10.15-12.00) 10 July 2015

1. Anatomical study of accessory bands of Gracilis & Semitendinosus tendons. (10.16-10.24)

Authors : **Pitipong Jupibal MD.**, Teerapat Sangwanit MD. , Wirat Kongcharoensombat MD, Ph.D

2. How to achieve a good documentation in knee arthroscopy. (10.25-10.33)

Authors : **Warawoot Nuthong MD.** , Winyou Ratanachai MD.

3. Accuracy of A New Stress radiographic device in Anterior cruciate ligament deficiency (10.34-10.42)

Authors : **Sittichai Wachiratarapadorn MD.** , Pinij Srisuwanporn MD. , Sukrom Cheecharoen MD. , Weera Preecha MD

4. Comparison of stress radiograph for diagnosis of PCL injury: modified active hamstring contraction (10.43-10.55)

Authors : **Supasak sathornpanich MD.** , Chusak Kijkunasathien MD.

5. The Differentiation of human embryonic stem cells as cartilage repair cell source. (10.56-11.04)

Authors : **Puwapong Nimkingratana MD.** , Nicola Bates MD. , Timothy E Hardingham MD., Susan J Kimber

6. The beta angle of tibial tunnel drilling related to medial border of patellar tendon in ACL reconstruction

Authors : **Chatchaphol Thanarak MD.**, Chusak Kijkunasathien MD

7. Clinical outcome comparison between ACL reconstruction with and without tibial backup : A randomized controlled trial. (11.14-11.22)

Authors : **Korakot Thamphongsri MD.** , Jirantanin Rattanavarinchai MD. , Sorawut Laoratanavoraphong MD.

8. Comparative study of pressure accuracy between arthroscopic gravity flushing pump and automatic perfusion pump. (11.23-11.32)

Authors : **Chanon Chivisest MD.** , Somsak Kuptniratsaikul MD.

9. Medical services at Asian Beach Games 2014 (11.33-11.41)

Authors : **Jakapong Thassayan MD.**, Kamolchanok Cholpranee MD., **Suthichoke** Purthivorawong MD., Mason Porramatikul MD.

Shoulder section (08.30-09.30) 11 July 2015

1. Evaluation Glenoid bone defect based on Glenoid Width and Length in Thai population : Cadaveric Study. (08.31-08.39)

Authors : **Sirisak Buranavattanachok MD.** , Jirantanin Rattanavarinchai MD. , Sorawut Laoratanavoraphong MD. , Pornjan Saitongdee MD. , Chalongrat Yimwadsana MD. , Korakot Thamphongsri MD. , Pirapon Chutchawan MD.

2. The outcome of long head biceps tenotomy and tenodesis with bioabsorbable interference screw fixation : The Phramongkutklao Hospital experiences. (08.40-08.48)

Authors : **Pason Phonphok MD.** , Nattha Kulkamthorn MD.

3. Accuracy of Posterolateral versus Posterior Glenohumeral Joint Injections in Cadavers. (08.49-08.57)

Authors : **Athipong Kongrit MD.** , Prasit Wongtriratanachai MD.

4. Case report: brachial plexus and subclavian artery injury during AC joint operation. (08.58-09.06)

Authors : **Torpon Vathana MD.**, Saichon wongtrakol MD., Roongsak Limthongthang MD., Ekavit keyurapan MD., Panupan Songchareon MD.

5. Accuracy of Glenohumeral joint injections between anterior, posterior and superomedial route for treatment of frozen shoulder(09.07-09.15)

Authors : **Sasis Theathisup MD.** , Bancha Chernchujit MD

6. Shoulder radiographic parameters and rotator cuff tear : Acromio-tuberosity index and acromio-tuberosity difference. (09.16-09.24)

Authors : **Sorawut Thamyongkit MD.** , Somsak Kuptniratsaikul MD. , Namphung Numkarunarunrote MD.

7. Morphological classification of acromial spur : Correlation between Rockwood tilt view and arthroscopic finding. (09.24-09.32)

Authors : **Pinkawas Kongmalai MD.** , Bancha Chernchujit MD. , Adinan Apivatgaroon MD.

8. Comparison between ketorolac and triamcinolone intraarticular injection for the treatment of frozen shoulder. (09.33-09.41)

Authors : **Supawat Samart MD.** , Bancha Chernchujit MD. , Sasis Thiasirisub MD.