

**TOSSM 2016**

**July 14-15, 2016**

**Location: Sheraton hotel, Hua Hin**

**Theme: ASEAN perspective sports injuries**

**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 Experts**
- 8. Short video presentation**

Thursday. July 14, 2016				
	Chandelier 1	Chandelier 2	Grand ballroom 1	Grand ballroom 2
0800-0900	ICL 1 Knee	ICL 2 Shoulder	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	Knee 1 Symposium	Shoulder 1 Lives surgery	Elbow 1 Symposium	
11.15-1200	Knee 2 Symposium	Shoulder 2 Symposium	Elbow 2 Short topics	
1200-1300	Lunch Symposium 1 Meda	Lunch Symposium 2 MSD	Lunch Symposium 3 Zimmer	
1300-1330	Knee 3 Symposium	Shoulder 3 Symposium		Workshop Bangkok unitrade
1330-1430	Knee 4 Lives surgery		Sports medicine	
1430-1445	Coffee Break			Workshop Smith & Nephew
1445-1545	Knee 5 Free paper	Shoulder 4 Free paper	Sports medicine	
1545-1630	Knee 6 Meet the Knee Experts	Shoulder 5 Meet the Shoulder experts		
1630-1645	Fellow Commencement Ceremony			
1830-2130	Congress Dinner			

Friday. July 15, 2016			
	Chandelier 1	Chandelier 2	Grand ballroom 1
08000-0900	ICL 4 Cartilage	ICL 5 Foot & Ankle	ICL 6 Hip
0900-1000	Knee 7 Symposium	Shoulder 6 Symposium	Hip 1
1000-1030			
1030-1115	Knee 8 Lives surgery	Shoulder 7 Symposium	Hip 2
1115-1200	Knee 9 Debates	Shoulder 8 Workshop	Short video presentation

<b>1200-1300</b>	<b>Lunch Symposium 4 TRB</b>	<b>Lunch Symposium 5 ATB</b>	<b>Lunch Symposium 6 Pfizer</b>
<b>1300-1400</b>	<b>Knee 10 Meniscus</b>	<b>Foot Ankle 1</b>	<b>Workshop Linvatec</b>
<b>1400-1500</b>	<b>Shoulder 9 Lives surgery</b>	<b>Foot Ankle 2</b>	
<b>1500</b>	<b>Adjourn</b>		

Thursday. July 14, 2016			
	Chandelier 1	Chandelier 2	Grand ballroom 1
0800-0900	<p><b>ICL 1</b> <b>Knee</b> <b>“Patellofemoral”</b></p> <p>Moderators: <i>Vudhipong Sutasaneeya, Sermsak Sumanont</i></p> <p>1. Patellofemoral pain: evaluation and treatment <i>Chalongrat Yimwadsana</i> (12 mins)</p> <p>2. Radiographic evaluation of patellofemoral joint pain <i>Supaneewan Chowwisit</i> (12 mins)</p> <p>3. Osteochondritis dissecans <i>Chusak Kijkunasathian</i> (12 mins)</p> <p>4. Osteonecrosis of the knee <i>Prakasit Chanasit</i> (12 mins)</p> <p>Discussion (12 mins)</p>	<p><b>ICL 2</b> <b>Shoulder</b> <b>“Painful Stiffness Shoulder”</b></p> <p>Moderators: <i>Wirat Kongcharoensombat, Pinkawas Kongmalai</i></p> <p>1. Calcific tendinitis around the shoulder <i>Chatchawan Lertbutsayanukul</i> (12 mins)</p> <p>2. Update of Adhesive capsulitis management <i>Prapakorn Klabklai</i>(12 mins)</p> <p>3. Rotator cuff tear with stiffness: Diagnosis &amp; Management <i>Gof Tantisrichaoenku</i> (12 mins)</p> <p>4. Shoulder Osteoarthritis <i>Bavornrat Vanadurongwan</i> (12 mins)</p> <p>Discussion (12 mins)</p>	<p><b>ICL 3</b> <b>Elbow</b></p> <p>Moderators: <i>Nathapon Chantaraseno, Sutee Thaveepunsan</i></p> <p>1. Basic elbow arthroscopy <i>Prasit Wongtriratanachai</i> (25 mins)</p> <p>2. Approach Elbow Pain <i>Chonlawit Chanlalit</i> (25 mins)</p> <p>Discussion (10 mins)</p>
9.00-9.30	<p><b>Open Ceremony</b> <i>Chanin Lamsam</i> (President of TOSSM) <i>Sukit Saengnipanthkul</i> (President of RCOST)</p>		
9.30-9.40	<p><b>Introduction of Guest Speakers</b> <i>Chanakarn Phornphutkul</i></p>		
9.40 – 10.00	<p><b>Honorary Lecture</b> <i>Sompant Padungkiat</i> Co-presenter <i>Don Thernpraisarn</i> Introducer: <i>Prasit Wongtriratanachai</i></p>		
10.00 - 10.15	<b>Coffee Break</b>		
10.15 - 11.15	<p><b>Knee 1 Symposium</b> <b>Patellar instability</b>  ( English session)</p>	<p><b>Shoulder 1 “Live Surgery”</b> <b>Arthroscopic Rotator cuff Repair and Biceps Tenodesis:</b></p> <p>Moderators: <i>Yang Gira Rhee, Wichan Kanjanatawan</i></p>	<p><b>Elbow 1 Symposium</b> <b>Elbow pain in many entity</b></p> <p>Moderators : <i>Chonlawit Chanlalit, Worawit Ongbumrunghan</i></p>

	<p>Moderators: <i>Channarong Kasemkijwattana, Chusak Kijkunasathian</i></p> <p>1. Patellofemoral instability: Anatomy and biomechanics <i>Ittipol Prasitdumrong</i> (12 mins)</p> <p>2. Technique in MPFL reconstruction <i>Nadhaporn Sangpetch</i> (12 mins)</p> <p>3. Medial patellofemoral ligament reconstruction- Quadriceps graft technique: <i>Enrique Leonardo C.pasion</i> (12 mins)</p> <p>4. Neglected patella dislocation by MPFL reconstruction <i>Andri Lubis</i> (12 mins)</p> <p>Discussion (12 mins)</p>	<p>Demonstrator : <i>Dimshawn Pandiwala</i></p>	<p>- In adolescence <i>Sutee Thaveepunsan</i> (12 mins)</p> <p>-In athletics <i>Prasit Wongtriratanachai</i> (12 mins)</p> <p>- In adults <i>Nathapon Chantaraseno</i> (12 mins)</p> <p>- Cases discussion (24 mins)</p>
11.15-1200	<p><b>Knee 2 Symposium ACL reconstruction ( English session)</b></p> <p>Moderator: <i>Bancha Chernchujit, Jirantanin Rattanavarinchai</i></p> <p>1. Arthroscopic treatment of tibial spine fracture <i>Niti Prasathaporn</i>(10 mins)</p> <p>2. When to address the lateral side: <i>John Bartlett</i> (10 mins)</p> <p>3. ACL reconstruction with modified trans-tibial technique <i>Jin Goo Kim</i> (10 mins)</p> <p>4. Implantless ACL reconstruction: <i>Edgars Michael Eufemio</i> (10 mins)</p> <p>Discussion (5 mins)</p>	<p><b>Shoulder 2 Symposium Rotator cuff 1-2 tendon tear with other lesions ( English session)</b></p> <p>Moderators: <i>Pornthep Mamanee, Harjeet Singh Bhatia</i></p> <p>1. The Role of Acromioplasty and AC Resection in Cuff Repair : Evidence base &amp; My preference <i>Prakasit Sanguanjit</i> (12 mins)</p> <p>2. Cuff tear with biceps lesion: When and How I do tenodesis? Where is the best place for Tenodesis? <i>Yong-Giri Rhee</i> (12 mins)</p> <p>3. Tendon Delamination in Rotator Cuff Tears: What is it? How do I deal with it? <i>Hyun-Seok Song</i> (12mins)</p> <p>Discussion (9 mins)</p>	<p><b>Elbow 2 Short topics ( English session)</b></p> <p>Moderators: <i>Prasit Wongtriratanachai, Chatchawan Lertbutsayanukul</i></p> <p>1. Arthroscopic management of osteoarthritic elbow <i>Hyun-Seok Song</i> (12 mins)</p> <p>2. Pentalateral osteotomy <i>Wiroon Laupattarakasem</i> (12 mins)</p> <p>3. RH prosthesis : complication aspect <i>Sutee Thaveepunsan</i> (12 mins)</p> <p>Discussion (9 mins)</p>
1200-1300	<b>Lunch Symposium 1</b>	<b>Lunch Symposium 2</b>	<b>Lunch Symposium 3</b>

<p><b>1300-1330</b></p>	<p style="text-align: center;"><b>Knee 3 PLC</b></p> <p>Moderators: <i>Surapol Kesprayura, Prakasit Chanasit</i></p> <p>1. Management of PLRI <i>Thanarat Boonriang</i> (12 mins)</p> <p>2. Posterolateral reconstruction technique: <i>Somsak Kupniratsaikul</i> (12 mins)</p> <p>Discussion (6 mins)</p>	<p style="text-align: center;"><b>Shoulder 3 Symposium Rotator cuff Massive tear/ Failed cuff Repair ( English session)</b></p> <p>Moderators: <i>Winyou Ratanachai, Bavannrat Vanadurongwan</i></p> <p>1. How to succeed a Large-massive cuff repair? (From clinic to intra-op) <i>Dinshawn Pandiwala</i> (12 mins)</p>	
<p><b>1330-1430</b></p>	<p style="text-align: center;"><b>Knee 4 “Lives Surgery” PCL – PLC</b></p> <p>Moderators: <i>John Bartlett, Suraphol Kesprayura, Chalermchai Limitlaohapanth</i></p> <p>Demonstrator: <i>Jing Goo Kim</i></p>	<p>2. My step in repairing large subscapularis tear and get it heal <i>Vudhipong Sutasaneeya</i> (12 mins)</p> <p>3. Retear after rotator cuff surgery: Tear pattern and clinical outcomes, Do we need to revise? <i>Yang-Girl Rhee</i> (12 mins)</p> <p>4. Biologic augmentation in revision of failed rotator cuff repair <i>Prachan Banchasuek</i> (12 mins)</p> <p>Discussion (12 mins)</p>	<p style="text-align: center;"><b>Sports Medicine</b></p> <p><b>Exercise in special-health status</b></p> <p>Moderators: <i>Kachain Namsirikul, Ead Lorprayoon</i></p> <p>1. Kid: Current concepts in childhood obesity exercise <i>Darunwan Sooksom</i> (20 mins)</p> <p>2. Female: Relative Energy Deficiency in Sport (RED-S); IOC’s New concept of female athlete triad <i>Kornkrit Chaijenkit</i> (20 mins)</p> <p>3. Para: Paralympic sports medicine <i>Attasit Sittitaworn</i> (20 mins)</p>
<p><b>1430-1445</b></p>			

1445-1530	<p style="text-align: center;"><b>Knee 5</b> <b>Free papers knee</b></p> <p>Moderators - Referees: <i>Pongsak Yuktanandana</i> <i>Chusak Kijkunasathian</i> <i>Dumneoensan Pruksakorn</i></p>	<p style="text-align: center;"><b>Shoulder 4</b> <b>Free papers Shoulder</b></p> <p>Moderators - Referees: <i>Prapakorn Klubklai</i> <i>Nattha Kulkamthorn</i> <i>Chalongrat Yimwadsana</i></p>	<p style="text-align: center;"><b>Sports Medicine</b></p> <p><b>Return to play (RTP); Highlight from FIFA's football medicine meeting 2016</b></p> <p>Moderators: <i>Atirek Chivabongs, Mason Porramatikul</i></p> <ol style="list-style-type: none"> <li>1. Basic science and RTP <i>Jirantanin Rattanavarinchai</i> (10 mins)</li> <li>2. RTP in rotator cuff and instability surgery <i>Pornthep Mamane</i> (10 mins)</li> <li>3. Impact of knee injuries on RTP <i>Chanin Lamsam</i> (10 mins)</li> <li>4. RTP following ACL injuries <i>Chathchai Pookarnjanamorakot</i> (10 mins)</li> <li>5. RTP following muscle and tendon injuries <i>Sermsak Sumanont</i> (10 mins)</li> <li>6. How to manage RTP in hip and groin injuries <i>Kitiphong Kongrukreatiyos</i> (10 mins)</li> <li>7. RTP in foot and ankle injuries <i>Aekachai Jaroenarpornwatana</i> (10 mins)</li> </ol>
1530-1630	<p style="text-align: center;"><b>Knee 6</b> <b>Meet The Knee Experts</b> <b>MPFL reconstruction</b></p> <p style="text-align: center;">( English session)</p> <p><b>Technique in details (anatomic graft placement , graft choice, fixation and technique)</b></p> <p>Moderator: <i>Pinij Srisuwanporn, Suphasak. Sathonphanit</i></p> <p>Panelists: <i>Nadhaporn Sangpetch</i> <i>Chanakarn Phornphutkul</i> <i>Tony San Juan</i> <i>Dinshawn Pardiwala</i></p>	<p style="text-align: center;"><b>Shoulder 5</b> <b>Meet The Shoulder Experts</b> <b>Cases discussion</b></p> <p style="text-align: center;">( English session)</p> <p>Moderators: <i>Somsak Kupniratsaiku, Prakasit Sanguanjit</i> Panelists: <i>Yang-Giri Rhee., Hyun-Seok Sang, Denny Lie, Ekavit Keyurapan, Bancho Chernchujit</i></p> <ol style="list-style-type: none"> <li>1. Failed arthroscopic anterior stabilization in rugby player <i>Nattha Kulkamthorn/ Fellow</i></li> <li>2. Massive irreparable cuff tear with moderate arthritis in 59-year-old patient <i>Nattha Kulkamthorn/ Fellow</i></li> </ol>	
1630-1645	<b>Fellow Commencement Ceremony</b>		
1830-2130	<b>Congress Dinner</b>		

**Friday, July 15, 2016**

	<b>Chandelier 1</b>	<b>Chandelier 2</b>	<b>Grand ballroom 1</b>
<b>08000-0900</b>	<b>ICL 4</b> <b>Cartilage</b> <b>Scientific update</b>  Moderators: <i>Vatanachai Rojvanit, Channarong Kasemkijwattana</i>  1. Functional cartilage tissue engineering <i>Piya-on Numpaisa I</i> (10 mins)  2. Cell based repair strategies <i>Tulyapruk Tawonsawatruk</i> (10 mins)  3. Marrow Stimulation <i>Dumneoensan Pruksakorn</i> (10 mins)  4. Scaffold <i>Wirat Kongcharoensombat</i> (10 mins)  5. Overview recent studies in cartilage repair <i>Thanathep Tanpowpong</i> (10 mins)  Discussion (10 mins)	<b>ICL 5</b> <b>Foot &amp; Ankle</b>  Moderators: <i>Nusorn Chaiprom, Methee Khongphaophon</i>  1. Current management of osteochondral lesions of the ankle joint <i>Chayanin Anghong</i> (20 mins)  2. Nerve compression syndromes in Athlete - Diagnosis and treatment <i>Tanawat Vaseenon</i> (20 mins)  3. PRP in foot and ankle <i>Sukij Laohajaroensombat</i> (20 mins)	<b>ICL 6</b> <b>Hip:</b> <b>Clinical evaluation of hip and groin pain</b>  Moderators: <i>Chalongrat Yimwadsana, Navaphan Vawklang</i>  1. Intra-articular hip pathology <i>Adinun Apivatgaroon</i> (12 mins)  2. Extra-articular hip pathology <i>Thaworn Sisayanarane</i> (12 mins)  3. Plain radiograph in hip problems <i>Pisit Lertwanich</i> (12 mins)  4. Prevention of athletic hip pain <i>Kitiphong Kongrukgratiyos</i> (12 mins)  Discussion (12 mins)
<b>0900-1000</b>	<b>Knee 7</b> <b>Symposium</b> <b>knee dislocation</b>  ( English session)  Moderator: <i>Wiroon Laupattarakasem, Pinij Srisuwanporn</i>  1. Management of dislocated knee with vascular knee injuries <i>Manoon Leownorasati</i> (15 min)  2. Surgical Techniques for the Reconstruction of Medial Collateral Ligament and Posteromedial Corner Injuries of the Knee <i>John Bartlett</i> (15 min)	<b>Shoulder 6</b> <b>Symposium</b> <b>Anterior and posterior instability</b>  ( English session)  Modulators: <i>Pinij Srisuwanporn, Theera Rajpompadit</i>  1. Arthroscopic repair is reliable for this patient & 5 pearls to success <i>Ekavit Keyurapan</i> (12 min)  2. Latarjet Procedure for Glenoid Defect : Clinical Outcomes and Prevalence of Arthritis Before and After <i>Yong-Girl Rhee</i> (12 mins)	<b>Hip 1</b> <b>Symposium</b> <b>Hip arthroscopy</b>  ( English session)  Moderators: <i>Kitiphong Kongrukgratiyos, Adinun Apivatgaroon</i>  1. Basic setting, portals, and arthroscopic anatomy <i>Adinun Apivatgaroon</i> (12 mins)  2. Arthroscopic treatment for FAI <i>Dinshawn Pardiwala</i> (12 mins)



	<p>3. Knee dislocations in sports <i>Dave Lee</i> (15 min)</p> <p>Discussion (15 min)</p>	<p>3. When and how I perform the Remplissage? <i>Chanakarn Phornphutkul</i> (12 mins)</p> <p>4. Posterior shoulder bone loss- How I do it? <i>Hyun-Seok Song</i> (12 mins)</p> <p>Discussion (12 min)</p>	<p>3. Complications of hip arthroscopy <i>Thaworn Sisayanarane</i> (12 mins)</p> <p>4. Postoperative care after hip arthroscopy <i>Pisit Lertwanich</i> (12 mins)</p> <p>Discussion (12 mins)</p>
<b>1000-1030</b>			
<b>1030-1115</b>	<p><b>Knee 8 Symposium PCL</b> ( English session)</p> <p>Moderator: <i>Kachain Namsirikul, Chatchawan Lertbutsayanukul</i></p> <p>1. Double bundle posterior cruciate ligament reconstruction transtibial technique <i>Pinij Srisuwanporn</i> (12 min)</p> <p>2. PCL reconstruction- Radiographic predictive method <i>Denny Lie</i> (12 min)</p> <p>3. Remnant preserving PCL reconstruction <i>Boby Nelwan</i> (12 min)</p> <p>Discussion (6 min)</p>	<p><b>Shoulder 7 Symposiums Reverse Shoulder Arthroplasty</b> ( English session)</p> <p>Modulators: <i>Prachan Banchasuek, Powin Ratanasamrit</i></p> <p>1. What should you know before doing RSA in your practice? <i>Mason Parramatikul</i> (10 min)</p> <p>2. How I place my baseplate to avoid notching? <i>Bancho Chernchujit</i> (10 min)</p> <p>3. How to set Humeral version in RSA? The effect of humeral version on functional <i>Yang Giri-Rhee</i>(10 mins)</p> <p>4. When the patient need tendon transfer (with RSA) <i>Nattha Kulkamthorn</i> (10 mins)</p> <p>Discussion 5 min</p>	<p><b>Hip 2 Short topics</b></p> <p>Modulators: <i>Manoon Leownorasati, Naraphong Hangsaphuk</i></p> <p>1. Athletic pubalgia <i>Cholawish Chanlalit</i> (12 mins)</p> <p>2. Adhesive capsulitis of the hip (12 mins) <i>Pisit Lertwanich</i>(12 mins)</p> <p>3. Management of acetabular chondral delamination <i>Kitiphong Kongrukreatiyos</i>(12 mins)</p> <p>Discussion(9 mins)</p>
<b>1115-1200</b>	<p><b>Knee 9 Debates</b> ( English session)</p> <p>ACL in young athletes:</p>	<p><b>Shoulder 8 <u>Instability Workshop:</u></b> <b>Bone loss Measurement; How do we agree on measurement of bone loss?</b></p>	<p><b>Short Video presentation</b></p> <p>1. Facts about arthroscopic sliding knot <i>Wichan Kanjanatawan</i> (8 min)</p> <p>2. Arthroscopic popliteus reconstruction (8 min)</p>

	<ul style="list-style-type: none"> <li>- single vs double bundle</li> <li>- graft choice</li> <li>- return to sport</li> </ul> <p>Moderators: <i>Teerawat Kulthanan, Mason Porramatikul</i></p> <p>Panelists:</p> <p><i>Chanin Lamsam</i></p> <p><i>Chathchai Pookarnjanamorakot</i></p> <p><i>Jin Goo Kim</i></p> <p><i>John Bartlett</i></p> <p><i>Mui Hong Lim</i></p>	<p>Moderators: <i>Chanokorn Phomphutkul, Nattho Kulkamthorn,</i></p> <ol style="list-style-type: none"> <li>1. How I measure glenoid bone loss? <i>Pawin Ratanasamrit</i>(8min)</li> <li>2. Best way to identify "The Off track and On track-Hill Sachs lesion" <i>Chalermchai Limitlaohapanth</i> (8 min)</li> <li>3. Example cases: Merge bone loss together! (8 min)</li> </ol> <p>Workshop with template (30 min)</p>	
<b>1200-1300</b>	<b>Lunch Symposium 4</b>	<b>Lunch Symposium 5</b>	<b>Lunch Symposium 6</b>
<b>1300-1400</b>	<p><b>Knee 10 Symposium Meniscus</b> ( English session)</p> <p>Moderator: <i>Somsak Kupniratsaiku, Niti Prasathaporn</i></p> <ol style="list-style-type: none"> <li>1. Augmentation in meniscus repair: role of PRP or fibrin clot <i>Tulyapruk Tawonsawatruk</i>(12 mins)</li> <li>2. Intrasubstance tear of meniscus: treatment <i>Korakod Charakorn</i>(12 mins)</li> <li>3. Meniscus repair techniques in radial tear <i>Dinshawn Pardiwala</i>(12 mins)</li> <li>4. Meniscus allograft transplantaion <i>Jin Goo Kim</i>(12 mins)</li> </ol> <p>Discussion(12mins)</p>	<p><b>Foot Ankle 1 Ligamentous injury of the Ankle</b> ( English session)</p> <p>Moderators: <i>Nusorn Chaiprom, Methee Khongphaophon</i></p> <p><b>Lateral ankle sprain</b></p> <ol style="list-style-type: none"> <li>1. How to get success from conservative treatment ' Tips and Tricks' <i>Dominik Heim</i> ( 15 mins)</li> <li>2. Surgical indication and treatment ' Acute repair has a role or not? ' - <i>Chadchawan Chareonthammaraksa</i> ( 15 mins)</li> </ol> <p><b>Medial ankle sprain</b></p> <ol style="list-style-type: none"> <li>1. Mechanism of injury, Diagnosis, and Evaluation - <i>Jirun Apinun</i> ( 15 mins)</li> <li>2. Treatment including non-operative, surgery;</li> </ol>	

		<p>medial imbrication, anatomical repair, medial ligament reconstruction <i>Theerawoot Tharmviboonsri</i> ( 15 mins)</p>	
1400-1500	<p><b>Shoulder 9 Live Surgery Mini-open Latarjet</b></p> <p>Moderators: <i>Bancha Chernchujit Nattha Kulkamtham</i></p> <p>Demonstrator : <i>Hyun-Seok Song</i></p>	<p><b>Foot Ankle 2 Syndesmotic injury</b></p> <p>Moderators: <i>Marut Arunakul, Narongrit Tiyatha</i></p> <p>1. Syndesmotic sprain - Mechanism of injury, Diagnosis and Evaluation <i>Korakot Maliwankul</i> (10 mins)</p> <p>2. Traditional repair of syndesmosis tear <i>Krit Prugsawan</i> (10 mins)</p> <p>3. Tight rope repair of syndesmotic injury <i>Narongrit Tiyatha</i> (10 mins)</p> <p>4. Reconstruction of the chronic syndesmotic injury <i>Bavornrit Chuckpaiwong</i> (10 mins)</p> <p>5. Creation of a synostosis for chronic injury <i>Aekachai Jaroenarpornwatana</i> (10 mins)</p> <p>Discussion (10 mins)</p>	
1500	<b>Adjourn</b>		