

**Preliminary Program TOSSM 2019**  
(Sheraton Hua Hin. Thursday 25- Saturday 27 May 2019)

Thursday 25 July 2019			
	Chandelier 1	Chandelier 2	Grand Ballroom 1
08.00-09.00	<b>ICL 1: Knee</b> <u>Getting good results in ACL reconstruction</u> <ul style="list-style-type: none"> <li>• Patient selection and graft choices</li> <li>• Tunnel drilling technique</li> <li>• ACL graft tensioning and fixation</li> <li>• Postoperative rehabilitation</li> </ul>	<b>ICL 2: Cartilage</b> <u>Early Osteoarthritis &amp; Cartilage Repair</u> <ul style="list-style-type: none"> <li>• Pathogenesis</li> <li>• Diagnosis: Imaging/Bio-marker</li> <li>• Treatment</li> <li>• Alignment</li> </ul>	<b>ICL 3: Sports Medicine</b> <u>Nutrition for endurance sports: Marathon, triathlon, road cycling</u> <ul style="list-style-type: none"> <li>• Pre-Competition; How to do carbohydrate loading</li> <li>• During competition</li> <li>• Dietary supplement</li> </ul>
09.00-10.00	<b>Open Ceremony</b> <b>Introduction of Guest Speakers</b> <b>Honorary Lecture</b>		
10.00-10.15	<b>Coffee Break &amp; Exhibition</b>		
10.15-11.15	<b>Knee 1</b> <u>PF instability</u> <ul style="list-style-type: none"> <li>• Update management of the first-time patellar dislocation</li> <li>• Evaluation of recurrent patellar instability</li> <li>• Soft tissue procedures for patellar instability</li> <li>• Bony procedures for patellar instability</li> </ul>	<b>Shoulder 1</b> <i>(Rotator cuff)</i> <u>Natural History of Rotator Cuff Healing</u> <ul style="list-style-type: none"> <li>• Does biologic augmentation effect the healing</li> <li>• Proper rehabilitation after cuff repair</li> <li>• Exogenous factor those effect the cuff healing</li> <li>• Suture bridge VS medially based single row</li> </ul>	<b>Hip 1</b> <u>Debates in surgical techniques</u> <ul style="list-style-type: none"> <li>• Central first vs. Peripheral first</li> <li>• Supine vs. Lateral positioning</li> <li>• Arthroscopic assisted vs. Open peri-acetabular osteotomy</li> </ul>
11.15-12.00	<b>Knee 2</b> <u>PF Pain</u> <ul style="list-style-type: none"> <li>• Current concept of patellofemoral pain</li> <li>• Conservative treatment</li> <li>• Operative treatment</li> </ul>	<b>Shoulder 2</b> <i>(Rotator Cuff)</i> <u>Controversial Procedures with Rotator Cuff Repair</u> <ul style="list-style-type: none"> <li>• Subacromial decompression</li> <li>• Suprascapular nerve decompression</li> <li>• Biceps procedure</li> <li>• AC resection</li> </ul>	<b>Hip 2</b> <ul style="list-style-type: none"> <li>• Hip arthroscopy for diagnosis &amp; treatment of synovial chondromatosis</li> <li>• FAI: Revisit</li> <li>• Short VDO presentation of lateral positioning</li> </ul>
12.00-12.50	<b>LunchSymposium 1</b>	<b>LunchSymposium 2</b>	<b>Lunch Symposium 3</b>
13.00-14.00	<b>Knee 3</b> <u>Meniscus</u> <ul style="list-style-type: none"> <li>• Clinical evaluation and investigation of meniscus tear</li> <li>• Repair techniques for difficult tear patterns</li> <li>• Ramp lesion: diagnosis and repair technique</li> <li>• Meniscus root repair</li> </ul>	<b>Shoulder 3</b> <i>(Rotator cuff)</i> <u>Surgical Options of the Large &amp; Retracted Cuff Tear</u> <ul style="list-style-type: none"> <li>• Superior capsular reconstruction: Main procedure for all?</li> <li>• Tendon transfer: Better biomechanical advantage?</li> <li>• Partial cuff repair: Still exists?</li> </ul>	<b>Free Paper</b> <u>Knee</u>
14.00-14.45	<b>Knee 4</b> <u>Infection in ACLR</u> <ul style="list-style-type: none"> <li>• General considerations for prevention of infection in knee arthroscopy</li> <li>• Intra-operative precautions for infection during ACLR</li> <li>• Septic arthritis after ACLR: diagnosis and treatment</li> </ul>	<b>Shoulder 4</b> <i>(Instability)</i> <u>Anterior instability: 25-30 % Bone loss in Boxer</u> <ul style="list-style-type: none"> <li>• Bankart repairwithRemplissage ismy preference</li> <li>• Iliac crest bone graft is my best option</li> <li>• Latarjet&amp;Eden-Hybbinette</li> </ul>	<b>Free Paper</b> <u>Shoulder</u>

14.45-15.00	<b>Coffee Break &amp; Exhibition</b>		
15.00-16.00	<b>Knee 5</b> <u>Live surgery</u> <ul style="list-style-type: none"> <li>• ACL/ PCL/ MPFL Reconstruction</li> </ul>	<b>Shoulder 5</b> <i>(Instability)</i> <u>Variable lesions</u> <ul style="list-style-type: none"> <li>• Bankart vs. ALPSA lesion: Treat it the same?</li> <li>• HAGL lesion: Diagnosis and arthroscopic repair</li> <li>• Hill-Sachs Remplissage: When and how I do it</li> <li>• Mid-capsular tear: Detection and repair technique</li> </ul>	<b>Cartilage 1</b> <u>Cartilage Repair of the Knee Joint</u> <ul style="list-style-type: none"> <li>• Role of subchondral bone</li> <li>• Role of synovial environment</li> </ul>
16.00-16.45	<b>Knee 6</b> <u>Middle-aged knee</u> <ul style="list-style-type: none"> <li>• Combined ACLR and HTO: indications and techniques</li> <li>• Update in conservative treatment of OA knee</li> <li>• Arthroscopic surgery in OA knee</li> <li>• Uni-compartmental knee arthroplasty</li> </ul>	<b>Shoulder 6</b> <i>(Instability)</i> <u>Multidirectional Instability</u> <ul style="list-style-type: none"> <li>• MDI 2018: Update and revisit</li> <li>• This patient is best treated with @ pan-capsular plication</li> <li>• Step and technique in 360 degree capsular plication</li> </ul>	<b>Cartilage 2</b> <u>Bench to Clinic in Sports Medicine</u> <ul style="list-style-type: none"> <li>• Stem cell &amp; PRP in cartilage repair and early OA</li> <li>• The future of Stem cell and PRP for clinical application</li> </ul>
16.45-17.00	<b>Fellow Commencement Ceremony&amp; Welcome Reception</b>		
18.30-20.30	<b>Faculty Dinner by Invitation</b>		

Friday, 26 July 2019

	Chandelier 1	Chandelier 2	Grand Ballroom 1
08.00-09.00	<b>ICL 4: Elbow</b> <ul style="list-style-type: none"> <li>• Radiographic evaluation in elbow injury</li> <li>• Common procedure in elbow</li> </ul>	<b>TOSSM Members: Knee</b> <u>Tips and tricks in knee ligament repairs</u> <ul style="list-style-type: none"> <li>• ACL avulsion</li> <li>• PCL avulsion</li> <li>• Medial structure repair</li> <li>• Lateral structure repair</li> </ul>	<b>ICL 5: Foot &amp; Ankle</b> <ul style="list-style-type: none"> <li>• Anterior and posterior ankle impingement: How to deal with difficult cases</li> <li>• Tips and tricks for challenging anterior and posterior OLT: Deep lesion, large lesion and multiple lesions</li> <li>• Acute Achilles tendon injury: Tips and tricks from open to endoscopically-assisted Achilles tendon repair</li> </ul>
09.00-09.45	<b>Knee 7</b> <u>Outcome measurement in knee arthroscopy</u> <ul style="list-style-type: none"> <li>• Patient-reported outcome for knee arthroscopy</li> <li>• Radiographic measurement and stress radiograph</li> <li>• Muscle strength testing</li> <li>• Functional test after ligament reconstruction</li> </ul>	<b>TOSSM Members: Shoulder</b> <u>Stiff Shoulder</u> <ul style="list-style-type: none"> <li>• Clinical evaluation of stiff shoulder</li> <li>• What's new in conservative treatment</li> <li>• How to get the good result of surgical treatment</li> </ul>	<b>Foot Ankle 1</b> <ul style="list-style-type: none"> <li>• How to approach plantar heel pain</li> <li>• Current treatments for plantar fasciitis :               <ol style="list-style-type: none"> <li>1. Non-surgical and alternative treatments (PRP, Shock wave)</li> <li>2. Surgical treatment</li> </ol> </li> <li>• Plantar heel spur: Should we excise ?</li> <li>• How to manage plantar heel pain from nerve pathology</li> </ul>
09.45-10.00	<b>Coffee Break &amp; Exhibition</b>		
10.00-11.15	<b>Workshop</b> (Diamond Sponsor)	<b>Workshop</b> (Diamond Sponsor)	<b>Workshop</b> (Platinum Sponsor)
11.15-12.30	<b>Workshop</b> (Platinum Sponsor)	<b>Workshop</b> (Platinum Sponsor)	<b>Workshop</b> (Platinum Sponsor)
12.30-13.30	<b>Lunch Symposium 4</b>	<b>Lunch Symposium 5</b>	<b>Lunch Symposium 6</b>
13.30-14.30	<b>Knee 8</b> <u>Posterolateral knee injury</u> <ul style="list-style-type: none"> <li>• Clinical relevant anatomy and biomechanics</li> <li>• Update treatment for acute posterolateral corner injury</li> <li>• PLC reconstruction: tibial-based technique</li> <li>• PLC reconstruction: fibular-based technique</li> </ul>	<b>Shoulder 7</b> <b>(Arthroplasty)</b> <ul style="list-style-type: none"> <li>• Discussion of the proceeding case of Live Surgery: Cuff Tear Arthropathy</li> </ul>	<b>Foot Ankle 2</b> <ul style="list-style-type: none"> <li>• Joint preserving osteotomy in ankle arthritis</li> <li>• Ankle arthrodesis: The treatment potential and limitation</li> <li>• Total ankle replacement: The current results and future trends</li> </ul>
14.30-15.30	<b>Knee 9</b> <u>Medial-side knee injury</u> <ul style="list-style-type: none"> <li>• Clinical relevant anatomy and biomechanics</li> <li>• Diagnosis and classification of medial-side knee injury</li> <li>• Acute repair of medial structures</li> <li>• Reconstruction techniques for chronic valgus instability</li> </ul>	<b>Shoulder 8</b> <b>(Arthroplasty)</b> <u>Live Surgery</u> <ul style="list-style-type: none"> <li>• Cuff Tear Arthropathy</li> </ul> Demonstrator: Hiroyuki Sugaya	<b>Professional Soccer Team Physician</b> <ul style="list-style-type: none"> <li>• How to get them back to play properly</li> </ul>
16.30-17.30	<b>Beach Sports</b>		
18.30-21.30	<b>Congress Dinner</b>		

\*\*Additional Workshops in Grand Ballroom 2

**Saturday. 27 July 2019**

	<b>Chandelier 1</b>	<b>Chandelier 2</b>	<b>Grand Ballroom 1</b>
08.00-09.00	<b>ICL 6: Hip</b> <u>Fundamentals of Hip Arthroscopy</u> <ul style="list-style-type: none"> <li>• What a hip arthroscopist should know about the hip anatomy</li> <li>• Basic set up applicable to Thailand: Instruments, traction fundamentals, supine position</li> <li>• Portals and their relation with periarticular structures</li> <li>• How I perform hip injections</li> </ul>	<b>ICL 7: Shoulder</b> <u>Management of the first time anterior shoulder dislocation</u> <ul style="list-style-type: none"> <li>• Anatomy of the capsulolabrum, GH ligament and rotator interval: Clinical and surgical application</li> <li>• How to manage acute dislocation in the game</li> <li>• Which imaging and tips &amp; tricks to reduce</li> <li>• Acute anterior dislocation and bony lesion</li> <li>• Immobilization and rehabilitation program</li> </ul>	<b>ICL 8: Rehabilitation</b> <u>Evidence Based Practice</u> <ul style="list-style-type: none"> <li>• Knee</li> <li>• Shoulder</li> <li>• Hip</li> <li>• Elbow</li> </ul>
09.00-10.00	<b>Elbow 1</b> <u>Stiff elbow</u> <ul style="list-style-type: none"> <li>• Pathology</li> <li>• Open Management</li> <li>• Arthroscopic Management</li> </ul>	<b>Shoulder 9</b> <b>(Arthroplasty)</b> <u>Technical Pearls for TSA</u> <ul style="list-style-type: none"> <li>• Under-detect rotator cuff tear</li> <li>• Osteoporotic humeral shaft</li> <li>• Previous humeral fixation</li> <li>• Surgical approaches for obese patients</li> </ul>	<b>Sports Medicine 1</b> <u>Injury prevention</u> <ul style="list-style-type: none"> <li>• Introduction of the session</li> <li>• Risk management in the team setting</li> <li>• What are the benefits of periodic evaluations</li> <li>• Injury and illness surveillance in elite athletes: Thailand Olympic team experience</li> </ul>
10.00-10.30	<b>Coffee Brake&amp; Exhibition</b>		
10.30-11.15	<b>Elbow 2</b> <ul style="list-style-type: none"> <li>• Fracture around elbow topic</li> </ul>	<b>Shoulder 10</b> <b>(Arthroplasty)</b> <u>Reverse Shoulder Arthroplasty</u> <ul style="list-style-type: none"> <li>• Update in RSA design</li> <li>• Effect of humeral version on impingement of RSA</li> <li>• How to prevent scapular notching and dislocation</li> </ul>	<b>Sports Medicine 2</b> <u>Exercise in special-health status</u> <ul style="list-style-type: none"> <li>• Exercise in the cardiovascular patient</li> <li>• Exercise in CVA patient</li> <li>• Exercise in chronic renal disease patient</li> </ul>
11.15-12.00	<b>Elbow 3</b> <u>Medial Elbow Pain</u> <ul style="list-style-type: none"> <li>• Adolescent Patient</li> <li>• Adult Patient</li> <li>• Radiographic Evaluation</li> </ul>	<b>Shoulder 11</b> <b>(Trauma)</b> <u>Revisited Acute AC Separation Type III</u> <ul style="list-style-type: none"> <li>• New classification and evidenced base management: Conservative treatment is still our preference?</li> <li>• Technique of CC stabilization and repair: Pearls and pitfalls</li> <li>• Rehabilitation for AC separation</li> </ul>	<b>Sports Medicine 3</b> <u>Sports psychology</u> <ul style="list-style-type: none"> <li>• I think I can make it</li> <li>• Talking to the looser</li> <li>• Hypnosis in sports</li> </ul>
12.00-12.50	<b>Lunch Symposium7</b>		
12.00-12.50	<b>Lunch Symposium 8</b>		
12.00-12.50	<b>Lunch Symposium 9</b>		
13.00-14.00	<b>Knee 10</b> <u>Stiff knee after arthroscopic surgery</u> <ul style="list-style-type: none"> <li>• Evaluation of stiff knee after arthroscopic surgery</li> <li>• Non-operative management of stiff knee</li> <li>• Operative treatment of stiff knee</li> </ul>	<b>Shoulder 12</b> <b>(Trauma)</b> <u>Relive Surgery: Proximal Humeral Fracture</u> (VDO Presentations) <ul style="list-style-type: none"> <li>• How I set up the operation field?</li> <li>• Technique to reduce fracture</li> <li>• My step to fix 3-part fracture</li> <li>• My step to fix 4-part fracture</li> </ul>	<b>Open section for all tips &amp; tricks:</b> (VDO Presentations) <ul style="list-style-type: none"> <li>• Physical exams</li> <li>• Surgical techniques</li> <li>• Post-op care</li> </ul>

14.00-15.00	<b>Knee 11</b> <u>Knee fracture-dislocation</u> <ul style="list-style-type: none"> <li>• Acute management</li> <li>• Management of concomitant fracture around the knee</li> <li>• Knee ligament reconstruction after vascular repair</li> <li>• Management of common peroneal nerve palsy</li> </ul>	<b>Shoulder 13</b> <i>(Trauma)</i> <u>Complicated Fracture around the Shoulder</u> <ul style="list-style-type: none"> <li>• Locked/Irreducible proximal humeral fracture</li> <li>• Glenoid neck fracture</li> <li>• Distal clavicle fracture</li> <li>• Scapulo-thoracic dissociation</li> </ul>	
15.00	<b>Adjorn</b>		