



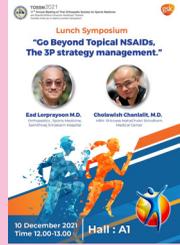
TOSSM 2021

Theme-Practical Points in Orthopaedics Sports Medicine: How to make it simple?

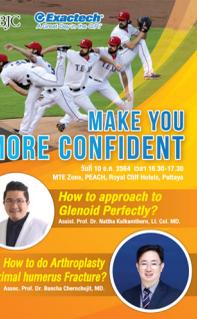
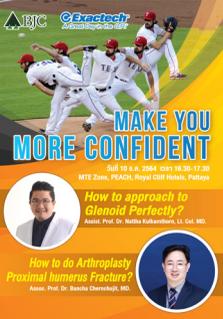
Friday 10 December 2021

	Hall A1	Hall A2	Hall A3	Room 4
07.30-08.30	<p style="text-align: center;">ICL 1 Knee Anterior knee pain: How to deal with it?</p> <p>Moderator: <i>Prakasit C</i> Co-Moderator: <i>Kriangkrai B</i></p> <ol style="list-style-type: none"> Evaluation of patients with patellofemoral pain (12 min) <i>Wittavat C</i> Biomechanical influences on the PF joint (12 min) <i>Pathomchat P</i> Conservative management of patellofemoral pain (12 min) <i>Sittiporn U</i> Exercises for treating patellofemoral pain syndrome (12 min) <i>Pachin T</i> <p style="text-align: center;">Q&A (12 min)</p>		<p style="text-align: center;">ICL 2 Shoulder Update in Calcific tendinitis of shoulder</p> <p>Moderator: <i>Trai P</i> Co-Moderator: <i>Nattachai T</i></p> <ol style="list-style-type: none"> Why missed diagnosis? The clue for History taking and physical exam (12 min) <i>Nattakorn P</i> X-ray, CT scan and MRI – What is the best and Do we need all of them? (12 min) <i>Varit W</i> Why do we need surgery? Modality of physical therapy really helps the patient. (12 min) <i>Vantawat U</i> In the operating room: Do we need to remove all the calcium? When and how to repair the cuff after Calcium removal? (12 min) <i>Niti P</i> <p style="text-align: center;">Q&A (12 min)</p>	<p style="text-align: center;">ICL 3 Hip Essential knowledge 1.0</p> <p>Moderator: <i>Kitiphong K</i> Co-Moderator: <i>Thaworn S</i></p> <ol style="list-style-type: none"> Ultrasound guided hip aspiration and injection. (12 min) <i>Adinun A</i> Evaluating extra-articular hip impingement. (12 min) <i>Thun I</i> Conservative treatment for peritrochanteric space disorders. (12 min) <i>Thaworn S</i> How to prevent hip arthroscopy complications. (12 min) <i>Sunikom S</i> <p style="text-align: center;">Q&A (12 min)</p>
08.30-09.30	<p>Opening ceremony</p> <p>Prof. Thanainit Chotanaphuti (RCOST president) Assoc. Prof. Chanakarn Phornphutkul (TOSSM president) Thaworn Sisayanarane</p> <p style="text-align: center;">Honorary lecture</p> <p>Pol.Lt.Gen. Suraphol Kesprayura PF arthritis.... dark side of the moon Hall A B C</p>			
09.30-10.00	Coffee break			



Friday 10 December 2021					
	Hall A1	Hall A2	Hall A3	Room 4	
10.00-11.00	Knee 1 Patella instability (English) Moderator: <i>Chanakam P</i> Co-moderator: <i>Thitiphol W</i> 1. Keynote lecture 1: Trying to Understand the Patellofemoral joint (20 min) <i>Robert A Teitge</i> 2. Surgical treatment of patellar instability in children (12 min.) <i>Pawin R</i> 3. How to assess lateralization of the tibial tubercle (12 min) <i>Chatchawan L</i> 4. MPFL reconstruction: pearls and pitfalls (12 min) <i>Thanathep T</i> Q&A (5 min)	Shoulder 1 Cadaveric. Demonstration "Lower Trapezius transfer" Moderator: <i>Vudhipong S</i> Co-moderator: <i>Chairit L</i> 1. Surgical anatomy of the lower trapezius tendon transfer (10 min) <i>Watit W</i> 2. The lower trapezius transfer: a systematic review of biomechanical data, techniques, and clinical outcomes (10 min) <i>Naruebade R</i> 3. Video demonstration "Lower trapezius transfer for massive irreparable cuff tear" (30 min) Demonstrator: <i>Cholawish C/ Nattakorn M</i> Q&A (10 min)	Hip 1 Innovations in hip arthroscopy Moderator: <i>Sunikom S</i> Co-moderator: <i>Danaithep L</i> 1. Dienst technique in hip arthroscopy and the peripheral compartment approach. (12 min) <i>Adinun A</i> 2. Tips and tricks for peripheral compartment surgery. (12 min) <i>Pisit L</i> 3. Hip instability: are we still talking about it in 2021? (12 min) <i>Kitiphong K</i> 4. Hip arthroscopy in children (12 min) <i>Sunikom S</i> Q&A (12 min)	Meet the expert 1 Arthrex Acute unstable type IIIB, type IV, type V AC injury. Do we treat it the same? Moderator: <i>Niti P</i> Speaker: <i>Nattha K Thongchai L, Varit W</i> 	
11.00-12.00	Knee 2 Cadaveric demonstration "Trochleoplasty" Moderator: <i>Prakasit S</i> Co-moderator: <i>Pat L</i> Demonstrator: <i>Nadhaporn S, Chatchapol T</i>	Shoulder 2 Complex injury around shoulder Moderator: <i>Theera R</i> Co-moderator: <i>Suriya L</i> 1. What to do in fracture dislocation of shoulder? (10 min) <i>Ponrachai W</i> 2. "Chronic locked shoulder dislocation" How to treat it? (10 min) <i>Suthee Tharakulphan</i> 3. Tips and tricks in glenoid fracture fixation. (10 min) <i>Manusak B</i> 4. Nightmare in shoulder injury. "Scapulothoracic dissociation" (10 min) <i>Prapakorn K</i> 5. Acute Posterior shoulder dislocation. (10 min) <i>Supanut W</i> Q&A 10 min	Hip 2 Knowledge Reboot 1.1 Moderator: <i>Winyou R</i> Co-moderator: <i>Adinun A</i> 1. Introducing the Thai hip score and getting started in hip-related research. (12 min) <i>Pisit L</i> 2. The ABCs for starting hip arthroscopy at your hospital. (12 min) <i>Thun I</i> 3. The hip-spine syndrome: does it exist? (12 min) <i>Kitiphong K</i> 4. Current evidence on labral debridement, repair and augmentation. (12 min) <i>Sunikom S</i> Q&A (12 min)	Meet the expert 2 LG Role of BDDE cross-linked HA for Osteoarthritis Speaker: <i>Nattha K Somsak K, Bancha C</i> 	
12.00-13.00	Lunch symposium 1 GSK Go Beyond Topical NSAIDs, The 3P strategy management Speaker: <i>Cholawish C</i> Speaker: <i>Ead L</i> 	Lunch symposium 2 ATB New Trendy Management in Sport Injury: Opioid & Topical Cream Moderator: <i>Somsak K</i> Speaker: <i>Suwittaya T Sunthorn S, Marvin T</i> 	Lunch symposium 3 Zuellig Pharma Pain management: Know your powerful treatment Moderator: <i>Chanakam P</i> Speaker: <i>Ekavit K Bancha C</i> 		

Friday 10 December 2021					
	Hall A1	Hall A2	Hall A3	Room 4	
13.00-14.00	Knee 3 Meniscus (English) Moderator: <i>Nadhaporn S</i> Co-moderator: <i>Pakapon I</i> 1. Keynote lecture 2 : Biological augmentation of meniscus repair with exogenous fibrin clot - indications, technique, early outcomes (20 min) <i>Dinshaw Pardiwala</i> 2. Degenerative meniscal tears: Is surgery needed? (10 min) <i>Bundit R</i> 3. Ramp lesion: which lesion should be repaired and how? (10 min) <i>Prakasit C</i> 4. Posterior meniscus root repair: all-inside vs pullout technique (10 min) <i>Suriya L</i> Q&A (10 min)	Elbow 1 Cadaveric Demonstration 3 major ways to approach elbow (Lateral, Medial and Posterior) Moderator: <i>Cholawish C</i> Co-moderator: <i>Sutee Thaveepunsan</i> Demonstrator: <i>Prasit W Artit B</i>	Hip 3 Interesting cases Moderator: <i>Sunikom S</i> Co-moderator: <i>Thun I</i> Panelist: <i>Kitiphong K Pisit L, Adinun A</i>	Meet the expert 3 3M Skin Preparation: Best Practices Sharing Speakers: <i>Nattha K Thongchai L</i> 	
14.00-15.00	Workshop 1 Pacific Health care Practical points of OA management & Decisions to use optimal MW HA. Moderator: <i>Nadhaporn S</i> Speaker: <i>Banacha C Chanakam P, Naruebade R</i> 	Workshop 2 Johnson and Johnson The advantage of RSA & The RF Solution Speaker: <i>Wichan K Prakasit C</i>	TOSSM workshop Revisit Physical examination of the shoulder: Let's learn from the Master! Moderator: <i>Prapakorn K</i> Co-moderator: <i>Pongtep N</i> Master: <i>Prachan B Vudhipong S</i> Presenter 1. Rotator cuff tear (25 min) <i>Chanont K</i> 2. Shoulder instability (25 min) <i>Thanakorn T</i> Q&A (10 min)	Meet the expert 4 Smith and Nephew New generation anchor- More option with BETTER resorption Speakers: <i>Nattha K Ekavit K, Mason P</i> 	
15.00-15.30	Coffee break				

Friday 10 December 2021				
	Hall A1	Hall A2	Hall A3	Room 4
15.30-16.30	Knee 4 Shifting the paradigm: PCL Moderator: <i>Pawin R</i> Co-moderator: <i>Chonlathan I</i> 1. PCL repair: past present and future (12 min) <i>Wiroon L</i> 2. Primary repair of the PCL: When and How? (12 min) <i>Thongchai L</i> 3. Remnant preservation technique for PCL reconstruction is the best (12 min) <i>Pason P</i> 4. Suture augmentation: an alternative to reconstruction for PCL injury (12 min) <i>Nattachai T</i> Q&A (12 min)	Elbow 2 Fracture and elbow injury around elbow (English) Moderator: <i>Chatchai P</i> Co-Moderator: <i>Cholawish C</i> 1. Controversy in proximal ulna (15 min) <i>Nattakorn M</i> 2. Chronic elbow dislocation <i>Cholawish C</i> (15 min) 3. Keynote lecture 3: Elbow dislocation: when and why to surgery? (20 min) <i>Christos Koukos</i> Q&A (10 min)	Fellow research presentation Moderator: <i>Vudhipong S</i> Co-moderator: <i>Chaiwat C</i> *อยู่ในภาคผนวก Moderator: <i>Wirat K</i> Speaker: <i>Chanakarn P</i> <i>Bancha C, Puwapong N</i> 	Meet the expert 5 Linvatec “Practical Solutions for ACLR” Moderator: <i>Wirat K</i> Speaker: <i>Chanakarn P</i> <i>Bancha C, Puwapong N</i> 
16.30-17.30	Knee 5 (Plus Shoulder and Elbow) VDO surgical demonstration Moderator: <i>Chusak K</i> Co-moderator: <i>Varit W</i> VDO from TOSSM members (5 min + Q&A 1 min each) *อยู่ในภาคผนวก	Elbow 3 Elbow Reconstruction: Heterotopic ossification Moderator: <i>Wiroon L</i> Co-moderator: <i>Prasit W</i> 1. Heterotopic ossification: cause & pathogenesis (10 min) <i>Artit B</i> 2. Heterotopic ossification: radiographic evaluation & differential diagnosis (10 min) <i>Sutee Thaveepunsan</i> 3. Heterotopic ossification: pass, present and future management (10 min) <i>Worawit O</i> 4. Panel case discussion (20 min) <i>Nattakorn M</i> Q&A (10 min)	Fellow research presentation Moderator: <i>Tanarat B</i> Co-moderator: <i>Pattanakiet C</i> *อยู่ในภาคผนวก	Meet the expert 6 BJC Make You More Confident RSA Speaker: <i>Bancha C</i> <i>Nattha K</i> 

Saturday 11 December 2021				
	Hall A1	Hall A2	Hall A3	Room 4
07.30-08.30	ICL 4 Cartilage Orthobiologic, What are growth and trends? (English) Moderator: <i>Vattanachai R</i> Co-moderator: <i>Chanaring K</i> 1. PRP, Anti-Inflammatories, and Restorative Techniques for Muscle, Tendon and Cartilage (12 min) <i>Tulyapruet T</i>	ICL 5 Shoulder Update in stiff shoulder Moderator: <i>Niti P</i> Co-moderator: <i>Sittan A</i> 1. Patient evaluation in stiff shoulder (12 min) <i>Chavalit I</i> 2. Evidence based treatment (12 min) <i>Songthai M</i> 3. Injection in Frozen shoulder: what, where and when? (12 min) <i>Natthaphon S</i>	ICL 6 Elbow Elbow triceps mechanism problem (English) Moderator: <i>Chatchai P</i> Co-moderator: <i>Cholawish C</i> 1. Clinical of triceps tendon problems:(15 min) <i>Sutee Thaveepunsan</i> 2. Treatments:(15 min) <i>Artit B</i>	ICL 7 Sports science Update in Advanced Running Science The science behind the scene: optimizing runners' performance. Moderator: <i>Atirek C</i> Co-moderator: <i>Naruebade R</i> Speaker: <i>Suparat Thuannavarat</i> (sports physiatrist)

Saturday 11 December 2021				
	Hall A1	Hall A2	Hall A3	Room 4
07.30-08.30	2. Scaffold: What are good options for cartilage repair (12 min) <i>Piya-on N</i> 3. Clinical Outcome Studies of Orthobiologics (12 min) <i>Chaiwat C</i> 4. Keynote lecture 5: Adult Mesenchymal stem cells for cartilage repair surgery: From bench side to bedside (12 min) <i>Wilson Li</i> Q&A (12 min)	4. Critical point in recalcitrant adhesive capsulitis (12 min) <i>Piroon T</i> Q&A (12 min)	3. Keynote lecture 4: Arthroscopic management of triceps lesion: (20 min) <i>In-Ho Jeon</i> Q&A (10 min)	Norasak Suvachit-tanont (sports cardiologist) Q&A
08.30-09.30	Knee 6 Re-live surgery Meniscus root repair Moderator: <i>Somsak K</i> Co-moderator: <i>Suthee Tharakulphan</i> 1. All-suture anchor technique. (15 min) <i>Bancha C</i> 2. Pull-out suture technique. (15 min) <i>Thanatthep T</i> 3. Meniscus root reconstruction. (15 min) <i>Nattha K</i> Q&A (15 min)	Shoulder 3 Articular sided supraspinatus tendon tear Moderator: <i>Chalermchai L</i> Co-moderator: <i>Natthaphon S</i> 1. Etiology, pathogenesis, non-operative treatment is usually success: My protocol. (15 min) <i>Pat L</i> 2. Transtendinous VS Conversion to FT and repair: What do the literatures say? (15 min) <i>Jatupoom C</i> 3. Pearls for Transtendinous repair technique. (15 min) <i>Trai P</i> 4. Case discussion. (10 min) <i>Chalermchai L</i> Q&A (5 min)	Sports medicine1 Understanding Neuromuscular Dysfunction: How to Move Better, Prevent Injury and Enhance Performance Moderator: <i>Chanin L</i> Co-moderator: <i>Kachain N</i> 1. Neuromuscular dysfunction in sports injury. (15 min) <i>Kornkit C</i> 2. From current evidence to clinical application in Football. (15 min) <i>Pakapon I</i> 3. Meet the expert: What is essential outside the operating room? (15 min) <i>Chanin L</i> Q&A (15 min)	Meet the expert 7 Upjohn/Viatrix “Pain management in sports medicine: use and misuse of nsaid” 
09.30-10.00	Coffee break			
10.00-11.00	Workshop 3 Smith and Nephew Reconstruct with confidence, All-inside ACL Reconstruction Speakers: <i>Bancha C</i> <i>Chanakarn P, Puwapong N</i> 	Workshop 4 Linvatec “RC and SCR made SIMPLE” Speakers: <i>Nadhaporn S</i> <i>Cholawish C, Thanatthep T</i> <i>Chatchawan L, Nick J</i> 	TOSSM - HKOA free paper presentation (English) Moderator: <i>Chanin L</i> Co-moderator: <i>Suwittaya T</i> 1. Persistent quadriceps muscle atrophy after anterior cruciate ligament reconstruction was associated with defective exercise-induced changes in myokines” <i>Michael Ong</i> (10 min) 2. “The role of muscle strength, muscle elasticity and muscle coordination of quadriceps and hamstrings in knee stability during single leg hop landing in patients with anterior cruciate ligament reconstruction” <i>He Xin</i> (10 min) 3. Free paper *อยู่ในภาคผนวก	Meet the expert 8 GSK “The update evidence and recommendation for Calcium and Vitamin D” Speakers: <i>Thongchai Suntharapa</i> 

Saturday 11 December 2021				
	Hall A1	Hall A2	Hall A3	Room 4
11.00-12.00	Knee 7 Best practice in ACL reconstruction Moderator: <i>Pongsak Y</i> Co-moderator: <i>Adinun A</i> 1. Technical considerations of BPTB for ACL reconstruction (12 min) <i>Gof T</i> 2. Which ACL reconstruction technique do you prefer? (12 min) <i>Wichan K</i> 3. What should you do if hamstring graft is too small? (12 min) <i>Wachiraphan P</i> 4. Return to play following ACL reconstruction (12 min) <i>Alisara A</i> Q&A (12 min)	Shoulder 4 Practical point in RSA for PHF Moderator: <i>Pinkawas K</i> Co-moderator: <i>Nantaphon C</i> 1. How to select implant (10 min) <i>Pattanakot C</i> 2. Tip and tricks in Tuberosity reconstruction. (10 min each) <i>Nattha K, Bancha C</i> Q&A (10 min)	Sports medicine 2 Isokinetic Testing after ACL Reconstruction Moderator: <i>Chatchai P</i> Co-moderator: <i>Mason P</i> Speaker: <i>Suparat Thuannavarat</i> 1. What is it? 2. How does it work? 3. When to do it? 4. How to interpret? Step by step 5. Clinical application Q&A (15 min)	Meet the expert 11 Phoenix 1. ChondroGide for Meniscus Augmentation and Cartilage Defect with AMIC. <i>Cholawish C</i> 2. Surgical technique for open and arthroscopic ChondroGide augmentation in osteochondral lesion of the talus. <i>Chamnanni R</i> 
12.00-13.00	Lunch symposium 4 Eisai Relax to relieve, reveal pharmacology and clinical benefits of muscle relaxants Moderator: <i>Vudhipong S</i> Speakers: <i>Pongsatorn M, Nadhaporn S</i> 	Lunch symposium 5 TRB "Multimodal therapy for OA and related diseases, based on true stories" Moderator: <i>Prachan B</i> Speakers: <i>Chanakarn P, Cholawish C, Nattha K, Jirun A</i> 	Lunch symposium 6 Upjohn "Pain Management in Sports Injuries" Moderator: <i>Banacha C</i> Speakers: <i>Chamnanni R, Puwapong N</i> 	
13.00-14.00	Knee 8 Revision ACL reconstruction Moderator: <i>Sermsak S</i> Co-moderator: <i>Pathomchat P</i> 1. Preoperative planning for revision ACL reconstruction (12 min) <i>Kriangkamol B</i> 2. Graft choices in revision ACL reconstruction. (12 min) <i>Sorawut T</i>	Shoulder 5 Re-Live surgery Management in AC joint dislocation Moderator: <i>Wattana A</i> Co-moderator: <i>Anand V</i> Demonstrator: 1. Acute setting (25 min) <i>Chanakarn P</i> 2. Chronic setting (25 min) <i>Wichan K</i> Q&A (10 min)	Sports medicine 3 Cutting-Edge Thoughts New Normal on COVID-19 in Sports Medicine Moderator: <i>Paisal C</i> Co-moderator: <i>Kornkit C</i> 1. The COVID-19 Vaccine- Considerations for Athletes and Team Physicians. <i>Norasak S</i>	Meet the expert 9 TRB Role of IAHA in Shoulder Diseases Speaker: <i>Chatchai P, Bancha C, Nadhaporn S, Thanatthep T</i> 

Saturday 11 December 2021				
	Hall A1	Hall A2	Hall A3	Room 4
13.00-14.00	3. Lateral extra articular tenodesis in revision ACL: when, why and how. (12 min) <i>Nantaphon C</i> 4. Role of osteotomy in revision case. (12 min) <i>Rattapoom W</i> Q&A (12 min)		2. Return To Play after a COVID-19 infection: Review the guidelines. <i>Norasak S</i> 3. What have I done during COVID-19 pandemics? Fact from the fields. <i>Kanyika C</i> Q&A (15 min)	
14.00-15.00	Knee 10 Shifting the Paradigm: Collateral ligament Moderator: <i>Tanarat B</i> Co-moderator: <i>Ukris G</i> 1. Arthroscopic PLC reconstruction. (12 min) <i>Artit B</i> 2. Lateral collateral ligament repair with suture tape augmentation. (12 min) <i>Tavit C</i> 3. Internal splint for acute MCL injury. (12 min) <i>Ittipol P</i> 4. Role of internal bracing in multiligamentous knee injuries. (12 min) <i>Chalermchai L</i> Q&A (12 min)	Shoulder 6 Posterior shoulder instability and MDI Moderator: <i>Phathaiwudhi O</i> Co-moderator: <i>Jatupoom C</i> 1. Examination and imaging of posterior instability and MDI. (12 min) <i>Surasak S</i> 2. Atraumatic instability: How to treat it? (12 min) <i>Harjeet S</i> 3. MDI : Arthroscopic capsular shift (12 min) <i>Ekavit K</i> 4. Posterior shoulder instability: When to operate and what to do ? (12 min) <i>Rattapol S</i> Q&A (12 min)	Cartilage 1 Cartilage concomitant pathology, what should we do? (Case discussion) (English) Moderator: <i>Puwapong N</i> Panelist: <i>Wirat K, Channarong K, Prof Mats Brittberg</i> 1. Case presentation 1 Underlying Pathology and Malalignment Strategy: HTO, DFO (25 min) <i>Chaiwat C</i> 2. Case presentation 2: Cartilage injury with patellofemoral Malalignment: The Role of TTO, MPFL, Trochleoplasty (25 min) <i>Suwittaya T</i> Q&A (10 min)	Meet the expert 10 TRB Role of IAHA in Foot & Ankle disease Speaker: <i>Tanawat V, Thanut V, Marut A</i> 
15.00-15.30	Coffee break			
15.30-16.30		Shoulder 7 Updates on Reverse total shoulder arthroplasty (English) Moderator: <i>Prachan B</i> Co-moderator: <i>Alisara A</i> 1. Keynote lecture 6: Internal rotation after RSA state of the art and how to improve. (20 min) <i>Phillippe Colin</i> 2. Lateralization in reverse shoulder arthroplasty : review. (15 min) <i>Pinkawas K</i> 3. Prevention and Management in Unstable RSA. (15 min) <i>Banacha C</i> Q&A (10 min)	Cartilage 2 Cartilage damage and early arthritis (English) Moderator: <i>Wirat K</i> Co-moderator: <i>Tulyapruet T</i> 1. The Burden of Disease (12 min) <i>Vudhipong S</i> 2. Keynote lecture 7: What is the future of cartilage repair (20 min) <i>Prof Mats Brittberg</i> 3. Post-Traumatic OA - The Incidence of Cartilage Injury and Disease Progression (12 min) <i>Puwapong N</i> 4. MRI – Articular Cartilage Injuries, What We Can See? (12 min) <i>Numphung N</i> Q&A (5 min)	Knee 9 Case discussion for complex knee instability (all participants) Moderator: <i>Chatchawan L</i> Co-moderator: <i>Suphasak S</i> Panelists: <i>Chanakarn P, Tanarat B, Pinij S</i> Case from TOSSM members
16.45-18.00	Welcome Reception (ROOM A1) TOSSM Fellow certification ceremony TOSSM Research Award Honorary Award ceremony			

Sunday 12 December 2021			
	Hall A1	Hall A2	Hall A3
08.00-09.00	ICL 8 Knee Imaging Moderator: <i>Thun I</i> Co-moderator: <i>Narisa S</i> 1. Imaging Evaluation After Anterior Cruciate Ligament Reconstruction. <i>Numphung N</i>	ICL 9 Foot Ankle Current concept 2021 Moderator: <i>Theerawoot T</i> Co-moderator: <i>Jakrapong O</i> 1. Current concept review for hallux valgus in athletes and young players. (12 min) <i>Pongpol P</i> 2. Current concept review of non-surgical treatment for lateral ankle ligament instability (12 min) <i>Yantarat S</i> 3. Current concept treatment of Morton's neuroma in athletes and runners (12 min) <i>Tinnart S</i> 4. Current concept review for common stress fracture in foot and ankle. (12 min) <i>Thanut V</i> Q&A (12 min)	ICL 10 Elbow All you need to know in the radiographic evaluation correlated elbow pain Moderator: <i>Sutee Thaveepunsan</i> Co-moderator: <i>Artit B</i> 1. Plain film and ultrasound <i>Nattakorn M</i> 2. MRI <i>Pornphrom V</i> 3. Cases from <i>Cholawish C</i> <i>Sutee Thaveepunsan, Artit B</i> <i>Worawit O, Nattakorn M</i> Q&A (10 min)
09.00-10.00	Cartilage 3 Cartilage surgical technique, what should we focus? Moderator: <i>Wirat K</i> Co-moderator: <i>Piya-on N</i> 1. Augmented Bone Marrow Stimulation / BMAC (12min) <i>Wirat K</i> 2. Orthobiologics (12min) <i>Tulyapruet T</i> 3. OATs (12min) <i>Wachiraphan P</i> 4. ACI (12min) <i>Channarong K</i> Q&A(12 min)	Foot ankle 1 Arthroscopy in Foot and ankle Sports Injury Moderator: <i>Bavornrit C</i> Co-moderator: <i>Satetha V</i> 1. Overview of anterior ankle impingement (Pathophysiology to non-surgical treatment of bony and soft tissue impingement). (10 min) <i>Chakorn R</i> 2. Tips and Tricks for surgical technique in anterior ankle impingement. (10 min) <i>Marut A</i> 3. Technical tips for debridement arthrofibrosis of the ankle joint. (10 min) <i>Pisit B</i> Case discussion: Difficult ankle impingement. (30 min) <i>Chamnanni R, Jirawat S</i>	TIPS & TRICKS FOR HIP IMAGING ANALYSIS Imaging Analysis of Adult Hip Pain: From Radiograph to MRI Moderator: <i>Sunikom S</i> Co-moderator: <i>Chindarat R</i> Speaker: <i>Numphung N</i>
10.00-10.30	Coffee break		
10.30-11.30	Shoulder 8 Shoulder consultation Moderator: <i>Ekavit K</i> <i>Chusak K, Mason P</i> Case consultation from TOSSM member	Foot ankle 2 Update treatment in Lateral Ankle Instability Moderator: <i>Chatchavan C</i> Co-moderator: <i>Chakorn R</i> 1. Tips and Tricks for open modified Brostrom repair (10 min) <i>Songwut T</i> 2. Current outcomes and Tips and Tricks for arthroscopic Brostrom repair (10 min) <i>Tanawat V</i> 3. Management of failed previous open modified Brostrom repair (10 min) <i>Chayanin A</i> 4. Debate in Lateral ankle instability (30 min) Open vs Arthroscopic techniques: Case discussion <i>Chamnanni R, Yantarat S</i>	TIPS & TRICKS FOR SHOULDER INSTABILITY AND OSTEOARTHRITIS IMAGING ANALYSIS Moderator: <i>Pattanaket C</i> Co-moderator: <i>Aticha A</i> 1. How to Assess Glenohumeral Osteoarthritis with CT & MRI. (30 min) <i>Numphung N</i> 2. Preoperative Evaluation of Shoulder Instability with CT and MRI. (30 min) <i>Numphung N</i>

Sunday 12 December 2021			
	Hall A1	Hall A2	Hall A3
11.30-12.30	Shoulder 9 Subscapularis Tears Moderator: <i>Pattanapong S</i> Co-moderator: <i>Surapot S</i> 1. Subscapularis Repair: Anatomy, Indications, and Open Repair (12 min) <i>Thanachai T</i> 2. My Technique: Arthroscopic Subscapularis Repair: Inside View (12 min) <i>Pongtep N</i> 3. My Technique: Arthroscopic Subscapularis Repair: Outside View (12 min) <i>Pattanapong S</i> 4. Options for irreparable tear (12 min) <i>Thitiphol W</i> Q&A (12 min)	Workshop 5 Arthrex: Foot and Ankle 1. How to diagnosis and management of subtle syndesmotic injury with TightRope (15 mins) Q&A (5 mins) <i>Chamnanni R</i> 2. Update role of InternalBrace in foot and ankle surgery <i>Chamnanni R</i> (15 mins) Q&A (5 mins) 3. Insertional Achilles tendinopathy: Tips and Tricks for reattachment with SpeedBride vs SutureBridge (15 mins) <i>Marut A</i> Q&A (5 mins) 	TIPS & TRICKS FOR IMAGING ANALYSIS Moderator: <i>Varit W</i> Co-moderator: <i>Songthai M</i> Common Pitfalls in MRI of Knee and Shoulder. <i>Numphung N</i>
12.30-13.30	Lunch symposium 7 Menarini The Better Movement By The New Synergist Multimodal Analgesia in One Tablet. Moderator: <i>Chanakam P</i> Speaker: <i>Chanakam P</i> <i>Urairat S</i> 	Lunch symposium 8 Terumo Moderator: <i>Puwapong N</i> 1. PRP for Regenerative Medicine. (25 min) <i>Somsak K</i> 2. PRP for Knee Osteoarthritis. (25 min) <i>Thun I</i> 	Lunch symposium 9 TOSSM lunch symposium sponsored by Phillip MRI Moderator: <i>Yantarat S</i> Co-moderator: <i>Rachaporn T</i> 1. Ankle MRI in adult flatfoot: What we need to know? (30 min) <i>Numphung N</i> 2. MRI of Ankle Ligaments: How to interpret normal and injured ligaments. (30 min) <i>Numphung N</i>

Sunday 12 December 2021			
	Hall A1	Hall A2	Hall A3
13.30-15.00	<p>Shoulder 10 Primary OA shoulder</p> <p>Moderator: <i>Ittipol P</i> Co-moderator: <i>Chaiwat C</i></p> <ol style="list-style-type: none"> 1. What I look for on X-rays and CT & When do I get MRI/Ultrasonnd? (15 min) <i>Nopparat R</i> 2. What's new with the Walch classification: B, C and D? (15 min) <i>Sittan A</i> 3. Pre-operative planning: Simple & Step by step. (15 min) <i>Prak-asit S</i> 4. My top tricks to expose the challenging glenoid. (15 min) <i>Bavornrat V</i> 5. Update in pain control for shoulder surgery. (15 min) <i>Danaihep L</i> <p>Q&A (15 min)</p>	<p>Foot ankle 3 Difficulty in Large Osteochondral Lesion of the Talus</p> <p>Moderator: <i>Krit P</i> Co-moderator: <i>Akaradech P</i></p> <ol style="list-style-type: none"> 1. Tips and Tricks for AMIC augmentation using open (with and without osteotomy) and arthroscopic techniques. (20 min) <i>Chamnani R</i> 2. Tips and Tricks for OAT or Mosaicplasty in large OLT. (20 min) <i>Jirun A</i> 3. How to deal? When the previous microfracture of osteochondral lesion of the talus failed? (20 min) <i>Jirawat S</i> 4. Case discussion: Difficult osteochondral lesion of the talus. (30 min) <i>Chamnani R, Tanarat H</i> 	
15.00	Adjourn		

***ภาคผนวก**

Fellow research paper (10 Dec 2021) 15.30-17.30 Hall A3	
<p>กรรมการกลาง</p> <p>อ. ปิยะอร, อ. อาทิตย์ (15.30-16.30) อ. อธิพัลล, อ. กิอฬ, อ. อติฉินนท, อ. ญัฐพร, อ. บัญชา (16.30-17.30)</p>	
<p>1. ดนัยเทพ ลิ้มสกุล จุฬาลงกรณ์มหาวิทยาลัย อ.ธนเทพ การฉีดเกล็ดเลือดเข้มข้นเพื่อลดขนาดรอยขาดของเอ็นกล้ามเนื้อเหนื่อแนวสันกระดูกสะบ้าที่ฉีกขาดบางส่วนเทียบกับวิธีการรักษาดั้งเดิมโดยการฉีดสเตียรอยด์ Platelet-rich plasma reduces tear size in partial supraspinatus tendon tears compared to conventional steroid injection</p> <p>2. ทรงไทย มูลวงษ์ จุฬาลงกรณ์มหาวิทยาลัย อ.ธนเทพ ความถูกต้องและความน่าเชื่อถือของ Lysholm Knee Scoring Scale และ Adjusted Tegner Activity Score Validity and Reliability of Thai Lysholm Knee Scoring Scale and Adjusted Tegner</p> <p>3. กุชงค์ กุลรัตน์ จุฬาลงกรณ์มหาวิทยาลัย อ.ธนเทพ การศึกษาชีวกลศาสตร์ ของซูเจอร์เทปเปรียบเทียบกับไหมที่มีความแข็งแรงสูงในการรักษาเอ็นไขว้หน้าเข่า Biomechanical comparison between conventional suture tape and multiple high strength suture for ACL internal bracing</p> <p>4. ธนรทร เปี่ยมทิพย์มนัส ศิริราช อ.เอกวิทย์, อ.ชนินทร, อ.บวรรัฐ, อ.พิสิฐ, อ.ภพ การหาเกณฑ์ของคะแนนแบบสอบถาม IKDC ฉบับภาษาไทยที่แสดงสภาพอาการของผู้ป่วยยอมรับได้หลังการผ่าตัดสร้างเอ็นไขว้หน้าปฐมภูมิ Identification of the cut-off point for the patient acceptable symptom state of the Thai IKDC subjective knee form in patients underwent primary anterior cruciate</p>	<p>5. ณภัทร ประสิทธิ์มีบุญ รามา อ.ญัฐพร การศึกษาเปรียบเทียบชีวกลศาสตร์ของการเย็บซ่อมรอกหมอนรองเข่าโดยวิธีร้อยไหมเย็บผ่านทางรูกระดูกปลายขาและวิธีใช้สมอเย็บชนิดอ่อน Biomechanics Comparison Between Transtibial Pullout and Soft Suture Anchor Technique for Posterior Meniscal Root Repair</p> <p>6. พิรุฑย์ พิพัฒน์วิวัฒน์กุล พระมงกุฎ อ.ญัฐพร, อ.พัฒนเกติ แรงของกล้ามเนื้อข้อศอกหลังการผ่าตัด Latarjet procedure แบบตัดกล้ามเนื้ออกกล้ามเนื้อข้อศอกหลังการผ่าตัด Latarjet procedure Subscapularis strength after L-shaped tenotomy approach in Latarjet procedure</p> <p>7. ศศินทร ศรีสกุล ราชวิถี อ.พินิจ, อ.สุริยะ การศึกษาเปรียบเทียบการวัดมุมด้วยวิธีสายวัด (Cable method) และการวัดภาพรังสีก่อนการผ่าตัด (Pre-operative measurement) ในการผ่าตัดเปิดช่องเอ็นข้อเข่าให้ตรง (Medial Opening Wedge High Tibial Osteotomy) Cable versus Pre-operative measurement method comparison study in medial opening Wedge High Tibial Osteotomy</p> <p>8. จิรเดช ธนรัชน์ไพโรจน์ ราชวิถี อ.พินิจ, อ.สุริยะ การเปรียบเทียบผลของการผ่าตัดเพื่อรักษาการบาดเจ็บของข้อระหว่างปลายกระดูกไหปลาร้ากับกระดูกสะบ้า ระหว่างวิธียึดด้วย hook plate และ ยึดระหว่างข้อ Coraco clavicular Comparison outcomes between fixation with hook plate and Coracoclavicular fixation in treatment of acute acromioclavicular joint injury</p>

Fellow research paper (10 Dec 2021) 15.30-17.30 Hall A3	
<p>9. เอกลักษณ์ โกษาแสง วิทยาลัยพยาบาล อ.เมษณันท์, อ.วริทธิ, อ.สุธี ท. ความสัมพันธ์ระหว่างภาวะพร่องวิตามินดีและภาวะเส้นเอ็นหัวข้อไหล่ฉีกขาด Correlation between rotator cuff tear in Thai population and Vitamin D deficiency</p>	<p>10. เฉลิมเกียรติ สุวรรณแทน เลิศลิน อ.วิชาญ ภาพถ่ายมุมมองแนวขวางมีความจำเป็นในการตรวจพบสกรูทะลุข้อต่อหัวไหล่ในแผ่นโลหะตามกระดูกต้นแขนส่วนบนหรือไม่ : การศึกษาในกระดูกอาจารย์ใหญ่ Is axillary view necessary for detecting screw penetration in proximal humeral internal locking system (PHILOS) plate of proximal humerus fracture? A Cadaveric study.</p>
Coffee break 10 นาที	
<p>11. สามารถ อุ่นเสียม กรุงเทพ อ.พรเทพ, อ.วุฒิพงศ์, อ.พูนสุข, อ.ภักดี การทดสอบเปรียบเทียบทางชีวกลศาสตร์ของการเย็บซ่อมรอกหมอนรองกระดูกบริเวณข้อเข่าระหว่าง modified suture bridge technique Cinch loop และ modified Mason-Allen Comparative study of biomechanical properties of meniscal root repair techniques between modified suture bridge technique, double cinch loop and modified Mason-Allen</p> <p>12. ลพบุรี นาทะสิริ กรุงเทพ อ.พรเทพ, อ.วุฒิพงศ์, อ.พูนสุข, อ.ภักดี ความแม่นยำของการตรวจคลื่นแม่เหล็กไฟฟ้าโดยใช้เทคนิคการจำลองภาพสามมิติในการวินิจฉัยและวางแผนการผ่าตัดในผู้ป่วยเส้นเอ็นหัวข้อไหล่ฉีกขาด Accuracy of 3D reconstruction MRI for diagnosis and pre-operative planning in patient with rotator cuff tear</p> <p>13. กิรติ กลิ่นจันทร์หอม บำรุงราษฎร์ อ.วิญญู การศึกษาวิธีการผ่าตัดหมอนรองกระดูกฉีกขาดแบบแนวนอนด้วยรูปแบบการเย็บเป็นรูปตัวบี "B" stitches : a new technique of horizontal meniscus repair</p> <p>14. สุรศักดิ์ ศรีมงคลพิทักษ์ ธรรมศาสตร์ อ.อติฉินนท การศึกษาเปรียบเทียบประสิทธิภาพของการฉีดสเตียรอยด์ในช่อง subacromial ระหว่างการใช้ยาปริมาณมาก และปริมาณน้อยมาก ในผู้ป่วยโรคเอ็นข้อไหล่ถูกกดทับ Efficacy of High Volume vs Very Low Volume Corticosteroid Subacromial Injection in Subacromial Impingement Syndrome: A Randomized Controlled Trial</p> <p>15. ภาณุวัฒน์ บุญสุน ธรรมศาสตร์ อ.บัญชา, อ.ประกาศิต ส., อ.อติฉินนท การศึกษาการเย็บระหว่างกระดูกคอเอกร่วมกับหัวกระดูกต้นแขนจากภาพฟิล์มเอ็กซเรย์หัวไหล่ท่านอนและทำยืน Acromioclavicular interval in variable radiographic position</p>	<p>16. กัณฐ์ศรั พูลสวัสดิ์ ธรรมศาสตร์ อ.บัญชา, อ.ประกาศิต ส., อ.อติฉินนท การเปรียบเทียบผลทางคลินิกและรังสีระหว่างการเย็บซ่อมเอ็นหัวไหล่ด้วยวิธี 3 in 1 แบบผสม และการเย็บซ่อมด้วยวิธี Knotless suture bridge Comparison of clinical and radiological outcomes of rotator cuff repair between 3 in 1 hybrid suture bridge technique and knotless suture bridge</p> <p>17. ญัฐกรณ์ สมาริ มศว. อ.ชลวิษ, อ.ชาญณรงค์, อ.วิศิษฐ์, อ.พิงควรรต, อ.ญัฐกร ความแตกต่างของ ulnohumeral opening gap จาก ultrasound ระหว่างการทำ posterolateral drawer test ของประชากรไทยปกติ The sonographic posterolateral drawer test: normal ulnohumeral gap difference in normal Thai population</p> <p>18. ศุภณัฐ วีระอาชากุล ขอนแก่น อ.เสริมศักดิ์, อ.อาทิตย์, อ.ปัญญาวัฒน์ การวิเคราะห์ลักษณะการสัมผัสของกระดูกข้อเข่าและหมอนรองกระดูก เมื่อใช้เทคนิคการเย็บหมอนรองกระดูกเข้า แบบรวบ ในหมอนรองกระดูกที่ฉีกขาดและเคลื่อน Contact characteristics analysis of all-inside suture technique in displaced meniscus tears of porcine knee</p> <p>19. ญัฐรัฐ นาครัชตะอมร เชียงใหม่ อ.ชนะการ, อ.ประสิทธิ์, อ.ภูวพงศ์ การศึกษาการหลีกเลี่ยงไม่ให้ขัดกันระหว่างอูโอมงค์ของเอ็นเทียมด้านข้างเข่ากับเอ็นเทียมด้านข้างอื่น ๆ ที่มุมแตกต่างกัน How to create the safe zone of MCL reconstruction in medial side of knee : cadaveric study</p> <p>20. ศรีณู พรหมวังชา เชียงใหม่ อ.ชนะการ, อ.ประสิทธิ์, อ.ภูวพงศ์ การศึกษาการฉีดยาลดการอักเสบบริเวณข้อไหล่ ในคนไข้ที่มาด้วยกลุ่มอาการปวดข้อไหล่ ด้วยสาเหตุต่าง ๆ โดยใช้การประเมินผลแบบสอบถาม Thai SPADI and Thai DASH scores The effective of corticosteroid injection into intra-articular for Early Shoulder pain pathology: An Evaluation using Thai SPADI and Thai DASH scores.</p>

VDO surgical demonstration from TOSSM member (10 Dec) 16.30-17.30 Hall A1

- | | |
|---|--|
| <p>1. Arthroscopic rotator cuff repair and biceps tenotomy in osteoporotic bone (16.30-16.36)
Lim Ming Yong</p> <p>2. A Midscapular Portal for Arthroscopic Assisted Fixation of Severe Retraction Greater Tuberosity Avulsion Fracture. (16.36-16.42)
Khananut Jaruwanneechai</p> <p>3. Arthroscopically Assisted All Suture Fixation of AC and CC Joint (16.42-16.48)
Lawrence Lao</p> <p>4. Arthroscopic superomedial scapulectomy for symptomatic snapping scapular: Surgical technique (16.48-16.54)
Piamthipmanas T</p> | <p>5. Open Reduction with Distal Clavicle Locking Plate Fixation and CC Stabilization by Cortical Suspensory Plate (16.54-17.00)
Sirasit Innarkgool</p> <p>6. Arthroscopic Suture fixation of ACL Tibial Avulsion Fractures (17.00-17.06)
Don Tharnphraisarn</p> <p>7. Medial Meniscus Root Repair with High Tibial Osteotomy (17.06-17.12)
Arnakorn Prensiri</p> <p>8. Distal biceps repair: The tension slide technique and bio-tenodesis screw (17.12-17.18)
Phirat Siripipattanamongkol</p> <p>9. Arthroscopic lateral collateral ligament complex reconstruction for posterolateral rotatory instability of the elbow (17.18-17.24)
Chidchanok Sakdapanichkul</p> |
|---|--|

TOSSM - HKOA free paper presentation (11 Dec) 10.00-11.00 Hall A3**Free paper**

- | | |
|---|---|
| <p>1. Risk of Iatrogenic Neurovascular Injury in All-Inside Lateral Meniscal Repairs Related to the Popliteal Tendon: A Magnetic Resonance Imaging Study (10.30-10.36)
Pathawin Kanyakool</p> <p>2. Articular surface area exposure and boundary in coronal shear fracture of distal humerus: compare anterolateral approach, extended lateral approach and olecranon osteotomy approach. A cadaveric experimental study. (10.36-10.42)
Nut Boonyawiroj</p> | <p>3. Biomechanical comparison of the new transosseous RC repair technique versus conventional transosseous and transosseous equivalent technique (10.42-10.48)
Suwittaya Thienpratharn</p> <p>4. BIOMECHANICAL COMPARISON BETWEEN CONVENTIONAL SUTURE TAPE AND MULTIPLE HIGH-STRENGTH SUTURE FOR ACL INTERNAL BRACING: A CADAVERIC STUDY. (10.48-10.54)
Puchong Kulrat</p> |
|---|---|