



ORTHOCON 2011

Jan 28-29, 2011 (Magh 14-15, 2067)

Kathmandu, Nepal

Theme of the conference: "Setting Standards in Orthopaedic Surgery"

Scientific Programme



NEPAL ORTHOPAEDIC ASSOCIATION



January 28, 2011. Friday (Day 1)

- 8:00 - 9:00 AM** **REGISTRATION**
- 9:00 - 10:00 AM** **Session I (Hip/Shoulder)**
Chairman - Prof. Dr. Deepak Prakash Mahara
Moderator - Dr. Sudeep Vaidya
- 9:00 - 9:15 AM Difficult Primary Total Hip Replacement
IPS Oberoi
- 9:15 - 9:20 AM Hybrid THR With S-rom Femoral Component for an Old
Untreated DDH- Our Experience at Capital Hospital
D. Dutta, A.R. Bajracharya
- 9:20 - 9:30 AM Mid Term Evaluation of Outcomes of Total Hip Replacement
B. Pokhrel, A. Lamichhane, D. Mahara
- 9:30 - 9:35 AM Bilateral Excisional Arthroplasty of Hip: A Case Report
P.B. Thapa, G. Gurung, A. Pandey, R. Maharjan
- 9:35 - 9:45 AM Use of Indigenous Medicated Spacers in the Management
of Previously Operated Infected Hips
R.P. Marasini, P. Chand, B.R. K. C.
- 9:45 - 10:00 AM Arthroscopic Bankart Repair. Indication and Technique
IPS Oberoi
- 10:00 - 10:30 AM** **Inauguration**
- 10:30 - 11:00 AM** **Tea Break**
- 11:00 - 11:45 AM** **NOA ORATION** Introduction - Prof Dr Ramesh P Singh
The Ageing Spine
L. L. Shah
- 11:45 - 1:00 AM** **Session II (Trauma/Lower Limb)**
Chairman- Prof. Dr. Kiran Prasad Rijal
Moderator - Dr. Saju Pradhan
- 11:45 - 11:55 AM Mini Open ORIF IM Nailing Static Interlocking in the Treatment
of Femoral Shaft Fractures: A Paradigm Shift?
N. Raga, K.E. Tolosa, J.R. Morales, H.M. Diaz
- 11:55 - 12:05 PM Closed Reduction and Internal Fixation of Trochanteric
Fractures with Proximal Femoral Nail
*S. Sharma, R.L. Pradhan, K.P. Rijal, S. Lakhey, B.K. Pandey ,
R.R. Manandhar*
- 12:05 - 12:15 PM Femoral Shaft Nonunion: Medicare National Hospital
Experience
B. Paudel, C.R. Pandey, P. Gyawali, M. Pathak

- 12:15 - 12:25 PM External Fixator Under Local Anesthesia is an Option for the Management of Inter-Trochanteric Fracture in Elderly High Risk Patients
S. Shrestha, B. Banskota, T. Rajbhandary, B.K. Shrestha, A.K. Banskota
- 12:25 - 12:35 PM Pelvis and Acetabular Fractures - Our Experience
P. Nepal, L. Rijal
- 12:35 - 12:40 PM Use of Tension Band Wiring (TBW) and Z Lenthing of Quadriceps Muscle to Reduce Quadriceps Lag in the Management of Neglected Non Union Fracture of Patella: A Case Report
A.R. Shakya, Y. Kharel, S. Pradhan, K. Bhandari
- 12:40 - 12:50 PM SIGN Nail in Tibial Shaft Fracture, Our Experience
P. Gyawali, C.R. Pandey, B. Paudel
- 12:50 - 1:00 PM Early Weight Bearing Compared with Non-weight Bearing After Operative Treatment of an Ankle Fracture
K.P. Paudel
- 1:00 - 2:00 PM LUNCH BREAK**
- 2:00 - 3:15 PM Session III**
Chairman - Prof. Dr. J R Pandey
Moderator- Dr. Babu Kaji Shrestha
- 2:00 - 2:10 PM Luggage Tag Tie Technique for Delayed Primary Closure of Fasciotomy Wounds
L. Rijal, G.S. D.C, P. Nepal
- 2:10 - 2:15 PM Hip Disarticulation in Severe Vascular Malformation of Lower Limb - A Case Report
G. Gurung, K. Shrestha, A. Pandey, Y.R. Kharel
- 2:15 - 2:25 PM Outcome of Modified Tension Band Wiring in Isolated Medial Malleolous Fracture
D.R. Rijal, G. Gurung , B. Adhikari, D. Dutta, B. Serchan, R.R. Maharjan, A. Pandey
- 2:25 - 2:30 PM Bilateral Calcaneal Fracture Treated With Open Reduction and Internal Fixation With Calcaneal Plates: A Case Report
R. Thiyam, P. Chand
- 2:30 - 3:15 PM MCh Liverpool Session**
Speakers: Prof R K Shah
Dr. R Vaishya
Prof A R Bajracharya
- 3:15 - 3:30 PM Tea Break

3:30 - 5:30 PM

Session IV (Spine)
(Sponsored by Panacea Protech)

Chairman - Prof. Dr. Ashok Ratna Bajracharya

Moderator - Dr. Dirgha Raj RC

3:30 - 3:35 PM

Panacea Protech Video Presentation

3:35 - 3:45 PM

Adolescent Idiopathic Scoliosis – Results of Surgical Procedure
*B. Bijukachhe, P. Lamichhane, P.B. Shahi, B.K. Shrestha,
A.K. Banskota*

3:45 - 3:55 PM

Outcome of Surgical Decompression and Arthrodesis of
Spondylotic Cervical Myelopathy
K.M. K.C., R.B. Lakhey, D. Kafle, R. Pokhrel, L.L. Shah

3:55 - 4:05 PM

Spinal Tuberculosis in Bharatpur Hospital Over A Period
of 2 Years
K. P. Paudel, S.K. Thapa, A.R. Khanal, K. Khanal

4:05 - 4:15 PM

Tuberculous Spondylitis – Outcome of Management
B. Bijukachhe, B.K. Shrestha, A.K. Banskota

4:15 - 4:25 PM

Percutaneous Pedicle Screw and Rod Insertion for Treatment
of Traumatic Thoracic and Lumbar Spine Fractures
P. Chaudhary, N.K. Karn, B.P. Shrestha, G.P. Khanal, R. Rijal

4:25 - 4:35 PM

Limited Segment Fixation in Thoraco-Lumbar Spine Fractures
K.P. Paudel, H.K. Gupta, S.K. Thapa

4:35 - 4:45 PM

Thoracolumbar Fractures and their Management Using
Posterior Pedicle Screws in NOH
M. Timilsena, Y. Kharel

4:45 - 4:55 PM

Caudal Epidural Steroid Injection for Lower Lumbar Disc
Prolapse as an Out-patient Procedure: Can Orthopaedicians
Perform It?
A. Kumar, R.B. Lakhey, R.K. Pokharel, L.L. Shah

4:55 - 5:00 PM

Cauda Equina Syndrome Following an Epidural Steroid
Injection; A Rare Case Report
S.K.D. Shrestha, A. Joshi, S. Shrestha, D. Dutta, A.R. Bajracharya

5:00 - 5:05 PM

Solitary Osteochondroma Arising from Lumbar Spine:
An Unusual Case Report
S. Pandey, A. Shrestha, A. Prajapati, S. Dhakal

5:05 - 5:10 PM

An Unusual Post Operative Complication of Anterolateral
Decompression for Tubercular Spondylitis
D. Shrestha, D. Dhoju, N. Parajuli, G. Dhakal, R. Shrestha

- 5:10 - 5:20 PM Evolution of Spinal Surgery at Hospital and Rehabilitation Centre for Disabled Children (HRDC)
B. Bijukachhe, B.K. Shrestha, A.K. Banskota
- 5:20 - 5:30 PM Management of Patients with Spine Related Conditions at KIST Medical College Hospital - A Preliminary Analysis
S. Bajracharya
- 05:30 PM **DAY ONE CLOSE**
- 6:30 PM ONWARDS **Gala Dinner (Hotel Shanker, Lazimpat)**
Courtesy - DJPL

January 29, 2011. Saturday (Day 2)

HALL A

- 9:00 - 10:30 AM **Session V (Sports)**
Chairman - Dr. Ganesh Gurung
Moderator - Dr. Shishir Lakhey
- 9:00 - 9:15 AM Hip Arthroscopy – Indications and Technique
J. Hausdorf
- 9:15 - 9:30 AM Anterior Cruciate Ligament (ACL) Injury in Female Athletes
D. Mahara
- 9:30 - 9:40 AM Comparative Study of Analgesic Effect of Intra-Articular Tramadol with Morphine After Arthroscopic Knee Surgery
H. Faisal, A. Lamichhane, D. Mahara
- 9:40 - 9:50 AM Ankle Arthroscopy-A Preliminary Report
R. Vaidya, A. Yadav, Y. Kayastha
- 9:50 - 10:00 AM Functional Outcomes Evaluation of the Anterior Cruciate Ligament Reconstruction Done by Bone Patellar Tendon Bone Graft
A. Lamichhane, D. Mahara
- 10:00 - 10:10 AM Anterior Cruciate Ligament Reconstruction Using Bone Patellar Tendon Bone Graft
N.K. Karn, B.P. Shrestha, G.P. Khanal, P. Chaudhary, R. Rijal, R. Maharjan
- 10:10 - 10:20 AM Arthroscopic ACL Reconstruction. Retrospective Evaluation, Medicare National Hospital Experience
C.R. Pandey, B. Paudel, P. Gyawali, B.R. Pant, M. Pathak
- 10:20 - 10:30 AM Rehabilitation Experience with ACL Reconstruction Medicare National Hospital Experience
R. Singh, P. Neupane, P. Pyakurel, D. Bhattarai, C.R. Pandey
- 10:30 - 11:00 AM **Tea Break**

- 11:00 - 1:00 PM** **Session VI (Trauma/Upper Limb)**
Chairman - Dr. Chakra Raj Pandey
Moderator - Dr. Bikram Shrestha
- 11:00 - 11:15 AM Fracture of Scaphoid
Katrin
- 11:15 - 11:25 AM Outcome of the Treatment of Comminuted Fracture of
Distal Radius by Ligamentotaxis with Distraction Type,
Uniplanar External Fixator in Adults
B.R. Pangei, D.R. R.C, B.R. Adhikari
- 11:25 - 11:35 AM Evaluation of Adequacy of Reduction of Displaced
Extra-Articular Distal Radial Fractures with Ultrasound in
our Set Up
L. Rijal, P. Nepal, G.S. DC
- 11:35 - 11:45 AM Comparative Study of Radiological and Functional Outcome
in Extra-articular Fracture in Lower End of Radius Treated
Conservatively with Respect to Position of Immobilization
G.P. Gnawali, G. KC, R.K. Pokhrel
- 11:45 - 11:55 AM Comminuted Distal Radius Fractures Treated With an
Adjustable Multiplanar External Fixator
R. Vaidya, A. Yadav, S. Kayastha
- 11:55 - 12:05 PM Study on Outcome of Fracture Shaft of the Humerus
Treated Non-operatively With a Functional Brace
K.M. K.C., D. Kafle, B.L. Shrestha
- 12:05 - 12:15 PM Treatment of Cubitus Varus in Adult with Lateral Closing
Wedge Osteotomy
S. Pandey, A. Shrestha, A. Prajapati, S. Dhakal
- 12:15 - 12:25 PM Comparison of Clinical, Sonography, Electrodiagnostic and
Sensory Testing in the Diagnosis of Carpal Tunnel Syndrome
A. Pandey, B. Kumar, A. Bhat
- 12:25 - 12:35 PM Milch Procedure for Correction of Cubitus Valgus Deformity
Secondary to Non Union Lateral Condyle of Humerus
- A Retrospective Study of Ten Cases
P.B. Shahi, B. Bijukachhe, T. Rajbhandari, A.K. Banskota, J.R. Pandey
- 12:35 - 12:40 PM Suprascapular Nerve Compression – A Case Study
A. Thorpe
- 12:40 - 12:50 PM Shoulder Impingement in the Overhead Athlete
A. Thorpe
- 12:50 - 1:00 PM Effect of Wrist Mobilization on Patients with Tennis Elbow
P. Neupane

HALL B

9:00 - 10:30 AM

Session VII (Paediatrics/General)
Chairman - Dr. Achyut Rajbhandari
Moderator - Dr. Ishwor Pradhan

9:00 - 9:10 AM

Surgical Correction of Muscular Torticollis; Our Experience at Hospital And Rehabilitation Center For Disabled Children
N. Subedi, R. Gurung, B. Bijukachhe, T. Rajbhandari, A.K. Banskota, J.R Pandey

9:10 - 9:20 AM

Comparative Study of Functional Outcome in Patients with Chronic Plantar Fasciitis Treated with Plantar Fascia Stretching Vs Tendoachilles Stretching Exercises
R.K. Jha, S. Uprety, L.L. Shah

9:20 - 9:30 AM

The Reverse Sural Fasciocutaneous Flap for the Coverage of Soft Tissue Defect of Lower Extremities (Distal 1/3rd Leg and Foot)
N. Bista, B. Karn, K.M. Shrestha

9:30 - 9:40 AM

Correction of Neglected/Rigid Club Foot Deformity using Ilizarov Ring Fixator. Our Experience at Hospital and Rehabilitation Center for Disabled Children
R.K. Chaudhary, O.P. Shrestha, B. Bijukachhe, A.K. Banskota, J.R. Pandey

9:40 - 9:50 AM

Computed Dynography, a New Method for Evaluation of Gait Pattern in Treated (Ponsetti & Surgically) Cases of Congenital Talipes Equino Varus
L. Agrawal, P. Parekh

9:50 - 10:00 AM

Treatment of Long Bone Fractures in Children by Flexible Titanium Elastic Nails – Our Experience
A. Yadav, R. Vaidya, S. Kayastha, Y. Kayastha

10:00 - 10:10 AM

Recovery in Complete Spinal Injury - Our 20 Years Experience
A.R. Bajracharya, Y. R. Kharel

10:10 - 10:20 AM

Diaphyseal Humeral Fractures Treated with IL IM Nails - NOH Experience
S.Z. Sherpa, R. Maharjan, S. Pradhan

10:20 - 10:30 AM

Fasciotomy for Late Presentation of Compartment Syndrome - A Report of Three Cases
S.B. Marahatta, G. Gurung, A. Pandey, R. Maharjan

10:30 - 11:00 AM

Tea Break

11:00 - 1:00 PM **Session VIII (Tomour/Metabolic/Inflammation/Infection)**
Chairman - Prof.Dr. R K Shah
Moderator - Dr. Saroj Rijal

11:00 - 11:30 AM Illy Lilly Severe osteoporrosis
R Sauhata

11:30 - 11:40 AM High Tension Electric Burn of Upper Extremity. A Case Report
R. Neupane, A. Pandey, S.K. Giri, R.C, B.R. Adhikari, B. Sherchan

11:40 - 11:50 AM Growth Factors Rich Plasma in Different Orthopaedic
Conditions.... Emerging Trends in Orthopaedics
R. Sharma

11:45 - 11:50 AM Plantar Fascia Partial Tear in a Running Athlete – A Case Study
E. Coopes

11:50 - 12:00 PM Spinal Tumor Surgery: Our Experience
R.B. Lakhey, D. Kafle, R.K. Pokharel, L.L. Shah

12:00 - 12:10 PM Value of Tru-cut Biopsy in the Diagnosis of Musculoskeletal
Tumors with Soft Tissue Extension
*A. Joshi, S. Rana Magar, N. Kayastha, B.P. Singh, B.R. K C,
A. Bajracharya*

12:10 - 12:20 PM Perioperative Prophylactic Antibiotics in Orthopaedic
Surgery: Duration of Antibiotic Administration
*B.P. Shrestha, S.R. Niraula, P. Nepal, G.P. Khanal, N. Karn,
P. Chaudhary, R. Rijal, R. Maharjan*

12:20 - 12:30 PM The Management of Post-infected Gap Nonunion Tibia in
Children - Using Huntington Procedure:
A Retrospective Analysis of 18 Cases
*R. Gurung, B. Banskota, O.P. Shrestha, B. Bijukachhe, T. Rajbhandari,
A. Singh, I. Pradhan, S. Rijal, B.K. Shrestha, J.R. Pandey, A.K. Banskota*

12:30 - 12:35 PM Extra-Skeletal (Periosteal Ewing's Sarcoma) Ewing's Sarcoma
of Distal Femur of Rt. Leg in 10 Year Old Boy - A Case Report
P. Chaudhary, N.K. Karn, B.P. Shrestha, G.P. Khanal, R. Maharjan

12:35 - 12:40 PM Spinopelvic Reconstruction Following Total Excision of
Sacroccocygeal Spine for Chordoma: A Case Report
R. Thiyam, A.R. Bajracharya

1:00 - 1:15 PM **Yonezawa Award Ceremony (Hall A)**

1:15 - 2:00 PM **LUNCH**

2:00 PM onward **Business meeting**