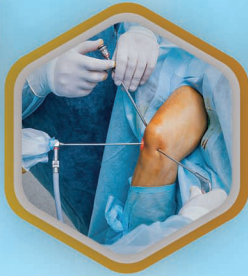


**29th Annual Conference of
Nepal Orthopaedic Association (NOA)**

ORTHOCON 2024

22-24 February 2024 | Park Village Resort, Kathmandu

Theme: Advancing Orthopaedics Together



Scientific Program Schedule

ORTHOCON 2024

22 February 2024 | Day 1 | DURBAR HALL (Hall A)

Arthroplasty (THA Session)		
Chairman	Prof. Dirga Raj RC	
Co-chairman	Dr. Suman Babu Marahatta	
Moderator	Dr. Rishi Bista	
9:00-11:00 AM	Presenter	Title
9:00 - 9:15	Prof. Shishir Lakhey	VTE prophylaxis for joint replacement (ICL)
9:15 - 9:30	Dr. Mark Moroney	An update on Developmental Dysplasia of Hip (ICL)
9:30 - 9:40	Prof. Abhay Elhence	Spinopelvic relationship in THA
9:40 - 9:50	Dr. Vishnu Senthil Kumar	THR in rheumatoid hip
9:50 - 10:00	Dr. Bibek Banskota	Total Hip Arthroplasty following Open Reduction Internal Fixation of Acetabular Fractures: A Functional Outcome Study
10:00 - 10:15	Prof. Poon Kein Boon	Managing acetabular bone defect in THA (ICL)
10:15 - 10:30	Prof. Abhay Elhence	Revision THA for intrapelvic cup (ICL)
10:30 - 11:00	Moderator: Dr. Kapil Mani KC	PANEL DISCUSSION TOPIC: Hip Cases Panelist: Prof. Abhay Elhence Prof. Poon Kein Boon Dr. Mark Moroney Prof. Deepak Prakash Mahara Dr. Sailaj Ranjitkar Dr. Shrawan Kumar Thapa
NOTE: ICL: 15 mins (12 mins presentation & 3 mins discussion) Free paper: 10 mins (8 mins presentation & 2 mins discussion) Case reports: 7 mins (5 mins presentation & 2 mins discussion)		

Oration		
Moderator	Dr. Vijayendra Adhikari	
11:00-11:30 AM	Presenter	Title
	Prof. Dr. Ramesh Prasad Singh	Nepal Orthopaedic Association Navigating the future
INAUGURATION (11:30 - 1:00 PM)		
Lunch Break (1:00- 2:00)		
Arthroscopy (Knee Session)		
Chairman	Dr. Ishwor Pradhan	
Co-chairman	Dr. Sudeep Man Vaidya	
Moderator	Dr. Bidur Gyawali	
2:00-4:00 PM	Presenter	Title
2:00 - 2:10	Dr. Nirab Kayastha	A Tale of Two Kids: ACL Avulsion Repair in Skeletally Immature Persons and Follow Up
2:10 - 2:20	Dr. Sushil Thapa	Relationship Between Surgical Delay and Repairability of Medial Meniscus Tear in Anterior Cruciate Ligament-Deficient Knee in Young Patients: A Cross-Sectional Study
2:20 - 2:30	Dr. Rupesh Kumar Vaidya	Stiff Knees: Etiopathology and Management
2:30 - 2:40	Dr. Gandhi Nathan Solayar	Tips and Tricks for successful Arthroscopic ACL Reconstruction
2:40 - 2:55	Dr. Sunil Pant	Knee alignment –from plant to execution (ICL)
2:55 - 3:05	Prof. Navin Karn	Decision making in Meniscal Injury
3:05 - 3:15	Dr. Nijan Bajracharya	Knee Rehabilitation post ligamentous reconstruction: Need for consensus
3:15 - 4:00	Moderator: Dr. Sumit Agrawal	PANEL DISCUSSION TOPIC: MLKI: Early or Late/Single or multi-staged Panelist: Prof. Amit Joshi Prof. Navin Karn Dr. Chandra Mishra Dr. Sushil Thapa

Knee Free Paper Session		
Chairman	Prof. Navin Karn	
Co-chairman	Dr. Bibek Basukala	
Moderator	Dr. Saurav Dahal	
4:00-5:30 PM	Presenter	Title
4:00 - 4:10	Dr. Chakra Raj Pandey	Getting ready for unexpected pathologies during knee Arthroscopy. How MRI findings may fool you?
4:10 - 4:20	Dr. Bibhuti Nath Mishra	Early Tourniquet Release with knee lavage in Knee Arthroscopy: Does it help?
4:20 - 4:30	Dr. Rajiv Baral	The effectiveness of locally administered Vancomycin on grafts in reducing the incidence of septic arthritis after Anterior Cruciate Ligament Reconstruction (ACLR)
4:30 - 4:40	Dr. Sumit Sharma	Association between femoral intercondylar notch angle and risk of non-contact ACL injury
4:40 - 4:50	Dr. Dilip Koju	Accuracy of Clinical Examination Versus MRI in ACL tear
4:50 - 5:00	Dr. Aman Krishna Ranjit	Association between posterior tibial slope and anterior cruciate ligament injury
5:00 - 5:10	Dr. Alok Singh	Association of intercondylar notch angle in ACL injuries in patients attending Shree Birendra Hospital

NOTE: ICL: 15 mins (12 mins presentation & 3 mins discussion)

Free paper: 10 mins (8 mins presentation & 2 mins discussion)

6:00 PM ONWARDS
FELICITATION TO INTERNATIONAL FACULTIES,
CULTURAL PROGRAM
&
GALA DINNER (PARK VILLAGE RESORT)

ORTHOCON 2024

22 February 2024 | Day 1 | BANYAN HALL (Hall B)

Spine Session 1		
Chairman	Prof. Lakhan Lal Shah	
Co-chairman	Prof. Suraj Bajracharya	
Moderator	Dr. Ramkrishna Dahal	
9:00-11:00 AM	Presenter	Title
9:00 - 9:10	Dr. Ramkrishna Dahal	Outcome of Surgical Decompression for Foot Drop in Degenerative Disc Disc (DDD)
9:10 - 9:20	Dr. Bishnu Babu Thapa	Uncommon spine cases: How did I treat?
9:20 - 9:30	Dr. Rajesh Pratap Shah	Evaluation of outcome of timing of surgical intervention on Cauda Equina Syndrome
9:30 - 9:40	Dr. Umash Karki	Tuberculous and pyogenic spondylodiscitis: The function of the anterior meningovertebral ligament in patients with anterior epidural abscess
9:40 - 9:55	Prof. Tsai-Sheng Fu	Current status of minimally invasive percutaneous endoscopic spinal surgery (ICL)
9:55 - 10:10	Prof. Si-Young Park	Pearls and pitfalls in biportal endoscopic decompression technique (lumbar and cervical) (ICL)
10:10 - 10:20	Dr. Harmantya Mahadhipta	Robotic and VR Spine Surgery
10:20 - 11:00	Moderator: Dr. Rajesh Kumar Chaudhary	PANEL DISCUSSION TOPIC: Lumbar Canal Stenosis Panelist: Prof. Si-Young Park Prof. Suraj Bajracharya Dr. Aayush Shrestha Dr. Bikash Parajuli Dr. Ramkrishna Barakoti
GAP FOR ORATION & INAUGURATION IN HALL A (Durbar Hall)		
Lunch Break (1:00- 2:00)		

SICOT Live Session (1 HOUR) + Free Papers and Video Presentation

Chairman	Prof. Ramesh Prasad Singh	
Co-chairman	Dr. Alok Pandey	
Moderator	Dr. Vijayendra Adhikari	
2:00 - 4:00 PM	Presenter	Title
2:00 - 3:00	SICOT Live Session	
3:00 - 3:05	Dr. Prakrit Chetri (YSC SICOT Representative of Nepal)	A Global Orthopaedic Community with a plethora of Oppurtunities (Video)
3:05 - 3:10	Dr. Aju Bosco (Chair-Young Surgeons Committee of SICOT)	Empowering the Gobal Young Orthopaedic Community (Video)
3:15 - 4:00	Surgical techniques video presentation	
3:15 - 3:30	Prof. Dipak Shrestha	Unilateral Biportal Endoscopy (UBE) for Lumbar Disc Herniation
3:30 - 3:40	Dr. Puskar Pudasaini	Congenital Trigger Thumb Release
3:40 - 3:50	Dr. Lok Raj Chaurasia	Microsurgical Coaptation of ulnar nerve
3:50 - 4:00	Dr. Dipendra Gurung	Role of ozone molecule for chronic elbow stiffness
Spine Free Paper Session		
Chairman	Prof. Dipak Shrestha	
Co-chairman	Dr. Prem Shahi	
Moderator	Dr. Tej Dawadi	
4:00-5:30 PM	Presenter	Title
4:00 - 4:10	Dr. Kaushal Raj Kafle	Body Mass Index in Patient with Degenerative Spondylolisthesis: A Cross-sectional study.
4:10 - 4:20	Dr. Subarna Paudel	Clinicodemographic study of traumatic cervical spine fractures presenting to tertiary care center
4:20 - 4:30	Dr. Prayash Paudel	Correlation of coefficient of stenosis with clinical symptoms in lumbar spinal stenosis
4:30 - 4:40	Dr. Sujan Shrestha	Spino-pelvic radiological parameters in patients attending tertiary hospital

4:40 - 4:50	Dr. Arun Upreti	Clinico-demographic study of traumatic thoracolumbar spine fractures presenting to tertiary care center
4:50 - 5:00	Dr. Vishal Kumar Dangol	Correlation between modic changes with lumbar disc degeneration, facet angle tropism, facet joint osteoarthritis, and Oswestry disability index score in a patient with low back pain
5:00 - 5:10	Dr. Akshay Panduranga	Comparative study on wound infections following wound closure using staples and absorbable suture among obese patients undergoing lumbar spinal surgeries
5:10 - 5:20	Dr. Bijay Shrestha	Efficacy of caudal epidural steroid injection in prolapsed intervertebral disc in lower lumbar region and canal stenosis

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22 February 2024 | Day 1 | KAILASH HALL (Hall C)

Hand and Upper Limb Session		
Chairman	Prof. Achyut Rajbhandari	
Co-chairman	Dr. Bharat Khatri	
Moderator	Dr. Basanta Maharjan	
9:00-11:00 AM	Presenter	Title
9:00 - 9:10	Dr. Chandan Kumar Jayswal	A Nonmicrosurgical workhorse flap for fingertip defects: Cross Finger Flap
9:10 - 9:20	Dr. Abhishek Kumar Thakur	Chronic Distal Radio-Ulnar Joint (DRUJ) instability managed by Adams-Berger technique using Palmaris Longus tendon graft – A Case series
9:20 - 9:30	Dr. Basanta Maharjan	Oncoplastic reconstruction after tumour resection in Nepal
9:30 - 9:40	Dr. Lok Raj Chaurasia	Brachial plexus injury: experience of starting nerve surgery at Kirtipur Hospital
9:40 - 9:50	Dr. Santosh Batajoo	An epidemiological study and management of post traumatic brachial plexus injury patients at tertiary hospital of Nepal
9:50 - 10:00	Dr. Shilu Shrestha	Often a missed diagnosis: Perilunate injuries
10:00 - 10:15	Dr. Nirajan Prasad Parajuli	Management of Mangled Hand (ICL)
10:15 - 10:30	Dr. Shilu Shrestha	DRUJ Dislocation (ICL)
10:30 - 11:00	Moderator: Dr. Basanta Maharjan	PANEL DISCUSSION TOPIC: Case Based Discussion Panelists: Dr. Bharat Khatri Dr. Nirajan Prasad Parajuli Dr. Niraj Ranjeet Dr. Shilu Shrestha Dr. Niresh Shrestha
GAP FOR ORATION & INAUGURATION IN HALL A (Durbar Hall)		
Lunch Break (1:00- 2:00)		

MSK Oncology		
Chairman	Prof. Ashok Ratna Bajracharya	
Co-chairman	Dr. Janith Singh	
Moderator	Dr. Arun Sigdel	
2:00 - 4:00 PM	Presenter	Title
2:00 - 2:15	Prof. Po-Kuei Wu	Biological reconstruction for bone sarcoma (ICL)
2:15 - 2:30	Dr. Dipendra Subedi	Surgical Margins in Musculoskeletal Oncosurgery: Current Prospects (ICL)
2:30 - 2:40	Dr. Cielo E. Balce	Musculo skeletal tumor care with iliozavrov reconstruction
2:40 - 2:50	Dr. Gopal Paudel	Functional outcome of limb salvage surgery- total knee replacement, with megaprosthesis in primary bone tumour around knee
2:50 - 3:00	Dr. Wei Zhun Qiang	Treatment strategy for Giant Cell Tumor of Bone: A single center's experience in China
3:00 - 4:00	Moderator: Dr. Arun Sigdel/ Dr. Gopal Paudel	PANEL DISCUSSION TOPIC: Managing Difficult Primary Malignant Bone Tumors Panelists: Prof. Po-Kuei Wu Dr. Wei Zhun Qiang Dr. Binayak Dhungel Dr. Sagun Basynat Dr. Rishi Ram Poudel
Trauma Session 1 (Upper Limb Trauma)		
Chairman	Dr. Rabeendra P. Shrestha	
Co-chairman	Dr. Bikash KC	
Moderator	Dr. Rajesh Shah	
4:00-5:00 PM	Presenter	Title
4:00 - 4:10	Dr. J P Leung	ORIF for Proximal Humeral Fractures
4:10 - 4:25	Dr. J P Leung	Negative Pressure Wound Therapy For Traumatic Lower Extremity Wounds (ICL)
4:25 - 4:35	Dr. Juanito Javier	Infections in fractures
4:35 - 4:45	Dr. Daniel Dungca	Post infection reconstruction
4:45 - 4:55	Dr. Ramesh Shrestha	A Workhorse flap for upper limb soft tissue coverage: Groin based flap

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23 February 2024 | Day 2 | DURBAR HALL (Hall A)

Arthroplasty (TKA Session)		
Chairman	Prof. Deepak Prakash Mahara	
Co-chairman	Dr. Bibek Banskota	
Moderator	Dr. Sushil Rana Magar	
9:00-11:00 AM	Presenter	Title
9:00 - 9:15	Dr. Rajiv Kumar Sharma	Ten commandments for a successful TKA (ICL)
9:15 - 9:25	Dr. BS Murthy	Soft tissue balancing in knee replacement surgery
9:25 - 9:40	Prof. Abhay Elhence	TKR in valgus knee (ICL)
9:40 - 9:50	Prof. CS Yadav	A Practical approach of High Volume Surgeon to do Simultaneous Bilateral TKA
9:50 - 10:00	Prof. Ravi Mittal	Has HTO have any relevance in the Era of Arthroplasty??
10:00 - 10:15	Prof. CS Yadav	Robotics or CAS - Whether Real Innovation or Marketing Ruse?? (ICL)
10:15 - 10:30	Dr. Sekhar Shrivastav	Live in box robotic surgery with cuvis robot (video demo)
10:30 - 10:45	Dr. Ukrit Chawewannakorn	Nonsurgical treatment in PJI (ICL)
10:45 - 11:00	Prof. Poon Kein Boon	Managing the failed TKR (ICL)
Oration		
Moderator	Prof. Deepak Prakash Mahara	
11:00-11:30 AM	Presenter	Title
	Prof. Dr. Mandip Dhillon	Evolving treatment of Calcaneus fracture: What is best in 2024?

Trauma Session 2 (Complex Trauma and Limb Salvage)		
Chairman	Prof. Suresh Pandey	
Co-chairman	Prof. Niraj Ranjeet	
Moderator	Dr. Sagar Panthi	
11:30-1:00 PM	Presenter	Title
11:30 - 11:45	Ass.Prof. Fareed Kagda	Current concepts of open fractures (ICL)
11:45 - 12:00	Prof. Muhammad Shoab Khan	Limb Salvage with Ilizarov (ICL)
12:00 - 12:15	Dr. Jiancheng Zang	Limb reconstruction in difficult case (ICL)
12:15 - 12:25	Dr. Birendra Bahadur Chand	Functional & radiological outcome of segmental tibial bone defect with soft tissue defect treated with Ilizarov ring fixator
12:25 - 12:35	Ass.Prof. Fareed Kagda	Decision making in Distal femur fractures
12:35 - 12:45	Prof. Vivek Tirkha	Extreme nailing options in tibia
12:45 - 1:00	Prof. Vivek Tirkha	Complex Humerus Fractures how to get it right (ICL)
Lunch Break (1:00- 2:00)		
Spine Session 2		
Chairman	Prof. Rohit Kumar Pokharel	
Co-chairman	Dr. Bimal Pandey	
Moderator	Dr. Bikash Parajuli	
2:00-4:00 PM	Presenter	Title
2:00 - 2:10	Dr. Aayush Shrestha	Surgery For Cervical Ossification of Posterior Longitudinal Ligament (OPLL) via Open Door Laminoplasty
2:10 - 2:20	Dr. Umesh Thakur	Intraspinal pathologies in operated cases of Adolescent Idiopathic Scoliosis Retrospective study
2:20 - 2:30	Dr. Deepak Banjade	Surgical management of Congenital Scoliosis: Experience of last 7 years at HRDC
2:30 - 2:45	Prof. Dipak Shrestha	What is in and what is out in cervical Laminoplasty (ICL)
2:45 - 3:00	Dr. Binod Bijukachhe	High Grade Spondylolisthesis (ICL)
3:00 - 3:15	Prof. Gaurav Raj Dhakal	Spinal cord Injury: Time to Surgery, Does it alter the outcomes (ICL)

3:15 - 3:30	Prof. Prakash Sitoula	Distal Junctional Kyphosis in Scheuermann's Kyphosis (ICL)
3:30 - 4:00	Moderator: Dr. Arjun Prasad Dumre	PANEL DISCUSSION TOPIC: Management of Sub Axial Cervical Spine Injury Panelist: Prof. Pashupati Chaudhary Dr. Deepak Kaucha Dr. Ram Krishna Dahal Dr. Bishnu Babu Thapa Dr. Nischal Ghimire

Pelvis and Acetabulum Session

Chairman	Prof. Shishir Lakhey	
Co-chairman	Dr. Shrawan Kumar Thapa	
Moderator	Dr. Sushil Rana	
4:00-6:00 PM	Presenter	Title
4:00 - 4:10	Dr. Arjun Poudel	CT Scan Inlet & Outlet angle measurement in patients visiting tertiary care hospital
4:10 - 4:20	Dr. Amit Ranjan Mishra	Case Report: 8 week old acetabulum fracture managed by extended iliofemoral approach
4:20 - 4:30	Dr. Nitesh Raj Pandey	Functional Outcome of traumatic dislocation and fracture dislocation of the hip at tertiary care center Nepal
4:30 - 4:40	Dr. Rajendra Aryal	Treatment Outcome of Traumatic Diastasis of the Pubis Symphysis- A single center experience of 15 years
4:40 - 4:55	Dr. Bibek Banskota	Combined Injuries of Pelvis and Acetabulum (ICL)
4:55 - 5:10	Prof. Abhay Elhence	5 gospels about pelvi-acetabular surgery which every orthopaedic surgeon must know (ICL)
5:10 - 5:25	Prof. Vivek Tirkha	Percutaneous fixation in pelvi-acetabular surgery (ICL)
5:25 - 5:40	Prof. Dipak Shrestha	Is anterior intrapelvic approach panacea for all acetabular fracture? (ICL)
5:40 - 6:00	Moderator: Dr. Rajendra Aryal	PANEL DISCUSSION TOPIC: Bailout for intraoperative challenges in pelvis-acetabulum fixation Panelist: Prof. Abhay Elhence Prof. Vivek Tirkha Prof. Suresh Pandey Dr. Bibek Banskota

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23 February 2024 | Day 2 | BANYAN HALL (Hall B)

Pediatric Session		
Chairman	Prof. Suresh Uprety	
Co-chairman	Dr. Ritesh Sinha	
Moderator	Dr. Nitish Bikram Deo	
9:00-11:00 AM	Presenter	Title
9:00 - 9:15	Dr. Viraj Singade	Recurrent neglected CTEV (ICL)
9:15 - 9:30	Dr. Chasanal Rathod	Improving quality of life in individuals with cerebral palsy- upper limb and lower limb (ICL)
9:30 - 9:45	Dr. Jiancheng Zang	Deformity correction of neglected cerebral palsy (ICL)
9:45 - 9:55	Dr. Bibek Banskota	Evaluating the Long-Term Efficacy of the Ponseti Method in Managing Idiopathic Clubfoot among Children Aged Five to Ten: A sixteen-Year Follow-Up Study
9:55 - 10:05	Dr. Nitish Bikram Deo	Surgical strategy of ulnar osteotomy assisted open radiocapitellar joint reduction in chronic anterior monteggia in children
10:05 - 10:15	Dr. Yam Prakash Gurung	Accessory soleus muscle in persistent clubfoot deformity: A report in 4 feet
10:15 - 10:25	Dr. Saugat K.C	Functional and Cosmetic Outcome of Unipolar Release of Congenital Muscular Torticollis in children above 1 year
10:25 - 11:00	Moderator: Dr. Nitish Bikram Deo / Dr. Sabin Pokharel	PANEL DISCUSSION TOPIC: Case Discussion (Pediatric Fracture, Sequele of fracture, DDH) Panelist: Dr. Viraj Shingade Dr. Chasnal Rathod Prof. Suresh Uprety Dr. Bibek Banskota Dr. Ritesh Sinha
GAP FOR ORATION IN HALL A (Durbar Hall)		

Yunezewa Young Surgeon Award Session

Chairman	Prof. Deepak Prakash Mahara	
Co-chairman	Prof. Binod Sherchan	
Moderator	Dr. Ritesh Sinha	
11:30-1:00 PM	Presenter	Title
11:30 - 11:40	Dr. Prabal Pradhan	Giant Cell Tumor of Medial Malleolus
11:40 - 11:50	Dr. Krishna Jung Sah	Management of Soft Tissue Sarcomas: Where do we stand? Early Nepalese Experience
11:50 - 12:00	Dr. Saroj Kumar Bhagat	Computed tomography based morphometric analysis of normal distal tibiofibular syndesmosis
12:00 - 12:10	Dr. Lalit Chaudhary	Outcome of Unilateral Transforaminal Lumbar Interbody Fusion
12:10 - 12:20	Dr. Chandra Shekhar Lama	Does the addition of a Remplissage in Bankart repair restrict external rotation? A retrospective study
12:20 - 12:30	Dr. Sabin Pokharel	The early outcome of initial tendoachilles tenotomy in ponseti casting method for clubfoot associated with Arthrogryposis Multiplex Congenita
12:30 - 12:40	Dr. Nitesh Kumar Karn	Early functional outcome after Anterior Cruciate Ligament Reconstruction in patients using postoperative brace or no brace. A prospective comparative study
12:40 - 12:50	Dr. Sachindra Raj Joshi	Long Bone Open Fractures among Orthopedic Trauma Patients presenting in a Tertiary Care Center: A Descriptive Cross-Sectional Study
12:50 - 1:00	Dr. Aman Gupta	Effectiveness of post-debridement wound swab versus deep tissue culture in isolating pathogens and predicting infection in patients with open fractures: a prospective comparative study

Lunch Break (1:00- 2:00)

Research Methodology Training Session		
2:00-4:00 PM	Presenter	Title
2:00 - 2:10	Dr. Rajesh Kumar Chaudhary	Why it is important to get IRC Approval?
2:10 - 2:20	Prof. Amit Joshi	How do I select good topic for any research?
2:20 - 2:30	Dr. Kapil Mani KC	Writing a good abstract. Why it is important?
2:30 - 2:40	Dr. Nabees Man Singh Pradhan	Writing a good introduction. Basic rules
2:40 - 2:50	Dr. Rajiv Maharjan	Materials and methods. Writing tips
2:50 - 3:00	Prof. Dipak Shrestha	Result and discussion. Art of organizing the thought process
3:00 - 3:10	Prof. Amit Joshi	Where to submit your manuscript?
3:10 - 3:20	Dr. Subash Regmi	Common causes of manuscript rejection
3:20 - 3:30	Prof. Dipak Shrestha	Research and scientific misconduct
3:30 - 4:00	Moderator: Prof. Amit Joshi	PANEL DISCUSSION TOPIC: Research Methodology and Publication
Arthroplasty (Free Papers Session)		
Chairman	Prof. Pashupati Chaudhary	
Co-chairman	Dr. Rishi Bista	
Moderator	Dr. Prabin Nepal	
4:00 - 5:00 PM	Presenter	Title
4:00 - 4:10	Dr. Dibya Purush Dhakal	TKR Post-Operative radiograph as a tool to assess technical adequacy of surgical procedure: An observational cross sectional study
4:10 - 4:20	Dr. Rajesh Kr. Rajnish	Comparative analysis of outcomes of lateral versus medial approach in the total knee arthroplasty for valgus deformity: A systematic review and meta-analysis
4:20 - 4:30	Dr. Ansul Rajbhandari	The outcome of femoral nerve & adductor canal block in patient undergoing total knee arthroplasty
4:30 - 4:40	Dr. Manoj Kandel	Persistent knee pain after uncomplicated total knee arthroplasty secondary to undiagnosed spondylotic myelopathy: A case report

4:40 - 4:50	Dr. Ankit Niroula	Total Hip Arthroplasty in acetabular fractures. Our experience with few cases
4:50 - 5:00	Dr. Nabin Poudel	Functional outcome of Total Hip Replacement in Ankylosing Spondylitis in Nepalese Population: A Midterm Follow Up Study

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23 February 2024 | Day 2 | KAILASH HALL (Hall C)

Ankle and Foot Session		
Chairman	Dr. Bharat Bahadur Khatri	
Co-chairman	Dr. Vijay Kumar D	
Moderator	Dr. Prabhav Pokhrel	
9:00-11:00 AM	Presenter	Title
9:00 - 9:10	Dr. Bimal Pandey	Plate Osteosynthesis for Tibial Pilon Fracture
9:10 - 9:20	Dr. Ramin Maharjan	Correlation between Pettrone's score and OMAS score in internally fixed ankle fracture
9:20 - 9:30	Dr. Jiancheng Zang	Deformity and ulcer on foot & ankle of spinal bifida sequela
9:30 - 9:40	Prof. Sihe Qin	Qin Sihe method for foot and ankle deformities; 22062 cases
9:40 - 9:50	Prof. Mandeep Dhillon	Syndesmotic injuries: When not to fix
9:50 - 10:00	Dr. Siddhartha Sharma	Calcaneum Malunion: What can we do?
10:00 - 10:10	Dr. Sandeep Patel	Talus Neck fracture/pilon fracture
10:10 - 10:20	Dr. Daman Jha	Lisfranc injuries:fixation Technique
10:20 - 11:00	Moderator: Dr. Prabhav Pokharel	CASE DISCUSSION Ankle Malunion -Dr. Sandeep Patel Calcaneus Fracture Dislocation -Prof. Mandeep Dhillon Neglected Talus Fracture -Dr. Siddhartha Sharma Panelists: Prof. Ramesh Prasad Singh Dr. Bimal Pandey Dr. Prafulla Shrestha
GAP FOR ORATION IN HALL A (Durbar Hall)		

Knee Osteoarthritis (Free Paper Session)

Chairman	Prof. Ishwar Sharma Kandel	
Co-chairman	Dr. Bibuthinath Mishra	
Moderator	Dr. Sharad Adhikari	
11:30-1:00 PM	Presenter	Title
11:30 - 11:40	Prof. Tunku Kamarul Zaman Bin Tunku Zainol Abidin	What is happening next in cartilage repair and regeneration
11:40 - 11:50	Dr. Siddhartha Sharma	Efficacy and safety of stem cell therapies for cartilage defects: A Systemic Review and Meta-analysis
11:50 - 12:00	Prof. Deepak Kumar Dutta	Prospective Observational analytical Study Comparing Proximal fibular Osteotomy with Single dose and multi-dose intra-articular hyaluronic acid injection in medial compartment osteoarthritis of knee in selected tertiary hospitals of Kathmandu, Nepal
12:00 - 12:10	Dr. Sushil Sharma	Functional outcome after intra articular PRP injection in knee osteoarthritis
12:10 - 12:20	Dr. Manoj Nepali	Correlation between functional status and radiographic grading in patients with Osteoarthritis of knee
12:20 - 12:30	Dr. Suman Maharjan	Study of correlation of radiological features with knee pain and disability in knee osteoarthritis
12:30 - 12:40	Dr. Suman Shrestha	Efficacy and safety of diacerein vs glucosamine in treatment of patients with knee osteoarthritis-a prospective cross-sectional study
12:40 - 12:50	Dr. Baniya Kandel	Functional outcome after intra articular PRP injection in knee osteoarthritis
12:50 - 1:00	Dr. Tika Ram Paudel	Prevalence of obesity and it's association with severity of knee osteoarthritis
Lunch Break (1:00- 2:00)		

Innovation in Orthopaedic		
Chairman	Dr. Bhola Shrestha	
Co-chairman	Dr. Gopal Sagar DC	
Moderator	Dr. Sagun Basnyat	
2:00-4:00 PM	Presenter	Title
2:00 - 2:15	Prof. Thipachart Punyaratabandhu	3D printing in orthopaedics: Thailand experiences (ICL)
2:15 - 2:30	Dr. Sanjeev Uprety	Digital Technology in Orthopedic Surgery (ICL)
2:30 - 2:40	Prof. Sihe Qin	Qin Sihe methods for refractory deformities on knee
2:40 - 2:50	Prof. Sihe Qin	Qin Sihe methods for traumatic lower limb deformity
2:50 - 3:05	Prof. Muhammad Shoaib Khan	Effectiveness of antibiotics coated nails and beads in infected nonunion AND chronic osteomyelitis (ICL)
3:05 - 3:15	Dr. Prabodh Kantiwal	Masquelet Technique for the Treatment of Gap-Bone-Defects in a cohort of adult and paediatric patients
3:15 - 3:25	Dr. Prasoon Kumar	Wound Alpha Defensin as a biomarker of early fracture related infection in open fracture
3:25 - 3:35	Dr. Nagmani Singh	Management of various TA ruptures from acute to neglected with case examples
3:35 - 3:45	Dr. Dipendra Gurung	Orthopaedics conditions treated with revolutionary treatment distal sodium channel block (case series)with video demonstration results
3:45 - 3:55	Dr. Pramod Lamichhane	Controversies in Orthopaedics, Tips Tricks and Solution
Trauma Session 3 (Lower Limb Fracture)		
Chairman	Prof. Anil Mishra	
Co-chairman	Assoc. Prof. Praladh Chalise	
Moderator	Dr. Toya Raj Bhatta	
4:00-5:30 PM	Presenter	Title
4:00 - 4:10	Dr. Subash Regmi	Positive Pan-Computed Tomography Scan Reports in Trauma Patients Presenting in the Emergency Department of a Tertiary Care Centre: A Descriptive Cross-sectional Study (Preliminary report)

4:10 - 4:20	Dr. Ishwor Ghimire Padhya	Association of Hip Geometry with Proximal Femoral Fracture in Elderly Population
4:20 - 4:30	Dr. Saurabh Gupta	Dilemma in fixing femur neck fracture – Is there any difference in neck shortening between Femoral Neck System and Multiple Cannulated Screws? - A Non-Inferiority Prospective Randomized Controlled Trial
4:30 - 4:40	Dr. Sharad Chandra Adhikari	PFN-A2 for Intertrochantric Fracture: Outcome Evaluation
4:40 - 4:50	Dr. Devendra Acharya	Short versus long proximal femur nail for treatment of intertrochanteric femur fractures
4:50 - 5:00	Dr. Vinod Kumar K	Functional outcome of titanium elastic nailing for paediatric femoral shaft fracture in a tertiary care hospital
5:00 - 5:10	Dr. Vishnu Senthil Kumar	Distal femur fracture fixation-ten commandments in dual plating
5:10 - 5:20	Dr. Shyam Bhagat	Short-term assessment of the functional and radiological outcome of surgical management of tibial plateau fracture

6:30 PM ONWARDS
DINNER (SMART DURBAR, SANKHA PARK)

ORTHOCON 2024

24 February 2024 | Day 3 | DURBAR HALL (Hall A)

Shoulder and Elbow Session		
Chairman	Dr. Chakra Raj Pandey	
Co-chairman	Dr. Navin Tripathi	
Moderator	Dr. Bidur Gyawali	
9:00-11:00 AM	Presenter	Title
9:00 - 9:15	Prof. Amit Joshi	Recurrent Shoulder Dislocation: Changing Scenario (ICL)
9:15 - 9:25	Dr. Tarun Goyal	Arthroscopic Bankart Vs Open Latarjet How do I Decide?
9:25 - 9:35	Prof. Rajeev Raj Manandhar	Decision making in Rotator Cuff Injuries
9:35 - 9:50	Dr. Bibek Basukala	Adhesive capsulitis: Busting the Myth (ICL)
9:50 - 10:00	Prof. Ishwar Sharma Kandel	Percutaneous endobutton fixation of acute acromioclavicular joint injuries
10:00 - 10:10	Dr. Nagmani Singh	Elbow stiffness: Management
10:10 - 10:20	Mr. Nijan Bajracharya	Physiotherapy after Arthroscopic shoulder stabilization
10:20 - 11:00	Moderator: Dr. Nagmani Singh	PANEL DISCUSSION TOPIC: Shoulder Cases Panelist: Prof. Amit Joshi Prof. Binod Sherchan Prof. Rajeev Raj Manandhar Dr. Bibek Basukala
Oration		
Moderator	Dr. Sunil Singh Thapa	
11:00-11:30 AM	Presenter	Title
	Prof. Ashok Ratna Bajracharya	My Role in Advancing Orthopaedic Together in Nepal

Upper Limb Trauma Session 2		
Chairman	Prof. Bachchu Ram KC	
Co-chairman	Dr. Shiraj Shrestha	
Moderator	Dr. Prawesh Singh Bhandari	
11:30-1:00 PM	Presenter	Title
11:30 - 11:40	Dr. Indra Kumar Gurung	Functional outcomes of paediatric diaphyseal forearm fracture managed with titanium elastic nailing system at Pokhara Academy of Health Sciences
11:40 - 11:50	Dr. Rakesh Shrestha	Cast Index and Gap Index as a Predictors of Redisplacement of Paediatric Diaphyseal Forearm Fracture Managed Non Operatively by Plaster Casting
11:50 - 12:00	Dr. Pawan Acharya	Number of Reduction attempts of Pediatric Supracondylar Fracture of Humerus and its Effect on the functional outcome: A prospective Cohort Study
12:00 - 12:10	Dr. Kishan Nepali	Epidemiology of paediatric elbow fracture: a prospective study
12:10 - 12:20	Dr. Brian Pokharel	Evaluation of the functional outcome of tension band wiring in olecranon fracture
12:20 - 12:30	Dr. Sushil Shrestha	Radial and Musculocutaneous nerve injury in shaft of humerus fracture : a case report
12:30 - 12:40	Dr. Lok Raj Chaurasia	Shaft of Humerus # with radial nerve injury: What we do?
12:40 - 12:50	Dr. Sudheer Yadav	Functional outcome of displaced clavicle fractures treated with open reduction and internal fixation with locking plate
Lunch Break (1:00- 2:00)		
AGM (2:00 PM onwards)		

ORTHOCON 2024

24 February 2024 | Day 3 | BANYAN HALL (Hall B)

Yunezawa Best Paper Resident Award Session		
Chairman	Dr. Bimal Pandey	
Co-chairman	Dr. Sailaj Ranjitkar	
Moderator	Dr. Sabik Kayastha	
9:00-11:00 AM	Presenter	Title
9:00 - 9:10	Dr. Kshiteez Puri	Clinical, Radiological and functional outcome of intertrochanteric femur fracture treated with PFNA2
9:10 - 9:20	Dr. Ashish Kumar Jha	Comparative study of intra-articular fractures of distal radius with open reduction and internal fixation with locking plate versus closed reduction and percutaneous pinning
9:20 - 9:30	Dr. Bikash Thapa	Dry needling vs corticosteroid injection in treating lateral epicondylitis: an observational comparative study
9:30 - 9:40	Dr. Suman Subedi	Correlation between Pin Spread Ratio and Loss of Reduction following pinning on Pediatric Supracondylar Humerus fracture
9:40 - 9:50	Dr. Jayant Bhagwan Mishra	Anatomical Risk Factors For ACL Injury : A Magnetic Resonance Imaging Study
9:50 - 10:00	Dr. Kiran Pradhan Shrestha	Anterior cruciate ligament reconstruction with peroneus longus autograft: A clinical evaluation of donor site morbidity
10:00 - 10:10	Dr. Roshan Gwachha	Accuracy of transportal femoral aimer in placement of femoral tunnel during arthroscopic anterior cruciate ligament reconstruction
10:10 - 10:20	Dr. Prakash Bastola	The use of gravity stress radiograph to assess stability of supination external rotation fractures of ankle
10:20 - 10:30	Dr. Keshar Jung Karki	Functional outcomes of cervical fracture dislocation managed with lateral mass screw
10:30 - 10:40	Dr. Kuldip Khatri Sapkota	Clinical & radiological outcomes of open versus percutaneous pedicle screw fixation for traumatic thoracolumbar injuries
GAP FOR ORATION IN HALL A (Durbar Hall)		

Physiotherapy Session		
Chairman	Prof. Binod Sherchan	
Co-chairman	Dr. Kapil Mani KC	
Moderator	Dr. Sirish Adhikari	
11:30-1:00 PM	Presenter	Title
11:30 - 11:40	Alina Maharjan	Extracorporeal Shockwave Therapy for Chronic Plantar Fasciitis: A Case Series
11:40 - 11:50	Sanju Kumar Tandukar	Evaluation of Functional Outcome of 2 nd to 5 th Metacarpal fractures managed conservatively with Splinting: A clinic-based study.
11:50 - 12:00	Niva Chitrakar	Functional outcomes of hemi hamate arthroplasty in chronic proximal interphalangeal fracture dislocation
12:00 - 12:10	B Kandel	Level of Pain and Physical Function in Patient with Chronic Knee Pain Visiting Dhulikhel Hospital
12:10 - 12:20	Anupam Bhattraï	Scope of pre-operative physiotherapy on knee function in the patients undergoing total knee arthroplasty
12:20 - 12:30	Madan Gautam	Functional outcome of a non-athlete following a multiligament Knee Surgery: A case report
12:30 - 12:40	Upama Dawadi	Atypical shoulder pain and stiffness following proximal humerus fracture managed with external fixator; a physiotherapy perspective
12:40 - 12:50	Mukesh Pokhrel	A 12 year old boy with thoracic hyperkyphosis with pain and difficulties in functional and play activities. A case report
12:50 - 1:00	Binaya Kandel	Development of National Clinical Protocol for Management of Common Arthroscopy Procedures: A joint initiation from Arthroscopy Society of Nepal and Nepal Physiotherapy Association
Lunch Break (1:00- 2:00)		

ORTHOCON 2024

24 February 2024 | Day 3 | KAILASH HALL (Hall C)

8:45 -9:00 AM	Presenter	Title
8:45 - 9:00	Dr. Rahul Vaidya	Surgical planning using the bonesetter digital application
Trauma Session 4		
Chairman	Prof. Buland Thapa	
Co-chairman	Dr. Pramod Lamichhane	
Moderator	Dr. Daman Jha	
9:00-11:00 AM	Presenter	Title
9:00 - 9:10	Dr. Bikash Thapa	Blast Injuries: Mechanism of Injury and Approach
9:10 - 9:20	Dr. Birendra Bahadur Chand	Functional & radiological outcome of segmental tibial bone defect with soft tissue defect treated with Ilizarov ring fixator
9:20 - 9:30	Dr. Sarik Kumar Shrestha	Application of Ottawa and Pittsburgh knee rules in acute knee injury
9:30 - 9:40	Dr. Niresh Shrestha	Delayed revascularization of lower limb following popliteal artery injury with intact collateral circulation
9:40 - 9:50	Dr. Sandesh Maharjan	Efficacy and Safety of Tranexamic acid for Reduction of Blood loss in patients undergoing Reamed Intramedullary Nailing in Long Bones
9:50 - 10:00	Dr. Sunil Pun	Functional outcome of minimally invasive percutaneous plate osteosynthesis for distal tibia fracture : a hospital based prospective observational study
10:00 - 10:10	Dr. Prayash Timalisina	To Study Patterns of Ankle Fracture Presenting In Emergency Department In A Tertiary Care Center In Nepal
10:10 - 10:20	Dr. Ghanshyam Chapagain	Functional outcome using an elastic support bandage versus below knee posterior slab in management of acute mild to moderate lateral ankle sprain – a prospective cross-sectional study
10:20 - 10:30	Dr. Manoj Kandel	Pattern of injuries due to wild animal attack among patients presenting to the emergency department of tertiary care hospital of central Nepal: A retrospective observational study

10:30 - 10:40	Dr. Sajal Manandhar	Orthopedic surgeons' care for the management of knee osteoarthritis in Nepal: A cross sectional pilot study
10:40 - 10:50	Dr. Sanjit Jha	Fracture Care in Nepal –AO alliance
10:50 - 11:00	Sabita Kafle	Role of ORP in Orthopedics
GAP FOR ORATION IN HALL A (Durbar Hall)		
Miscellaneous Papers		
Chairman	Dr. Shrawan Kumar Thapa	
Co-chairman	Dr. Manoj Kandel	
Moderator	Dr. Rabindra Regmi	
11:30-1:00 PM	Presenter	Title
11:30 - 11:40	Prof. Deepak Kumar Dutta	Case Report- Addressing a difficult case of Advanced knee osteoarthritis with post traumatic deformed of distal femur – Concepts and Context
11:40 - 11:50	Dr. Prasamsha Sitaula	Tenosynovial Giant Cell Tumor of Forefoot: A Case Report
11:50 - 12:00	Dr. Ansul Rajbhandari	Epidemiology of developmental dysplasia of the hip at a tertiary hospital in Nepal
12:00 - 12:10	Dr. Shankar Sigdel	Prophylactic antibiotics in elective orthopedic surgeries
12:10 - 12:20	Dr. Arun Upreti	Zero Tolerance to Violence in Healthcare
12:20 - 12:30	Dr. Mahendra Pant	Percutaneous release with concomitant steroid injection versus percutaneous release only in treatment of acquired trigger finger: a hospital based prospective comparative study
12:30 - 12:40	Dr. Shirish Shrestha	Cross sectional prospective observational study on use of buffered versus non-buffered local anesthesia in hand surgery
12:40 - 12:50	Dr. Navneet Rauniyar	Diagnostic accuracy of phalen's test and durkan test in carpal tunnel syndrome
12:50 - 1:00	Dr. Prakash Dahal	Morphometric Variation in the Distal Radius Anatomy in Nepalese Population
Lunch Break (1:00- 2:00)		

POSTER PRESENTATION

Presenter	Title
Dr. Ram Thapa	Lunate Fracture Dislocation Associated with Trans Radial Styloid Trans Scaphoid Fracture- A Trans Radial Styloid Trans Scaphoid Fracture- A Case Report
Dr. Prabhav Pokhrel	Cavovarus Deformity Correction: A Case Report
Dr. Raju Kumar Gupta	Calcaneotibial Fusion using Retrograde Tibial Nail and Bone Graft for Totally Extruded Talus: A Case Report
Dr. Amit Ranjan Mishra	Case Report: Unicondylar Knee Replacement in a Geriatric Patient
Dr. Rahul Thapa	Proximal Femur Osteoid Osteoma Unveiled, A Case Report
Dr. Vinod Kumar K	Synovial Sarcoma of the Right Foot
Dr. Niresh Shrestha	Finger Tip Replantation Tamai Zone II – A Case Report
Dr. Akshay P	Aneurysmal Bone Cyst of Vertebrae
Dr. Pramod Kaintwal	Avascular Necrosis of the Navicular after Ponseti casting and one-stage Posteromedial Release for Clubfoot
Dr. Pramod Kaintwal	Exceptionally large multilobed synchronous Osteochondromas of Scaphoid, Trapezium in a four year female child
Dr. Sujan Sharma	Successful Replantation of the Amputated Thumb in Tertiary Hospital of Nepal: A case Report
Dr. Subarna Poudel	Langenskiold procedure for Congenital Pseudoarthrosis of Fibula
Dr. Krishna Jung Shah	Mother's Fibula in Daughter's Tibia: A Challenging Case of Aneurysmal Bone Cyst
Dr. Lok Raj Chaurasia	Osteoplastic Reconstruction of the Thumb
Dr. Bibek Banskota	Combined Fractures of the Hip, Acetabulum and Pelvis: A Case Report
Dr. Rajendra Aryal	Surgical Management of Congenital Bilateral Coxa Vara - A Case Report
Dr. Rajendra Aryal	Massive Osteolysis of Femoral Head Following Missed Acetabulum Fracture
Dr. Sijan Bhattachan	Modified Pauwel's Osteotomy for Salvaging Neglected Neck of Femur Fracture: A Case Report
Dr. Manoj Kandel	Unveiling the Hidden Intricacies: A Schwannoma Mimicking a Benign Lipoma - A Compelling Case Report

Dr. Manoj Kandel	Successful Salvage of Chronic Osteomyelitis in the Calcaneum Through Iterative Debridement: A Case Report Demonstrating Prevention of Amputation
Dr. Nitesh Raj Pandey	Multidisciplinary Management of a Complex Pelvic Injury in a 15-Year-Old Female: A Comprehensive Trauma Case
Dr. Saroj Kumar Bhagat	Cauda Equina Syndrome Secondary to Iliopsoas Abscess: A Case Report on an Unusual and Rare Presentation of Iliopsoas Abscess
Dr. Surya Prakash Joshi	Corticosteroid Induced Bilateral Avascular Necrosis of Hip in a Young Patient with Long COVID: A Case Report
Dr. Jagadish Thapa	Management of Vertebral Hemangioma at a tertiary care center and current trends
Dr. Abhishek Kumar Thakur	Chronic Thumb Carpo-Metacarpal instability managed using Eaton-Littler technique – A case report
Dr. Sachindra Raj Joshi	Acute Multifocal Haematogenous Osteomyelitis with Sepsis in a 10 years old child caused by Methicillin-Resistant Staphylococcus aureus: A Case Report