

ACL
Focus
2025

STRIDE
SUMMIT

ACL Focus 2025

SESSION 1 ACL

CHAIRPERSON: DR GEORGE JACOB

22.03. 25/SAT

BANQUET HALL
TAJ MALABAR
COCHIN 

8:00AM - 9:00AM	Registration/Check in formalities	
9:00AM -9:10AM	Stride Opening: Welcome	Dr. George Jacob + Avant Team
9:10AM -9:20AM	ACLR through the ages	Dr Anant Joshi
9:20AM -9:30AM	What's New in ACL Anatomy?	Dr Bhushan Sabnis
9.30AM - 9.40AM	Can't we just repair the ACL?	Dr Brett Fritsch
9.40AM - 9.50AM	The clock and ACL Reconstruction-Timing to Surgery	Dr Jacob Varughese
9.50AM - 10.00AM	Are all grafts the same in ACLR? Who gets what?	Dr Siddharth Shetty
10.00AM - 10.10AM	ACLR In Paediatrics- What's Different?	Dr John T John
10.10AM - 10.25AM	Question and Answer	All Faculty

SESSION 2 ACL

CHAIRPERSON: DR JACOB VARUGHESE

10.25AM - 10.35AM	Internal Brace and the single bundle ACLR	Dr Brett Fritsch
10.35AM - 10.45AM	Double bundle ACLR Why? How?	Dr Norimasa Nakamura
10.45AM - 10.55AM	The triple bundle ACLR? Why and How?	Dr Kazunori Shimomura
10.55AM - 11.05AM	Synthetics in ACLR	Dr Mukesh Laddha
11.05AM - 11.15AM	Arthrogenic Muscle Inhibition and ACL Reconstruction	Dr Santhosh Sahanand
11.15AM - 11.25AM	The role of Conservative Management in ACL Reconstruction	Dr Gian Salzmann
11.25AM - 11.35AM	Panel Discussion: 'How many bundles are enough or too many'	Dr Norimasa Nakamura Dr Kasunori Shimomura Dr Jai Thilak Dr Brett Fritsch
11.35AM - 11.50AM	Question and Answer	All Faculty

SESSION 3 CONCOMITANT INJURIES

CHAIRPERSON: DR. APPU BENNY THOMAS

12.00PM - 12.10PM	Meniscus Injuries and the ACL Reconstruction	Dr. Pranjal Kodkani
12.10PM - 12.20PM	Ramp Lesion Management	Dr. Vijay Kishore Kondareddy
12.20PM - 12.30PM	Medial Collateral Ligament & Posteromedial Corner (Pre Recorded)	Dr. Sujit Jos
12.30PM - 12.40PM	Lateral Collateral Ligament & Posterolateral Corner	Dr. Pranjal Kodkani
12.40PM - 12.50PM	MLKI - My Approach to Optimising Outcomes	Dr. Brett Fritsch
12.50PM - 1.05PM	Question and Answer	All Faculty
1.05PM - 1.50PM	Lunch	

SESSION 4 THE BIOLOGIC ACL

CHAIRPERSON: DR. JACOB VARUGHESE

1.50PM - 2.00PM	Biologics in ACL Reconstruction	Dr George Jacob
2.00PM - 2.10PM	Stump Preserving ACL Reconstruction	Dr. Appu Benny Thomas
2.10PM - 2.20PM	Tissue Wrapping in ACL Reconstruction	Dr. Kazunori Shimomura
2.20PM - 2.35PM	Question and Answer	All Faculty

SESSION 5 ACL REHABILITATION

CHAIRPERSON: DR. EBIN RAHMAN

2.45PM - 2.55PM	ACL Prehab and Rehabilitation- The Finer Details	Dr. Clement Joseph
2.55PM - 3.15PM	RTS Panel: When do you let them go back to sport?	Dr Gian Salzmann Dr Norimasa Nakamura Dr Aditya Daftary Dr Jacob Varughese Dr. Clement Joseph

SESSION 6 RADIOLOGY IN ACL

CHAIRPERSON: DR. JULIO KANDATHIL

3.15PM - 3.30PM	ACL Injury MRI	Dr Julio Kandathil
3.30PM - 3.45PM	ACL Repair/Recon Healing	Dr. Aditya Daftary
3.45PM - 3.55PM	ACL Concomitant Injuries	Dr. Nafisa Shakir Batta
3.55PM - 4.05PM	Radiological complications after ACL Reconstruction	Dr Aditya Daftary
4.05PM - 4.20PM	Question and Answer	All Faculty
4.20PM - 4.40PM	Tea Break	

SESSION 7 CARTILAGE INJURY AND THE ACL

CHAIRPERSON: DR. GEORGE JACOB

4.45PM - 4.55PM	What's new in cartilage repair in the last decade	Dr. Kazunori Shimomura
4.55PM - 5.15PM	Autocart - Indications, Technique & Results	Dr. Gian Salzmänn
5.15PM - 5.25PM	Tissue Engineered Construct	Dr. Norimasa Nakamura
5.25PM - 5.35PM	Autologous Chondrocyte Implantation	Dr. Nagaraj Shetty
5.35PM - 5.45PM	Osteochondral Lesion Repair Options	Dr. Schiller Jos
5.45PM - 6.00PM	Question and Answer	All Faculty

SESSION 8 CASE PRESENTATION AND PANEL DISCUSSION

CHAIRPERSON: DR. APPU BENNY THOMAS

	Cartilage Restoration in ACLR (4 case discussion with 10 mins each)	Dr Jacob Varughese Dr Gian Salzmänn Dr Norimasa Nakamura Dr Kazunori Shimomura
6.00PM - 6.10PM	Case-1	Dr Mukesh Laddha
6.10PM - 6.20PM	Case-2	Dr. Clement Joseph
6.20PM - 6.40PM	Case- 3, Case - 4	Dr. Gian Salzmänn (2 cases)
6.40PM - 6.50PM	Case-5	Dr. John T John
6.50PM - 7.00PM	Closing Remarks & End of Day	
7.00PM - 7.45PM	Arthrex Workshop- Latest Innovations in Knee	
8.00PM - 9.00PM	Drinks & Snacks	
9.00PM - 10.00PM	Dinner	

ACL Focus 2025

SESSION 1 ACL's WORST NIGHTMARES

CHAIRPERSON: DR. JACOB VARUGHESE

23.03.
25/SUN

BANQUET HALL
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COCHIN 

ACL's Worst Nightmares

		Dr Brett Fritsch Dr Gian Salzmänn Dr Anant Joshi Dr John T John
9.00AM - 9.10AM	Case-1	Dr. Vijay Kishore Kondareddy
9.10AM - 9.20AM	Case-2	Dr. Mukesh Laddha
9.20AM - 9.30AM	Case-3	Dr. Purnachandra Tejaswi
9.30AM - 9.40AM	Case-4	Dr. Gian Salzmänn
9.40AM - 9.50AM	Case-5	Dr. Santhosh Sahanand

SESSION 2 - ACL IN THE SETTING OF ARTHRITIS AND FRACTURE CHAIRPERSON: DR. VINAY JAISON CHACKO

9.50AM - 10.00AM	ACLR in Fractures around the knee	Dr Vinay Jaison Chacko
10.00AM - 10.10AM	ORIF of the Tibial Spine	Dr. Mukesh Laddha
10.10AM - 10.20AM	ACL and the HTO	Dr. Bhushan Sabnis
10.20AM - 10.30AM	ACL in Unicondylar Knee Replacement and Elderly	Dr. Thadi Mohan
10.30AM - 10.45AM	Question and Answer	All Faculty

SESSION 3 LATERAL PROCEDURES

CHAIRPERSON: DR. GEORGE JACOB

10.45AM - 10.55AM	Lateral Extra Articular Procedure: An Overview	Dr. Sujit Jos
10.55AM - 11.05AM	ALL Anatomy to Reconstruction	Dr. Gian Salzmänn
11.05AM - 11.15AM	Outcomes & Biomechanics in Lateral Extra Articular Procedures	Dr Purnachandra Tejaswi
11.15AM - 11.30AM	Question and Answer	All Faculty

11.30AM - 11.40AM	Grafts options and Planning in Revision ACLR	Dr. Nagraj Shetty
11.40AM - 11.50AM	Revision ACL Reconstruction. Surgical Pearls and Rehab	Dr. S R Sundararajan
11.50PM - 12.00PM	Deflexion Osteotomy- Who needs them?	Dr Nagraj Shetty
12.00PM - 12.10PM	Infection in ACLR	Dr S R Sundararajan
12.10PM - 12.20PM	Question and Answer	All Faculty
12.20PM - 12.50PM	Panel discussion on revision ACL cases	
1.00-1.15PM	Closing remarks and award presentation to faculty.	
1.15 PM	Lunch	

STRIDE

The STRIDE Elephant: A Symbol of Excellence and Advancement



The elephant is a symbol of strength, wisdom and determination. As creatures with high capacity for intellect and emotion, it is known to have the ability to think and feel like humans, make considered decisions, and follow split-second instincts. Known for its powerful presence and graceful movements, the elephant embodies the spirit of progress and unwavering commitment.

In the context of orthopaedics, the elephant serves as a powerful metaphor for the work we aim to achieve — making bold, purposeful strides toward advancing knowledge, refining techniques and sharpening our instincts. By receiving the STRIDE Elephant, our esteemed faculty are being recognized not just for their exceptional contributions to the field, but for their ongoing commitment to shaping the future of orthopaedics. Just as the elephant moves with purpose, each step in our journey represents a movement towards excellence, precision, and the betterment of patient care.

In Kerala, the elephant holds a special cultural significance, often seen as a symbol of prosperity and good fortune, and a key figure in the state's festivals and traditions. This trophy is a testament to the dedication of our faculty to lead the way, fostering innovation, sharing knowledge, and inspiring the next generation of orthopaedic professionals.