Arthrex®

2026 ARTHRO KNEE

31st July - 1st August

ITC Maratha,
Mumbai International Airport

MAHARASHTRA MEDICAL COUNCIL
4 CME POINTS

INDIAN ARTHROSCOPY SOCIETY
FOUNDED 1983



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Organizing & Scientific Team


Dr. Shreyash Gajjar


Dr. Philipp Niemeyer


Dr. Marc Strauss


Dr. Daisuke Araki

ABOUT INTERNATIONAL FACULTY



Dr. Philipp Niemeyer (Germany)

MD, PhD orthopaedic surgeon with 20+ years' expertise in knee surgery, cartilage regeneration, & joint preservation; author of 250+ papers, co-founder of German Cartilage Registry, & leader in major orthopaedic societies.



Dr. Marc Strauss (Norway)

MD with IOC Diploma in Sports Medicine, 10–15 years' expertise in knee surgery, patellofemoral disorders, & elite athlete care; trained under Prof. Lars Engebretsen, serving Oslo University Hospital and Norwegian sports bodies.



Dr. Daisuke Araki (Japan)

Dr. Daisuke Araki is a Japanese orthopedic and sports medicine specialist specializing in ACL, meniscal, and cartilage procedures. Director at Hyogo Prefectural Rehabilitation Hospital, he is chief physician for Japan's national volleyball team, with research focused on biomechanics, regenerative therapies, & return-to-sport strategies.

Program at a Glance

- Case based discussions on Ligaments, Meniscus, Cartilage,Patella, Osteotomy.
- Key-note lectures by International Faculty.
- Re-live Surgeries focused on innovative techniques with tips & tricks.
- Mini-battle on Knee topics with Judges verdict.

NATIONAL FACULTY



Dr. Ashish Arbat



Dr. Abhay Narvekar



Dr. Abhishek Nerurkar



Dr. Arvind Prasad Gupta



Dr. Attique Vasdev



Dr. Bhushan Sabnis



Dr. Chirag Thonse



Dr. Clement Joseph



Dr. Debashish Mishra



Dr. Deepak Chaudhary



Dr. Dhrumil Patel

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NATIONAL FACULTY



Dr. Fayaz Memon



Dr. Gurudeo Kumar



Dr. Inderdeep Singh



Dr. Kailash Patil



Dr. Kalpesh Trivedi



Dr. KN Subramanian



Dr. Kunal Khara



Dr. Manoj Mehta



Dr. Manu Bora



Dr. Milind Pimprikar



Dr. Miten Sheth



Dr. Nagraj Shetty

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Dr. Naveen Kumar LV



Dr. Nikhil Likhate



Dr. Nitin Mehta



Dr. Prasad Bhagunde



Dr. Pritam Agarwal



Dr. Rahul Davari



Dr. Rajeev Raman



Dr. Ranjit Panigrahi



Dr. Sachin Tapasvi



Dr. Sagar Kakatkar



Dr. Saikat Jena

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NATIONAL FACULTY



Dr. Sajeer Usman



Dr. Sanesh Tuteja



Dr. Shanavas K P



Dr. Sheetal Gupta



Dr. Shripad Joshi



Dr. Sunit Hazra



Dr. Suryakant Purohit



Dr. Vikram Mhaskar



Dr. Vivek Pandey



Dr. Yajuvendra Gawai

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ARTHRO KNEE 2026 Program

Day 1 31st Jul 2026 All about Ligaments!

Time	Topic	
10:00 – 10:10	**Welcome & Introduction to Day 1**	
10:10 – 11:10	**Case based Symposium 1** **ACL (Primary & Revision)**	**Moderators -** Dr. Sachin Tapasvi, Dr. RA Purnachandra **Panelists -** Dr. Daisuke Araki, Dr. Ankit Goyal, Dr. Dhrumil Patel, Dr. Abhishek Nerurkar, Dr. Prasad Bhagunde, Dr. Attique Vasdev, Dr. Debashish Mishra, Dr. Bhushan Sabnis
11:10 – 11:30	**Re-Live Surgery 1 - ACL (Focus- Technique Tips & Tricks)** (5 min each, 5 min discussion) Moderator- Dr. Shreyash Gajjar ***Re-live 1:*** **ACL Recon.** ***Re-live 2:*** **ACL Repair** ***Re-live 3:*** **All - Inside ACLR**	**Judges –** Dr. Mark Strauss, Dr. Abhay Narvekar, Dr. Milind Pimprikar **Speakers –** Dr. Nikhil Likhate Dr. Vikram Mhaskar Dr. Manu Bora
11:30 – 12:15	**Mini Battle 1 - ACL with Judges verdict** (5 min each, 10 min discussion) Moderator- Dr. Shreyash Gajjar ***Topic 1:*** **Graft choice for 1* ACLR** **Hamstrings** **CQT** **Peroneus longus** ***Topic 2:*** **Primary ACLR in Young patient** **ACLR alone** **ACLR + LET** ***Topic 3:*** **Revision ACLR** **1 stage** **2 stage**	**Judges –** Dr. P Niemeyer, Dr. Mark Strauss, Dr. Clement Joseph **Speakers –** Dr. Kalpesh Trivedi Dr. Sachin Tapasvi Dr. Manoj Mehta **Speakers –** Dr. Sagar Kakatkar Dr. Chirag Thonse **Speakers –** Dr. Vivek Pandey Dr. KN Subramanian
12:15 – 12:35	**Key-note lecture 1 - ACL** (10 min each) ***Topic 1:*** **ACL surgery in 2026: Are Outcomes better?** ***Topic 2:*** **ACL surgery in 2026: Changes in my practise over the years**	**Chairpersons –** Dr. P Niemeyer, Dr. Deepak Chaudhary, Dr. Kalpesh Trivedi **Speakers –** Dr. Mark Strauss Dr. Abhay Narvekar
12:35 – 13:35	**Case based Symposium 2 - PCL (Primary & Revision)**	**Moderators -** Dr. KN Subramanian, Dr. Chirag Thonse **Panelists -** Dr. Daisuke Araki, Dr. Sunit Hazra, Dr. Deepak Chaudhary, Dr. Attique Vasdev, Dr. Debashish Mishra, Dr. Nikhil Likhate, Dr. Yajuvendra Gawai, Dr. Fayaz Memon
13:35 – 13:55	**Lunch**	

ARTHRO KNEE 2026 Program

Day 1 31st Jul 2026 All about Ligaments!

Time	Topic	
13:55 – 14:15	**Re-Live Surgery 2 - PCL (Focus- Technique Tips & Tricks)** (5 min each, 5 min discussion) Moderator- Dr. Shreyash Gajjar ***Re-live 1:*** **PCL Recon.** ***Re-live 2:*** **PCL Repair** ***Re-live 2:*** **PCL Recon. with Rectus femoris**	**Judges –** Dr. Mark Strauss, Dr. Abhay Narvekar, Dr. Attique Vasdev **Speakers –** Dr. Ranjit Panigrahi Dr. Chirag Thonse Dr. P Niemeyer
14:15 – 14:40	**Mini Battle 2 - PCL with Judges verdict** (5 min each, 5 min discussion) Moderator- Dr. Shreyash Gajjar ***Topic 1:*** **1 or 2 Bundles?** **Single Bundle** **Double Bundle** ***Topic 2:*** **Graft choice** **Autograft** **Synthetic**	**Judges –** Dr. Daisuke Araki, Dr. Mark Strauss, Dr. Sachin Tapasvi **Speakers –** Dr. Attique Vasdev Dr. Deepak Chaudhary **Speakers –** Dr. Debashish Mishra Dr. Vikram Mhaskar
14:40 – 15:00	**Key-note lecture 2 - PCL** (10 min each) ***Topic 1:*** **PCL surgery in 2026: My Recipe for Better outcomes** ***Topic 2:*** **PCL injury Management - My Experience**	**Chairpersons –** Dr. P Niemeyer, Dr. Sachin Tapasvi, Dr. Milind Pimprikar **Speakers –** Dr. Daisuke Araki Dr. Deepak Chaudhary
15:00– 16:00	**Case based Symposium 3 - MLKI**	**Moderators –** Dr. Sachin Tapasvi, Dr. Chirag Thonse **Panelists –** Dr. Daisuke Araki, Dr. Vivek Pandey, Dr. Rajeev Raman, Dr. Debashish Mishra Dr. Yajuvendra Gawai, Dr. Sunit Hazra, Dr. Manu Bora, Dr. Kailash Patil
16:00 – 16:20	**Re-Live Surgery 3 – MLKI (Focus- Technique Tips & Tricks)** (6 min each, 8 min discussion) Moderator- Dr. Shreyash Gajjar ***Re-live 1:*** **Autograft selection for KD-4** ***Re-live 2:*** **Technique to prevent Tunnel coalition**	**Judges –** Dr. Daisuke Araki, Dr. Milind Pimprikar, Dr. Bhushan Sabnis **Speakers –** Dr. Sheetal Gupta Dr. Nitin Mehta

ARTHRO KNEE 2026 Program

Day 1 31st Jul 2026 All about Ligaments!

Time	Topic	
16:20 – 16:35	**Mini Battle 3 - MLKI with Judges verdict** (5 min each, 5 min discussion) Moderator- Dr. Shreyash Gajjar ***Topic 1:*** **1 or 2 stage Sx** **1 stage** **2 stage**	**Judges –** Dr. Daisuke Araki, Dr. Mark Strauss, Dr. Abhay Narvekar **Speakers –** Dr. Vivek Pandey Dr. Prasad Bhagunde
16:35 – 16:55	**Key-note lecture 3 - MLKI** (10 min each) ***Topic 1:*** **My Algorithm for management of MLKI** ***Topic 2:*** **MLKI surgery in 2026 – Are Outcomes better?**	**Chairpersons –** Dr. P Niemeyer, Dr. Deepak Chaudhary, Dr. Kalpesh Trivedi **Speakers –** Dr. Sachin Tapasvi Dr. Daisuke Araki
16:55– 17:10	**Tea/Coffee Break**	
17:10 – 18:05	**Case based Symposium 4 - Collaterals**	**Moderators –** Dr. Nagraj Shetty, Dr. Sheetal Gupta **Panelists –** Dr. Mark Strauss, Dr. Clement Joseph, Dr. Rajeev Raman, Dr. Rahul Davari, Dr. Nitin Mehta, Dr. Arvind kumar Gupta, Dr. Naveenkumar LV, Dr. Miten Sheth
18:05 – 18:20	**Re-Live Surgery 4 - MCL,LCL (Focus- Technique Tips & Tricks)** (5 min each, 5 min discussion) Moderator- Dr. Shreyash Gajjar ***Re-live 1:*** **MCL + PMC** ***Re-live 2:*** **LCL + PLC**	**Judges –** Dr. P Niemeyer, Dr. Abhay Narvekar, Dr. Sachin Tapasvi **Speakers –** Dr. Sajeer Usman Dr. Shripad Joshi
18:20 – 18:50	**Mini Battle 4 - MCL, LCL with Judges verdict** (5 min each, 10 min discussion) Moderator- Dr. Shreyash Gajjar ***Topic 1:*** **Timing of MCL Sx** **Early** **Delayed** ***Topic 2:*** **Choice of LCL Sx** **LaPrade** **Modified Larson**	**Judges –** Dr. Daisuke Araki Dr. Mark Strauss, Dr. KN Subramanian **Speakers –** Dr. Sajeer Usman Dr. Rajeev Raman **Speakers –** Dr. Nagraj Shetty Dr. Arvind kumar Gupta

ARTHRO KNEE 2026 Program

Day 1 31st Jul 2026 **All about Ligaments!**

Time	Topic	
18:50 – 19:10	**Key-note lecture 4 - Collaterals** (10 min each) ***Topic 1:*** **How I handle the Collaterals** ***Topic 2:*** **Don't overlook the Collaterals**	**Chairpersons –** Dr. P Niemeyer, Dr. Vivek Pandey, Dr. Debashish Mishra **Speakers –** Dr. Mark Strauss Dr. KN Subramanian
19:10 – 19:30	***Rehab:*** **When can I go back to Sports?** Moderator- Dr. Shreyash Gajjar	**Panelists –** Dr. P Niemeyer, Dr. Mark Strauss, Dr. Daisuke Araki
19:30 – 19:50	**My Worst Complication (Day 1 topics) & how I bailed out** (6min each, 2 min discussion) Moderator- Dr. Shreyash Gajjar	Dr. Mark Strauss, Dr. Daisuke Araki, Dr. KN Subramanian
19:50 – 20:05	**Show Case Video techniques** (3 min each) Moderator- Dr. Shreyash Gajjar	**Judges –** Dr. Abhay Narvekar, Dr. Milind Pimprikar Dr. KN Subramanian **Speakers –** Dr. Shanavas K P, Dr. Kunal Khara, Dr. Sajeer Usman, Dr. Suryakant Purohit Dr. Miten Sheth
20:05 – 20:25	**Potpourri session (Non-academic talks)** (5 min each)) Moderator- Dr. Shreyash Gajjar ***Topic 1:*** **Planning a Multi-author book. Easier thought than done** ***Topic 2:*** **What it takes to re-publish a book** ***Topic 3:*** **Being Secretary in National Societies. Easy peasy!** ***Topic 4:*** **Doctor take care of Thyself**	**Speakers –** Dr. KN Subramanian Dr. Vivek Pandey Dr. Rajeev Raman Dr. Clement Joseph
20:25 – 20:30	**Closing Remarks – Day 1**	Dr. Shreyash Gajjar
20:30 onwards	**Social event & Dinner**	

ARTHRO KNEE 2026 Program

Day 2 1st Aug 2026 It's Meniscus, Cartilage, Patella & Alignment time!

Time	Topic	
8:00 – 8:05	**Welcome & Introduction to Day 2**	
8:05 – 9:05	**Case based Symposium 5 - Meniscus**	**Moderators -** Dr. Vivek Pandey, Dr. Dhrumil Patel **Panelists -** Dr. P Niemeyer, Dr. Nitin Mehta, Dr. Debashish Mishra, Dr. Inderdeep Singh, Dr. Kailash Patil, Dr. Prasad Bhagunde Dr. Rahul Davari, Dr. Shripad Joshi
9:05 – 9:30	**Re-Live Surgery 5 - Meniscus (Focus- Technique, Tips & Tricks)** (4 min each, 9 min discussion) Moderator- Dr. Shreyash Gajjar ***Re-live 1:*** **Chronic Bucket-handle tear** ***Re-live 2:*** **Radial tear** ***Re-live 3:*** **RAMP repair** ***Re-live 4:*** **Root repair + Centralization**	**Judges –** Dr. Mark Strauss, Dr. Daisuke Araki, Dr. Attique Vasdev **Speakers –** Dr. Dhrumil Patel Dr. Sheetal Gupta Dr. Sagar Kakatkar Dr. Nagraj Shetty
9:30 – 9:55	**Mini Battle 5 - Meniscus Repair techniques with Judges verdict** (5 min each, 5 min discussion) Moderator- Dr. Shreyash Gajjar ***Topic 1:*** **RAMP** **Inside out** **All-inside** ***Topic 2:*** **Root** **No centralization** **With centralization**	**Judges –** Dr. Daisuke Araki, Dr. Abhay Narvekar, Dr. Bhushan Sabnis **Speakers –** Dr. Sheetal Gupta Dr. Clement Joseph **Speakers –** Dr. Vikram Mhaskar Dr. Ranjit Panigrahi
9:55 – 10:15	**Key-note lecture 5 - Meniscus** (10 min each) ***Topic 1:*** **Meniscus tear- From Resect to Respect** ***Topic 2:*** **My Approach to Meniscus tear in 2026**	**Chairpersons –** Dr. Mark Strauss, Dr. Daisuke Araki, Dr. Deepak Chaudhary **Speakers –** Dr. Phillip Niemeyer Dr. Sheetal Gupta
10:15 – 10:30	**Tea/Coffee Break**	
10:30 – 11:30	**Case based Symposium 6 - Cartilage**	**Moderators -** Dr. Clement Joseph, Dr. Nagraj Shetty **Panelists -** Dr. P Niemeyer, Dr. Manoj Mehta Dr. Debashish Mishra, Dr. Naveen kumar LV, Dr. Vikram Mhaskar, Dr. Sagar Kakatkar, Dr. Rajeev Raman, Dr. Abhishek Nerurkar

ARTHRO KNEE 2026 Program

Day 2 1st Aug 2026 It's Meniscus, Cartilage, Patella & Alignment time!

Time	Topic	
11:30 – 11:50	**Re-Live Surgery 6 - Cartilage Repair (Focus on Technique, Tips & Tricks)** (7 min each, 6 min discussion) ***Re-live 1:*** **AutoCart** ***Re-live 2:*** **OATS**	**Judges –** Dr. P Niemeyer, Dr. Mark Strauss, Dr. Abhay Narvekar **Speakers –** Dr. Clement Joseph Dr. Naveen kumar LV
11:50 – 12:15	**Mini Battle 6 – Cartilage Repair with Judges verdict** (5 min each, 5 min discussion) Moderator- Dr. Shreyash Gajjar ***Topic :*** **Technique** **OATS** **BMAC** **ACI** **AutoCart**	**Judges –** Dr. P Niemeyer, Dr. Daisuke Araki, Dr. Vivek Pandey **Speakers –** Dr. Nagraj Shetty Dr. Shreyash Gajjar Dr. Sheetal Gupta Dr. Marc Strauss
12:15 – 12:35	**Key-note lecture 6 - Cartilage Repair** (10 min each) ***Topic 1:*** **Cartilage repair in 2026 – Are we getting better?** ***Topic 2:*** **Cartilage repair in 2026 – My Preferred choice**	**Chairpersons –** Dr. Daisuke Araki, Dr. Mark Strauss, Dr. Clement Joseph **Speakers –** Dr. P Niemeyer Dr. Shreyash Gajjar
12:35 – 12:50	**Show Case Video techniques** (3 min each) Moderator- Dr. Shreyash Gajjar	**Judges –** Dr. Abhay Narvekar, Dr. Clement Joseph, Dr. Nagraj Shetty **Speakers –** Dr. Aashish Arbat, Dr. Sanesh Tuteja, Dr. Saikat Jena, Dr. Pritam Agrawal, Dr. Gurudeo Kumar
12:50 – 13:05	**AI, AR applications in Arthroscopic Knee surgery** Moderator- Dr. Shreyash Gajjar	Stephen Herrington (Arthrex Naples)
13:05 – 13:30	**Lunch**	
13:30 – 14:30	**Case based Symposium 7 - Patella Instability**	**Moderators -** Dr. Vivek Pandey, Dr. Sheetal Gupta **Panelists -** Dr. Mark Strauss, Dr. Nagraj Shetty, Dr. Clement Joseph, Dr. Fayaz Memon, Dr. Ranjit Panigrahi, Dr. Kalpesh Trivedi, Dr. Vikram Mhaskar, Dr. Prasad Bhagunde

ARTHRO KNEE 2026 Program

Day 2 1st Aug 2026 It's Meniscus, Cartilage, Patella & Alignment time!

Time	Topic	
14:30 – 15:00	**Re-Live Surgery 7 - Patella Instability** **(Focus – Technique Tips & Tricks)** (7 min per Speaker, 9 min discussion) Moderator- Dr. Shreyash Gajjar ***Re-live 1:*** **MPFL Recon.** ***Re-live 2:*** **Trochleoplasty** ***Re-live 3:*** **TTO**	**Judges –** Dr. Mark Strauss, Dr. Daisuke Araki, Dr. Vivek Pandey **Speakers –** Dr. Inderdeep Singh Dr. P Niemeyer Dr. Clement Joseph
15:00– 15:15	**Mini Battle 7 - Patella Instability with Judges verdict** (5 min each, 5 min discussion) Moderator- Dr. Shreyash Gajjar ***Topic:*** **Technique** **MPFL only** **MPFL + Trochleoplasty**	**Judges –** Dr. P Niemeyer, Dr. Daisuke Araki, Dr. Bhushan Sabnis **Speakers –** Dr. Dhrumil Patel Dr. Clement Joseph
15:15 – 15:35	**Key-note lecture 7 - Patella Instability** (10 min Speaker) ***Topic 1:*** **Patello-femoral instability Mx – My menu A la Carte** ***Topic 2:*** **Patello-femoral instability Mx – My Algorithm**	**Chairpersons –** Dr. P Niemeyer, Dr. Daisuke Araki, Dr. Clement Joseph **Speakers –** Dr. Mark Strauss Dr. Nagraj Shetty
15:35– 16:35	**Case based Symposium 8 - Osteotomy**	**Moderators -** Dr. Clement Joseph, Dr. Bhushan Sabnis **Panelists -** Dr. P Niemeyer, Dr. Daisuke Araki, Dr. Mark Strauss, Dr. Debashish Mishra, Dr. Nikhil Likhate, Dr. Nagraj Shetty, Dr. Sheetal Gupta, Dr. Ankit Goyal
16:35 – 16:55	**Re-Live Surgery 8 - Osteotomy** **(Focus - Technique Tips & Tricks)** (7 min per Speaker, 6 min discussion) Moderator- Dr. Shreyash Gajjar ***Re-live 1:*** **Proximal Tibial Osteotomy** ***Re-live 2:*** **Distal Femoral Osteotomy**	**Judges –** Dr. P Niemeyer, Dr. Daisuke Araki, Dr. Clement Joseph **Speakers –** Dr. Sheetal Gupta Dr. Bhushan Sabnis
16:55 – 17:10	**Mini Battle 8 - Osteotomy with Judges verdict** (5 min each, 5 min discussion) Moderator- Dr. Shreyash Gajjar ***Topic:*** **Root tear + Varus** **Root repair + HTO** **only HTO**	**Judges –** Dr. Mark Strauss, Dr. Daisuke Araki, Dr. Clement Joseph **Speakers –** Dr. Nagraj Shetty Dr. Bhushan Sabnis

ARTHRO KNEE 2026 Program

Day 2 1st Aug 2026 It's Meniscus, Cartilage, Patella & Alignment time!

Time	Topic	
17:10 – 17:30	**Key-note lecture 8 - Osteotomy** (10 min each) ***Topic 1:*** **Role of Knee Alignment & Preservation Sx in 2026** ***Topic 2:*** **Role of Knee Preservation surgery in my practise**	**Chairpersons –** Dr. Marc Strauss, Dr. Daisuke Araki, Dr. Bhushan Sabnis **Speakers –** Dr. P Niemeyer Dr. Clement Joseph
17:30 – 17:50	**My Worst Complication (Day 2 topics) & how I bailed out** (5 min each) Moderator- Dr. Shreyash Gajjar	Dr. P Niemeyer, Dr. Mark Strauss, Dr. Clement Joseph, Dr. Bhushan Sabnis
17:50 – 18:00	**Conclusion**	Dr. Shreyash Gajjar