1st Advanced Arthroscopy/Sports ankle Course

For Higher Surgical Trainees and Consultants

BRITISH ORTHOPAEDIC FOOT AND ANKLE SOCIETY &
INDIAN FOOT AND ANKLE SOCIETY

BOFAS
British Orthopaedic Foot & Ankle Society

1985
INDIAN FOOT & ANKLE SOCIETY

27th – 28th June 2025, MSR – ALC Bangalore

Teaching safe practice

Setting the right environment for learning

Informal

Interactive

Individual

Arthroscopy is an essential tool in modern-day Orthopaedics and forms part of the contemporary focus on minimally invasive techniques in surgery. One of the challenges has always been in training, as the techniques of visualisation and instrumentation within the small cavity of an ankle or foot joint are quite different from those in the more capacious knee or shoulder. Foot and Ankle arthroscopy is also a less commonly performed procedure than arthroscopy of the shoulder and knee, and there is a wealth of evidence to show that exposure during training is far less. Apprenticeship style training often needs to be supplemented with some focused instruction such as offered on these courses. Frequently this kind of refresher training is also invaluable in the early years of consultant life and beyond, particularly when adopting new techniques.

We are mindful that you will all be bursting to get into the labs, but there is some Q&A and debrief time allocated and please pick the brains of our highly experienced faculty at every opportunity, as that is very much the spirit of BOFAS educational meetings.

Rajesh Kakwani, Course Director

BOFAS Course Faculty

Mr Rajesh Kakwani (Course Director)

Rajesh Kakwani is a Consultant Orthopaedic Surgeon at Northumbria Healthcare NHS Trust. He specialises exclusively in Foot and ankle disorders including sports injuries. He studied medicine and then did his post-graduation (Masters Degree) in Orthopaedics from the Mumbai University, India. He completed his MCh Orthopaedics degree from the University of Liverpool in 2006. He did his Higher Surgical Training from the Northern Deanery, gaining the FRCS (Orth) accreditation in 2012. He was fellowship trained in foot and ankle surgery at Bristol and Sheffield. He was awarded BOFAS Travelling fellowship to the Sigvard Hansen Foot and Ankle Unit, Seattle in 2014. He is and has been a Clinical and Educational Supervisor for the Orthopaedic Specialty Trainees and teaches in a variety of regional and national courses. He serves various national roles presently as well in the past such as BOFAS Education/Scientific committee member, National Orthopaedic Selection Design group member, National orthopaedic SAC Quality Analysis lead. He is an examiner for the FRCS Trauma and Orthopaedic examinations.

Dr Inderjit Singh (Course Director)

Inderjit Singh is a foot and ankle surgeon working in Haryana. He did his postgraduate training from M.S. Ramaiah hospital, Bangalore. He completed his orthopaedic residency from GMC,Nalhar, Haryana. Currently the honorary secretary of the prestigious Indian Foot & Ankle Society (IFAS).
Having keen interest in foot and ankle surgery, he did visiting fellowship from Birmingham University Hospital, Alabama. He is the immediate past secretary and executive committee member of IFAS and has been actively involved in conducting various conferences and courses throughout the country. He has been invited as faculty for several Foot and ankle conferences including BOFAS, IFASCON and Indo-US foot and ankle conference. He has also actively participated in the Foot innovate webinars. Reviewer for various established journals and On the board for the Journal Foot and Ankle surgery – Asia Pacific.

Dr Shiv Manik Ajoy

Dr Shiv Manik Ajoy is currently working as an Associate Professor in the Department of Orthopaedics at Ramaiah Medical College and Hospital, with special interest in Foot and Ankle Orthopaedics. He has extensive experience with foot and ankle trauma and deformity corrections and is the past Secretary of the Indian Foot and Ankle Society and Bangalore Orthopaedic Society. He is presently the President Elect of IFAS and Associate Editor of the Journal of Foot and Ankle Surgery (Asia-Pacific) and has been a Faculty at many national and international conferences and courses.

Mr Maneesh Bhatia

Mr Maneesh Bhatia is a consultant Orthopaedic Foot and Ankle Surgeon at University Hospitals Leicester since 2009. He is a member of the scientific committee of European Foot and Ankle Society. He is currently the link person between BOFAS and EFAS and is helping to organise educational events for young foot and ankle surgeons. His book on musculoskeletal injections won the BMA best book award in 2021 and his most recent book “Essentials of foot and ankle surgery “ has been nominated for BMA best book award for 2022 and is being translated in Chinese.

Mr Vivek Dhukaram

Vivek Dhukaram is a Consultant Orthopaedic foot and ankle surgeon based at University Hospitals Coventry & Warwickshire NHS trust (UHCW).
He was trained and accredited as an Orthopaedic Surgeon from South Trent training scheme. He undertook advanced fellowship training from Nottingham and RNOH Stanmore and awarded British Orthopaedic Foot and Ankle Society and European Foot and Ankle Society travelling fellowships. He has set up the specialist Foot and Ankle service at university hospitals Coventry and Warwickshire and continues to develop it. He regularly teaches in the regional and national course. He is a member of BOFAS education committee and an examiner for UK & International FRCS (Tr & Orth)

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Dr Kamal Dureja

Kamal Dureja is a foot and ankle surgeon based in New Delhi. He is the currently the President of the Indian Foot and Ankle Society and has completed a visiting fellowship in Foot and ankle surgery at Dukes University North Carolina, USA. He takes keen interest in post graduate Orthopaedic training at Max Hospital, New Delhi. He has been invited as a speaker at various Foot and Ankle courses and CMEs organized in India.

Mr Steve Hepple

Steve Hepple is a NHS Consultant Foot & Ankle Surgeon, Honorary Senior Lecturer in Trauma and Orthopaedic Surgery and recent Clinical Director Musculoskeletal Services at North Bristol NHS Trust. He trained initially in Sheffield and Bristol before undergoing specialist training in Brisbane and Dallas. He specialises in sports injury, trauma and foot & ankle surgery including ankle arthroscopy and replacement.

Steve served two terms as BOFAS Treasurer and is a BOFAS Past President. He is also a faculty member of AO trauma.

Dr Sundarrajan Silvampatty Ramasamy

Head of the Department, Arthroscopy and Sports medicine, Ganga Medical Centre & Hospital Pvt. Limited, Coimbatore

MBBS, MS(Ortho), Fellowship in Arthroscopy & Arthroplasty, (Flinder's University, Australia) Fellowship in LARS(France) Fellowship - Dr. William Van-De-Merve,S ofth Africa Fellowship Training Foot and Ankle, Duke University, USA.

President Elect Indian Arthroscopy society

Vice President Tamil Nadu orthopaedic association

Past President Indian Association of Sports Medicine

Past President Indian Foot and Ankle society

ISAKOS COMMITTIEE MEMBER Foot and ankle

Associate Editor. JCOT

Editorial board member-APJFAS,JASSM

Reviewer-IJO,JAJS

Dr Rajesh Simon

Rajesh Simon is a Consultant foot and ankle trauma surgeon working in Lakeshore Hospital, Cochin, South India He had started the first Exclusive Foot & Ankle Clinic in his state Kerala. He has been Fellowship trained in foot & ankle in America and Australia. He has been the past President and past secretary of the Indian Foot & Ankle Society. He has been an AO faculty in basic, advanced and master courses. He is invited faculty on both National and International Meetings in both Foot & Ankle and Trauma. He also has organised many CMEs and conferences as well as AO courses in both Trauma and Foot & Ankle.

British Orthopaedic Foot and Ankle Society
Advanced Arthroscopy/Sports Ankle Course

Day 1 – Friday 27th June 2025

08:00-08:45	Registration	
08:45-09:00	Introduction & Welcome	Rajesh Kakwani
09:00-09:20	Clinical examination of the foot and ankle	Vivek Dhukaram
09:30-10:15	Interactive Examination of the normal Foot & Ankle	All faculty
10:15-10:30	Imaging for Sports ankle Pathology	SM Ajoy
10:30–10:45	Lateral ankle ligament instability management	Kamal Dureja
10:45-11:15	Coffee/Tea	
11:20-11:40	Osteochondral injuries talar dome management	Rajesh Kakwani
11:40–12:00	Ankle arthritis surgical management	Inderjit Singh
12:00-12:20	Insertional Achilles tendinopathy / chronic rupture management	Maneesh Bhatia
12:20-12:35	Posterior ankle impingement and os trigonum surgical management	Sundarajan Ramasamy
12:35-12:50	Arthroscopic assisted TTC fusion	Steve Hepple
12:50–13:00	Discussion	
13:00-14:00	**Lunch**	
14:00-17:30	Clinical examination and small group workshops	

Ankle Instability	Room 1	**Kakwani / Dureja**
Ankle arthritis	Room 2	**Hepple / Ajoy**
OCD Talus	Room 3	**Bhatia / Sundarajan**
Tendinopathy	Room 4	**Dhukaram / Simon**

	Group A	Group B	Group C	Group D
14:00 - 14:45	Ankle Instability	Ankle arthritis	OCD Talus	Tendinopathy
14:45 - 15:30	Ankle arthritis	OCD Talus	Tendinopathy	Ankle Instability
15:30 - 16:00	**Coffee**	**Coffee**	**Coffee**	**Coffee**
16:00 - 16:45	OCD Talus	Tendinopathy	Ankle Instability	Ankle arthritis
16:45 - 17:30	Tendinopathy	Ankle Instability	Ankle arthritis	OCD Talus

17:30–18:00	Discussion difficult cases from delegates	Rajesh Simon
20:00	Course dinner Faculty & Delegates – venue TBC	

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Day 2 – Saturday 28th June 2025

08:00-08:20	Registration	
08:20-08:30	Welcome - why arthroscopy?	Rajesh Kakwani
08:30-08:40	Ankle Arthroscopy basics - kit, set-up, skills	Vivek Dhukaram
08:40-08:50	Bostroms repair	Kamal Dureja
08:50-09:00	Anterior arthroscopy	SM Ajoy
09:00-09:10	Anterior arthroscopy for OCL talus	Rajesh Kakwani
09:10-09:20	Sub-talar arthroscopy	Sundarajan Ramasamy
09:20-09:30	Posterior ankle / subtalar arthroscopy	Maneesh Bhatia
09:30-09:40	Achilles and Haglund's Deformity	Rajesh Simon
09:40-09:50	Arthroscopic ankle arthrodesis	Inderjit Singh
09:50-10:00	Arthroscopic sub-talar joint arthrodesis	Steve Hepple

10:00-10:15 Coffee

(Transfer to cadaveric lab)

10:30-12:30 Lab session 1

- Anterior ankle arthroscopy demonstration
- Anterior bony and soft debridement
- OCL
- Sub-talar arthroscopy
- Posterior endoscopic removal of os trigonum/trigonal process

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12:30 -13:30 Lunch

Afternoon Session
(Transfer to cadaveric lab)

13:30-16:30 Lab session 2

Tendons and sub-talar joint

- Achilles and Haglund's Deformity
- Arthroscopic ankle arthrodesis
- Arthroscopic sub-talar joint arthrodesis
- Achilles and Haglund's Deformity
- Ankle arthrodesis
- Sub-talar arthrodesis

(Change and move to lecture hall)

16:40-17:00	De-brief, Q&A and prizes over coffee/drinks	All faculty

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Course Feedback

Please take the time to fill in the course feedback as this will allow us to improve the programme for future participants.

The link will be open until 4th July after which it will be closed. If the feedback is not completed no certificate will be available.

Once feedback has been submitted a certificate will be emailed. Please download and save this as duplicates are not available.

https://forms.gle/GQkAYM89Hi8ygNi86
Use Code:

BOFAS Course Feedback