



**RAMAIAH**

**ADVANCED  
LEARNING CENTER**

# **Ramaiah Post Graduate Foundation Skills in Orthopaedic Surgery**

March 8 & 9, 2019

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**Surgical approaches to upper  
and lower limb – Cadaver Training**

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Venue : Ramaiah Advanced Learning Center

Dear friends,

No Surgeon is born great. They have achieved it by sheer hard work. The Art, Craft & Science of making a young budding post graduate into a good surgeon is a journey which involves hard work and plenty of effort. The training is to make them understand nuances of surgery and teach them some basic skill. It is to make them learn & sometimes unlearn certain important steps that will lead them with practice to perfection. The road towards the goal is long, no big jumps but small steps toward achieving the ultimate goal. Our is a small effort to handhold the post graduates in their journey to become master surgeon of the future.

We welcome the future surgeons to the two-day cadaveric course on orthopedic exposures. This course is aimed at providing the best experience in surgical exposures for all traumas. The course is mainly aimed for post graduates to learn and practice routinely used exposure layer by layer and pick up small skills under the watchful eyes of experienced surgeons.

A good surgeon is known by his how well he operates and not how he operates. The distinction between average surgeons to a good surgeon is to develop this skill. We plan to have a short session on good practices in OR and some of the Do's and Don'ts.

We plan to have limited numbers for each dissection and hence we have only limited seats for this course. We promise to make your learning memorable and we are sure you will find this experience, one of the most useful one in your future practice.

**Dr. Naresh Shetty**  
Chief – RALC & Course Director

## Day 1 (8-03-2019, Friday) - Upper Limb

09:00 - 09:30 am      Registration

09:30 - 09:45 am      Inauguration

### **Session 1**

### **Topic**

09:45 - 09:50 am      Deltopectoral approach to humerus

09:50 - 09:55 am      Anterolateral approach to humerus

09:55 - 10:00 am      Posterior approach to humerus

10:00 - 10:05 am      Posterior approach to elbow

10:05 - 10:20 am      Discussion

### **10:20 - 10:30 am      TEA BREAK**

10:30 - 01:00 pm      Demonstration of the approaches  
on the cadaver

### **01:00 - 02:00 pm      LUNCH BREAK**

02:00 - 02:05 pm      Volar approach to distal radius

02:05 - 02:10 pm      Volar approach to Forearm

02:10 - 02:15 pm      Volar approach to scaphoid

02:15 - 02:20 pm      Dorsal to approach to wrist

02:20 - 02:25 pm      Dorsal approach to forearm

02:25 - 02:40 pm      Good practices in OR

02:40 - 02:45 pm      Discussion

02:45 - 04:30 pm      Cadaver dissection

## **Day 2 (9-03-2019, Saturday) – Lower limb**

|                         |                                          |
|-------------------------|------------------------------------------|
| 09:30 - 09:40 am        | Posterior approach to hip / KL approach  |
| 09:40 - 09:45 am        | Lateral approach                         |
| 09:45 - 09:50 am        | Smith Petersen approach                  |
| 09:50 - 09:55 am        | Lateral approach to distal femur         |
| 09:55 - 10:00 am        | Anterolateral approach to proximal tibia |
| 10:00 - 10:05 am        | Medial approach to proximal tibia        |
| 10:05 - 10:20 am        | Discussion                               |
| <b>10:20 - 10:30 am</b> | <b>Tea break</b>                         |
| 10:30 - 01:00 pm        | Hands on cadaveric dissection            |
| <b>01:00 - 01:45 pm</b> | <b>Lunch break</b>                       |
| 01:45 - 01:50 pm        | Fasciotomy for lower limb                |
| 01:50 - 01:55 pm        | Anterolateral approach to ankle          |
| 01:55 - 02:00 pm        | Anteromedial approach to ankle           |
| 02:00 - 02:05 pm        | Extensile lateral approach to calcaneum  |
| 02:05 - 02:10 pm        | Lisfranc's Dorsal approach               |
| 02:10 - 02:30 pm        | Discussion                               |
| 02:30 - 04:30 pm        | Cadaveric dissection                     |

Course Director : **Dr Naresh Shetty**  
Course Coordinator : **Dr Darshan Kumar A Jain**

Faculty :

|                                 |                            |
|---------------------------------|----------------------------|
| <b>Dr. Harshad M Shah</b>       | <b>Dr. Sharath K R</b>     |
| <b>Dr. Ashok P</b>              | <b>Dr. Ponnanna</b>        |
| <b>Dr. Ajoy S M</b>             | <b>Dr. Sandesh Manohar</b> |
| <b>Dr. Vanamali B Seetharam</b> | <b>Dr. Shishir</b>         |
| <b>Dr. Darshan Kumar</b>        | <b>Dr. Karthik M N</b>     |

**Course intake 30 (3 per limb)**

**Course fee :** (No spot registrations)

**For post graduates :** Rs 6000 till 31/1/2019  
Rs 7000 from 1/02/2019

Letter from the HOD is mandatory for Post graduates

**For consultants :** Rs 9000 before 31/01/2019  
Rs 10000 from 1/02/2019

**Bank details :**

Cheque / DD drawn in favour of

"MSRUAS - M.S.Ramaiah Advanced Learning Center"

MSRALC Account No - 914010033412174

MICR Code - 560211017 | NEFT/ IFSC Code - UTIB0000559

AXIS BANK

**Contact details :** Secretary to Chief, RALC

080 2218 2819 | [info@msralc.org](mailto:info@msralc.org) | web: [www.msralc.org](http://www.msralc.org)

Dr Darshan Kumar A. Jain

+91 9844994342 | [jaindarshan81@gmail.com](mailto:jaindarshan81@gmail.com)

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Venue : Ramaiah Advanced Learning Center  
New BEL Road, MSRIT Post, Bangalore 560 054.  
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## Accommodation Details

### Corporate Park Inn

#1,17/5,Jaladarshini Layout,  
Near M S Ramaiah Memorial Hospital  
Gate No.5, New BEL Road, Bangalore-54  
7795260999, 080-41230426

### Lifestyle Hospitality

Service Apartment  
9482416263

### The Sanctum Suites

Service Apartments  
080 23511282, 990 183 1111

### The Green Tree

S.L. Radhakrishna Raja  
Chief Executive  
# 44 - 1st Main Road, Mathikere,  
Yeshwanthpur, Bangalore - 560 054  
9880957095, 80 - 41516191 / 92 / 93  
[booking@hotelgreentrees.com](mailto:booking@hotelgreentrees.com)

### Hotel Krishinton

# 993, M S Ramaiah Main Road,  
Near IISc D- Gate, Mathikere,  
Bangalore - 560054. Karnataka India  
+91 080 4259 5959  
[reservations@krishinton.com](mailto:reservations@krishinton.com)



# RAMAIAH

## ADVANCED LEARNING CENTER

### Ramaiah Post Graduate Foundation Skills in Orthopaedic Surgery

March 8 & 9, 2019

## Registration Form

|                            |        |              |            |           |  |
|----------------------------|--------|--------------|------------|-----------|--|
| Name                       |        |              |            |           |  |
| Designation                |        |              |            |           |  |
| Reg. No.                   |        |              |            |           |  |
| State of Registration      |        |              |            |           |  |
| Address                    |        |              |            |           |  |
| Institution                |        |              |            |           |  |
| City                       |        |              | Pin code   |           |  |
| Address for correspondence |        |              |            |           |  |
| Country                    |        |              |            |           |  |
| Phone no.                  | Office | Country code | City code  | Phone no. |  |
|                            | Mobile | Country code | Mobile no. |           |  |
| E mail ID                  | 1      |              |            |           |  |
|                            | 2      |              |            |           |  |

I am herewith enclosing Demand Draft/ Cheque no. .... dated .....  
drawn on ..... Bank, for Rs. ....  
(in words.....).

Date .....

Signature.....