KING HAMAD
UNIVERSITY HOSPITAL
مستشفى الملك حمد الجامعي



Under the patronage of

His Highness Shaikh Nasser Bin Hamad Al Khalifa

His Majesty's Representative for
Humanitarian Works and Youth Affairs

King Hamad University Hospital in collaboration with The International Society of Orthopaedic Surgery and Traumatology (SICOT) is organizing the Middle Eastern Sports Meeting

SICOT
BAHRAIN MIDDLE EASTERN KNEE SPORTS MEETING



4th & 5th November, 2022

Grand Swiss-Belhotel Waterfront
Seef District-Bahrain

Organized by King Hamad University Hospital & SICOT, Kingdom of Bahrain

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SICOT

BAHRAIN MIDDLE EASTERN KNEE SPORTS MEETING



4th & 5th November, 2022

Grand Swiss-Belhotel Waterfront
Seef District-Bahrain

Speciality Knee Meeting
Keep your knees healthy

ONLINE REG. FEE: 40 BD
ON SPOT REG. FEE: 60 BD

Registration Link:
https://forms.office.com/r/FLrKBWEazp

Hybrid meeting online attendance via Microsoft teams

Target:
Orthopedic Trainees, Specialist, Interns, Physiotherapists Nurses & Students.

14
CME Hours

For more information :-
Ms. Reshma Murali - Tel: +973 17444275
Research4@khuh.org.bh

AIM: Train in advance management of knee pathologies.

Organized by King Hamad University Hospital & SICOT, Kingdom of Bahrain

ORGANIZED BY KING HAMAD UNIVERSITY HOSPITAL & SICOT



MAJOR GENERAL (DR.) SHAIKH SALMAN BIN ATEYATALLAH AL KHALIFA
COMMANDER OF KING HAMAD UNIVERSITY HOSPITAL - BAHRAIN



DR. FABIO V. SCIARRETTA
SICOT CHAIRPERSON - ITALY



DR. AHSAN BUTT
CHAIRPERSON-BAHRAIN



DR. UMER BUTT
VICE CHAIRPERSON-PAKISTAN



DR. DALAL ALHASAN
CHIEF ORGANIZER -BAHRAIN

SCIENTIFIC COMMITTEE



DR. FABIO V. SCIARRETTA
ITALY



DR. AHSAN BUTT
KHUH-BAHRAIN



DR. UMER BUTT
PAKISTAN



LT. COL. DR. KHALID ALKUWARI
KHUH-BAHRAIN



DR. RENE VERDONK
BELGIUM



DR. NAIF AL HAMAM
SAUDI ARABIA



DR. JAMAL SALEH
BAHRAIN

ORGANIZING COMMITTEE



DR. DALAL ALHASSAN
KHUH-BAHRAIN



MS. ZAINAB HUSSAIN
KHUH-BAHRAIN



MS. RESHMA MURALI
KHUH-BAHRAIN



MS. MONA ALKUWARI
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MS. RANA BUKHAMMAS
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MR. FAWAZ ALAAMER
KHUH-BAHRAIN



MR. ZEYAD TOLEFAT
KHUH-BAHRAIN



MR. KOSHY VAIDYAN
KHUH-BAHRAIN



MS. SUBITHA VARUGHESE
KHUH-BAHRAIN

INTERNATIONAL SPEAKERS



DR. FABIO V. SCIARRETTA
ITALY



DR. GOWREESON THEVENDRAN
SICOT EDU. ACADEMY CHAIR
SINGAPORE



DR. UMER BUTT
PAKISTAN



DR. RENE VERDONK
BELGIUM



DR. JOHN LANE
USA



DR. VIKAS K KANDUJA
UK



DR. GORDON MACKAY
UK



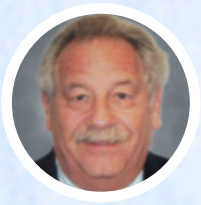
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DR. ANDREW AMIS
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DR. ROBERT B. LITCHFIELD
CANADA



DR. STEPHEN ABELOW
USA



DR. MATS BRITTBERG
SWEDEN



DR. SVEN SCHEFFLER
GERMANY



DR. ALBERTO GOBBI
ITALY



DR. GREGORY DIFELICE
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DR. SYED IMRAN ALI SHAH
PAKISTAN

REGIONAL & LOCAL SPEAKERS



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SAUDI ARABIA



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DR. BASHIR A. ZIKRIA
QATAR

KEEP YOUR KNEES HEALTHY FIGHTING EARLY ARTHRITIS

DAY-1 (4th November 2022)

MEETING CHAIRPERSON: DR. F. V. SCIARRETTA (ITALY), DR. A. BUTT (BAHRAIN)
MEETING VICE CHAIRPERSON: DR. U. BUTT (PAKISTAN),
CHIEF ORGANIZER: DR. DALAL AL HASAN (BAHRAIN)

08:00-08:30	REGISTRATION	
08:30-09:00	AUTHORITIES WELCOME ADDRESSES	**DR. AHSAN BUTT, (CHARIPERSON)** **DR. F. V. SCIARRETTA (CHAIRPERSON)** **DR. G. THEVENDRAN (SICOT EC. MEMBER)**

SESSION 1 -EARLY KNEE OA OVERVIEW

MODERATORS: LT. COL. DR. K. ALKUWARI, DR. F. V. SCIARRETTA , DR. M. BRITTBERG

09:00-09:10	EARLY OA	**DR. D. GRANDE (USA)**
09:10-09:20	BIOMECHANICS OF OA	**DR. A. AMIS (UK)**
09:20-09:30	BIOLOGICAL KNEE REPLACEMENT FOR YOUNG OA ACTIVE PATIENT	**DR. J. LANE (USA)**
09:30-09:45	DISCUSSION	

SESSION 2 -ADDRESSING ACTUAL CHALLENGES IN MENISCAL PATHOLOGY

MODERATORS: DR. R. VERDONK, DR. A. AMIS, DR. J. SALEH

09:45-10:00	LECTURE: I DID IT MY WAY: MY PERFECT MENISCUS OVER THE YEARS	**DR. R. VERDONK (BELGIUM)**
10:00-10:10	MANAGEMENT OF MENISCAL DEGENERATIVE TEARS	**Dr. J. SALEH (BAHRAIN)**
10:10-10:20	MANAGEMENT OF ROOT & RAMP TEARS: ART OF RECOGNITION AND CURRENT TREATMENT	**DR. M.AL BLUWI (SAUDI ARABIA)**
10:20-10:30	CHRONIC MENISCAL TEARS: REPAIR OR DEBRIDE?	**DR. S. MASKARI (OMAN)**
10:30-10:40	FILLING PARTIAL MENISCAL DEFECTS WITH "SCAFFOLDS"	**DR. R. VERDONK (BELGIUM)**
10:40-10:50	MENISCAL ALLOGRAFTS: CURRENT TRENDS AND OUTCOMES	**DR. R. B. LITCHFIELD (CANADA)**
10:50-11:00	FAILED MENISCAL REPAIR: RE-REPAIR IS AN OPTION	**DR. A. ALJAWDER (BAHRAIN)**
11:00-11:10	ANTEROMEDIAL INSTABILITY: NEW TREATMENT DEVELOPEMENTS	**DR. A. AMIS (UK)**
11:10-11:30	DISCUSSION	
11:30-11:45	**COFFEE BREAK**	

SESSION 3 -ADDRESSING ACTUAL CHALLENGES IN ACL & PCL PATHOLOGIES

MODERATORS: DR. U. BUTT, DR. R. ABUTALIB, DR. M. AL BLUWI

11:45-12:00	LECTURE: MODERN DAY ACL PRESERVATION : HOW DID I GET HERE	**DR. G. DIFELICE (USA)**
12:00-12:10	FACING PATIENTS WITH HYPERLAXITY	**DR. R. B. LITCHFIELD (CANADA)**
12:10-12:20	FACING ACL + MPFL IN ONE STEP	**DR. N. AL HAMAM (SAUDI ARABIA)**
12:20-12:30	FACING ACL + MCL IN ONE STEP	**DR. U. BUTT (PAKISTAN)**
12:30-12:40	FACING INSTABILITY + MALALIGNMENT IN ONE STEP	**DR. R. B. LITCHFIELD (CANADA)**
12:40-12:50	ACL RECONSTRUCTION WITH INTERNAL BRACE, ADVANTAGES AND RESULTS	**DR. G. MCKAY (UK)**
12:50-13:00	ACL AVULSION FIXATION, OPEN VS ARTHROSCOPIC	**DR. I. SHAH (PAKISTAN)**
13:00-13:10	ISOLATED PCL INJURY, DO IT RIGHT THE FIRST TIME	**DR. P. NEYRET (UAE)**
13:10-13:20	MANAGEMENT OF COMPLEX MULTI LIGAMENT KNEE INJURY CURRENT TRENDS	**DR. V. KANDUJA (UK)**
13:20-13:30	MY EXPERIENCE WITH ACL OVER THE LAST 20 YEARS	**LT. COL. DR. K. ALKUWARI (BAHRAIN)**
13:30-13:40	WHY DO ACL RECONSTRUCTIONS FAIL? HOW TO REVISE?	**DR. R. ABUTALIB (SAUDI ARABIA)**
13:40-14:00	DISCUSSION	

14:00-15:00 **LUNCH BREAK & SPONSORED SYMPOSIUMS**

SESSION 4 - ADDRESSING ACTUAL CHALLENGES IN CARTILAGE PATHOLOGY

MODERATORS: DR. F.V SCIARRETTA, DR. S. ABELOW, DR. NAIF AL HAMAM

15:00-15:15	LECTURE: I DID IT MY WAY: MY PERFECT CARTILAGE OVER THE YEARS	**DR. M. BRITTBERG (SWEDEN)**
15:15-15:25	OSTEOARTICULAR AUTOGRAFTS (OATS & MOSAICPLASTY)	**DR. S. ORDUNA (UAE)**
15:25-15:35	CELL-FREE SCAFFOLD REPAIR	**DR. F. V. SCIARRETTA (ITALY)**
15:35-15:45	CELL-SEEDED SCAFFOLD REPAIR	**DR. M. BRITTBERG (SWEDEN)**
15:45-15:55	MINCED CARTILAGE REPAIR	**DR. E. PAPACOSTAS (QATAR)**
15.55-16.05	ALLOGRAFTS	**DR. S. ABELOW (USA)**
16:05-16:15	BONE MARROW AUGMENTED REPAIR	**DR. A. GOBBI (ITALY)**
16:15-16:25	ADIPOSE MARROW AUGMENTED REPAIR	**DR. F. V. SCIARRETTA (ITALY)**

16:25-16:35	THE SECRETOME	**DR. D. GRANDE (USA)**
16:35-16:45	DISCUSSION	
16:45-16:55	**TEA BREAK**	
16:45-17:45	**HANDS-ON WORKSHOP : LT. COL. DR. K. ALKUWARI, DR. A. ALJAWDER, DR. M. MUSTAFA**	
	MENISCAL REPAIRS	**DR. R. VERDONK, DR. N. AL HAMAM**
	ACL RECONSTRUCTION	**DR. N. AL HAMAM, DR. U. BUTT, DR. S. ORDUNA**

DAY-2 (5th November 2022)

SESSION 5 - ADDRESSING ACTUAL CHALLENGES IN MALALIGNMENT

MODERATORS: DR. B. A. ZIKRIA, DR. J. LANE, DR. M. M. MUSTAFA

09:00-09:15	LECTURE: I DID IT MY WAY: MY PERFECT ALIGNMENT OVER THE YEARS	DR. P. NEYRET (UAE)
09:15-09:25	WHAT'S NORMAL ALIGNMENT	DR. J. SALEH (BAHRAIN)
09:25-09:35	PREOPERATIVE OSTEOTOMY PLANNING	DR. B.A.ZIKRIA (QATAR)
09:35-09:45	HIGH TIBIAL OSTEOTOMIES	DR. M. MUSTAFA (BAHRAIN)
09:45-09:55	FEMORAL OSTEOTOMIES	DR. P. NEYRET (UAE)
09:55-10:05	TIBIAL TUBERCLE OSTEOTOMIES	DR. M. ALSAATI (SAUDI ARABIA)
10:05-10:15	OSTEOTOMY + MENISCAL & CARTILAGE REPAIR	DR. R. VERDONK (BELGIUM)
10:15-10:25	PATELLOFEMORAL MALALIGNMENT: ROLE OF TTO, MPFL, TROCHLEOPLASTY	DR. R. ABUTALIB (SAUDI ARABIA)
10:25-10:35	UNI KNEE REPLACEMENT PAST, PRESENT & FUTURE	DR. U. BUTT (PAKISTAN)
10:35-10:50	DISCUSSION	
10:50-11:15	COFFEE BREAK	

SESSION 6 - ORTHOBIOLOGICS IN OA PREVENTION

MODERATORS: DR. D. GRANDE, DR. R. B. LITCHFIELD, DR. A. BUTT

11:15-11:25	LECTURE:EXOSOMES TREATMENT OF CARTILAGE DEFECTS & EARLY OA	DR. D. GRANDE (USA)
11:25-11:35	HYALURONIC VERSUS PRP INJECTIONS	DR. A. BUTT (BAHRAIN)
11:35-11:45	ADIPOSE STEM CELL INJECTIONS	DR. F. V. SCIARRETTA (ITALY)
11:45-11:55	BONE MARROW CONCENTRATE INJECTIONS	DR. A. GOBBI (ITALY)
11.55-12:05	STEM CELL THERAPY IN KNEES	DR. M. SADAT-ALI (BAHRAIN)
12:05-12:15	BIOLOGICS IN ACL	DR. A. BUTT (BAHRAIN)
12:15-12:30	DISCUSSION	
12:30-13:30	LUNCH BREAK	

SESSION 7 -ON STAGE TREATMENTS

MODERATORS: DR. F. V. SCIARRETTA, DR. R. VERDONK, DR. G. THAVENDRAN

13:30-13:45	LECTURE:INTERNAL BRACE MY 10 YEAR JOURNEY FROM CONCEPT TO CLINIC: HOW & WHY I CHANGED MY PRACTICE	**DR. G. MACKAY (UK)**
13:45-13:55	BIOLOGICAL ROTATOR CUFF REPAIR: WHERE WE STAND IN 2022	**DR. J. LANE (USA)**
13:55-14:05	ARTHROSCOPIC APPROACH TO CARTILAGE DEFECTS	**DR. K. F. ALMQVIST (UAE)**
14:05-14:15	ACL WITH PERONEUS LONGUS	**DR. U. BUTT (PAKISTAN)**
14:15-14:25	NUSURFACE	**DR. S. SCHEFFLER (GERMANY)**
14:25-14:35	MINI METAL INLAY IMPLANTS	**DR. F. V. SCIARRETTA (ITALY)**
14:35-14:45	PRIMARY ACL REPAIR	**DR. S. ABELOW (USA)**
14:45-14:55	INNOVATIVE TECHNIQUES IN ANKLE ARTHROSCOPY	**DR. G. THAVENDRAN (SINGAPORE)**
14:55-15:05	SPORTS AFTER TOTAL KNEE REPLACEMENT	**DR. A. AL ZAHRANI (SAUDI ARABIA)**
15:05-15:15	THE OATS FOR KNEE CARTILAGE LESIONS- THE PORTO GUT TECHNIQUE	**DR. J. E. MENDES (PORTUGAL)**
15:15-15:25	TIPS AND TRICKS TO IMPROVE MENISCAL EXTRUSION	**DR. J. LANE (USA)**
15:25-15:45	DISCUSSION	
15:45-15:55	**TEA BREAK**	
15:45-17:30	**HANDS-ON WORKSHOP: LT. COL. DR. K. ALKUWARI, DR. A. ALJAWDER, DR. M. MUSTAFA**	
	MENISCAL REPAIRS	**DR. R. VERDONK, DR. J. LANE, DR. J. SALEH**
	INTRA-ARTICULAR INJECTIONS	**DR. A. BUTT, DR. A. GOBBI, LT. COL. DR. K. ALKUWARI**
	ACL RECONSTRUTION	**DR. G. MCKAY, DR. A. ALJOWDER DR. U. BUTT**
	ACL REPAIR	**DR. U. BUTT, DR. R. ABUTALIB**
	HIGH TIBIAL OSTEOTOMY	**DR. B. A. ZIKRIA, DR. M. MUSTAFA**
	CARTILAGE REPAIR	**DR. F. V. SCIARRETTA, DR. J. LANE**

THE END

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