



INTERNATIONAL MUSCULOSKELETAL SUMMIT

26-28
SEP 2025

VENUE
HENNESSY PARK HOTEL
EBENE, MAURITIUS

Scientific Program



MSK MRI WORKSHOP (DAY 1)

Format:

Fully DICOM-based with individual delegate access

Theme:

50% Sports Injuries | 50% Degenerative, Inflammatory, Neoplastic & Miscellaneous Pathologies

VENUE: HOTEL HENNESSY PARK, EBENE, MAURITIUS

DATE : 26TH SEPTEMBER 2025

08:00 AM – 08:30 AM	Registration & Welcome Coffee	
08:30 AM – 10:30 AM	SESSION 1: SHOULDER MRI	
	Theme: The Shoulder Spectrum – Stability, Motion & Breakdown Moderator: TBD	
08:30 AM – 08:50 AM	How to Read a Shoulder MRI for Beginners	Dr. Avneesh Chhabra
08:50 AM – 09:15 AM	Rotator Cuff Tears	Dr. Gaurav Kant Sharma
09:15 AM – 09:30 AM	SLAP Tears and Variants	Dr. Girish Gandhikota
09:30 AM – 09:50 AM	Imaging Shoulder Instability	Dr. D.K. Singh
09:50 AM – 10:10 AM	Postoperative Shoulder: MRI after Cuff & Labral Repair	Dr. Avneesh Chhabra
10:10 AM – 10:30 AM	Beyond Cuff and Labrum	Dr. Avneesh Chhabra
10:30 AM – 11:00 AM	Working Tea Break + Panel Discussion (Shoulder MRI case discussion with experts)	

11:00 AM – 13:00 PM	SESSION 2: KNEE MRI	
	Theme: The Pivotal Joint – Breaking Down the Knee on MRI	
11:00 AM – 11:20 AM	MRI Protocols & Anatomy	Dr. Rajesh Botchu
11:20 AM – 11:35 AM	ACL & PCL Injuries	Prof. Nizar Al Nakshabandi
11:35 AM – 12:00 PM	Meniscal Mysteries: Simple to Complex Tears	Dr. Avneesh Chhabra
12:00 PM – 12:10 PM	Extensor Mechanism Injuries	Dr. Vijay Papineni
12:10 PM – 12:30 PM	Posterolateral & Posteromedial Corner Injuries	Dr. Rajesh Botchu
12:30 PM – 12:45 PM	Cartilage Imaging: OA & Chondral Lesions	Dr. Avneesh Chhabra
12:45 PM – 13:00 PM	Post operative imaging of knee	Dr. Avneesh Chhabra
13:00 PM – 14:00 PM	LUNCH BREAK	

14:00 PM – 16:15 PM	SESSION 3: ANKLE & FOOT MRI	
Theme: Balance & Breakdown – The Loaded Hindfoot & Forefoot		
14:00 PM – 14:30 PM	MRI Sequences & Anatomy for Ankle & Foot	Dr. D.K. Singh
14:30 PM – 15:00 PM	Ligamentous Injuries: Lateral, Medial & Syndesmotic	Dr. Girish Gandhikota
15:00 PM – 15:10 PM	Flat Foot, Spring Ligament & Tibialis Posterior	Dr. Rajesh Botchu
15:10 PM – 15:30 PM	Achilles Tendon & Plantar Fascia Imaging	Dr. Vijay Papineni
15:30 PM – 16:00 PM	Post operative imaging of ankle	Dr. Avneesh Chhabra
16:00 PM – 16:15 PM	Lisfrank and forefoot lesions	Dr. Avneesh Chhabra
16:15 PM – 16:30 PM	Tea Break	
16:30 PM – 18:15 PM	SESSION 4: MRI IN INFLAMMATORY ARTHRITIS & MISCELLANEOUS	
16:30 PM – 16:40 PM	MRI Sequences & Approach in Inflammatory Arthritis	Dr. Girish Gandhikota
16:40 PM – 17:10 PM	MRI in Inflammatory Spondyloarthropathies	Dr. Avneesh Chhabra
17:10 PM – 17:35 PM	Five Common Hip Conditions (e.g., AVN, FAI)	Dr. Rajesh Botchu
17:35 PM – 17:55 PM	Musculoskeletal Tumors and Mimics: Imaging Protocols & Approach	
17:55 PM – 18:15 PM	Interactive Quiz + Prizes for Top 3 Winners	
	Quiz Masters: Dr. Girish, Dr. Rajesh, Dr. Elena	
18:30 PM – 20:30 PM	Meet & Greet (Fun networking evening with Faculty over cocktails and music)	



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Hands-On Clinical Musculoskeletal Ultrasound Workshop

International Musculoskeletal Summit 2025 – Mauritius
Saturday, 27 September 2025

Venue: Hennessy Park Hotel, Ebene, Mauritius

Theme:

From Basics to Advance – Focused Clinical Approach to Diagnosis

Scientific Programme

08:00–08:15 AM	Registration	
08:15–08:30 AM	Welcome Address and Workshop Briefing	Dr. Girish Gandhikota
08:30–10:15 AM	SHOULDER (120 Minutes)	
08:30–08:50 AM	Basic Shoulder Ultrasound Live Demo: Comprehensive evaluation of the shoulder joint (20 Minutes) • Supraspinatus • LHBT • Subacromial bursa • AC joint • Potential injection sites for the gleno-humeral joint and bursa	Dr. Rajesh Botchu
08:50–09:10 AM	Advance Shoulder Live Demo (20 Minutes) • Rotator interval • Shoulder ligaments • Labrum • Frozen shoulder • Dynamic assessment • Peripheral nerves	Dr. Gaurav Kant Sharma
09:10–09:30 AM	Interactive Lecture: Key shoulder pathologies – (25 minutes) • Rotator cuff tears and postoperative evaluation of cuff • Calcific tendinitis • Adhesive capsulitis • Biceps pathology • AC joint osteoarthritis • Labral and ligament tears	Dr. Girish Gandhikota
09:30–10:15 AM	Hands-On Workshop (Shoulder) + Working Tea Break – (55 Minutes)	

10:15–11:40 AM	ELBOW, WRIST & HAND (90 Minutes)	
10:15–10:25 AM	Basic Live Elbow Demo: Evaluation of the elbow joint (10 Minutes) • Flexor/extensor tendons – Tennis and golfer’s elbow • Triceps tendon • Joint recesses	Dr. Vijay Papineni
10:25–10:40 AM	Advanced Live Elbow Demo (15 Minutes) • Collateral ligaments • Distal biceps tendon – short and long heads • Synovial plica • Annular ligament • Elbow impingement • Peripheral nerves	Dr. Girish Gandhikota
10:40–10:55 AM	Basic Live Wrist & Hand Demo: Evaluation of the wrist and hand (15 Minutes) • Flexor/extensor tendons • Median and ulnar nerves – carpal tunnel • Radiocarpal joint	Dr. Elena Drakonaki
10:55–11:10 AM	Advanced Live Wrist & Hand Demo (15 Minutes) • TFCC • Scapholunate and other wrist ligaments • ECU stability • Finger pulleys • Volar plate • Sagittal band • Extensor tendon anatomy	Dr. Elena Drakonaki
11:10–11:40 AM	Interactive Lecture (30 Minutes) • Wrist/Hand Screening protocol for Inflammatory arthritis • Tennis/golfer’s elbow • Triceps/distal biceps injuries • Five common wrist pathologies • Five common hand pathologies	Dr. Girish Gandhikota
11:40 AM–12:10 PM	Inauguration Ceremony (30 Minutes)	
12:10–13:10 PM	Hands-On Workshop – Elbow + Wrist/Hand (Common Session) (60 Minutes) • Gripping pain • Trigger finger • Median/ulnar nerve disorders	
13:10–14:00 PM	Lunch Break – 50 Minutes	
14:00–15:40 PM	HIP & GROIN (40 Minutes)	
14:00–14:20 PM	Basic Live Demo: Hip evaluation – 15 Minutes • Iliopsoas and hip recesses • Anterior tendons • Gluteus medius/minimus	Prof. Nizar Al Nakshabandi
14:20–14:40 PM	Advanced Live Demo – 10 Minutes • Ischiofemoral space • Snapping hip • Piriformis & Sciatic Nerve	Dr. D.K. Singh

14:40–14:55 PM	Interactive Lecture on 5 common pathologies around hip – 15 Minutes • GTPS (Greater trochanteric pain syndrome) • Athletic pubalgia • Hamstring origin Injuries	Dr. Elena Drakonaki
14:55–15:40 PM	Hands-On Workshop	
15:40–16:30 PM	KNEE (50 Minutes)	
15:40–15:55 PM	Basic Live Demo: Knee evaluation – 15 Minutes • Quadriceps/patellar tendons • MCL/LCL • Joint recesses • Baker's cyst	Dr. Iqbal Siddie Ganie
15:55–16:10 PM	Advanced Live Demo – 10 Minutes • Posterolateral corner • Meniscocapsular junction • Hoffa's fat pad • Cruciate ligaments	Dr. Gaurav Kant Sharma
16:10–16:30 PM	Interactive Lecture on 5 common pathologies around knee – 20 Minutes– • Extensor Mechanism Injuries • Collateral ligament Injuries • Baker's cyst and other Bursitis around knee • Knee joint effusion/synovitis etc	Dr. Vijay Papineni
16:30–17:15 PM	ANKLE & FOOT (45 Minutes)	
16:30–16:45 PM	Basic Live Demo: Ankle and foot evaluation (15 Minutes) • Achilles tendon • Plantar fascia • Peroneal tendons • Tibialis posterior tendon • ATFL • CFL • Deltoid ligament	Dr. Girish Gandhikota
16:45–17:00 PM	Advanced Live Demo (15 Minutes) • Spring ligament • Subtalar joint • Posteromedial impingement • Tarsal tunnel • Morton's neuroma	Dr. Girish Gandhikota
17:00–17:15 PM	Interactive Lecture (15 Minutes) • Tendinopathies • Ligament injuries • Nerve entrapments	Dr. D.K. Singh
17:15–18:15 PM	PERIPHERAL NERVE ULTRASOUND (30 Minutes)	
17:15–17:45 PM	Interactive Lecture + Live Demo • Median, ulnar, radial • Sciatic, tibial, peroneal • Saphenous	Dr. Elena Drakonaki

	• Cutaneous nerves of upper limb • Cutaneous nerves of lower limb • Overview of brachial plexus	
17:45–18:00 PM 18:00–18:15 PM	Hands-On Session for Ankle and Foot (15 Minutes) Clinical MSK Ultrasound Quiz with prize for first 3 winners (15 Minutes)	
19:30 PM onwards	Gala Dinner and Musical Night at the Waterfront:	

WHAT TO EXPECT

- Ultrasound up close – high-yield, hands-on scanning with expert guidance.
- Small groups, big learning – focused stations and personal mentorship.
- From probe to procedure – master diagnostics and interventions.
- Elite faculty line-up – learn from leading international MSK experts.
- Real-time skills – dynamic demos, peer interaction, supervised scanning.

WHO SHOULD ATTEND

- Whether you are scanning your first joint or aiming to refine advanced MSK ultrasound skills, this workshop will elevate your practice and take it to the next level.



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MUSCULOSKELETAL INTERVENTIONS WORKSHOP

International Musculoskeletal Summit 2025 – Mauritius
Sunday · 28 September 2025

Venue: Hennessy Park Hotel, Ebene, Mauritius

What you can expect to learn:

- Aseptic techniques & correct ergonomics
 - When to inject (and when not to)
 - Patient selection for interventions
- What to inject & how to inject – Steroids, High-volume injections, Perineural injections, Orthobiologics (PRP, GFC, ACP/ACS, BMAC, Adipose products – MFAT & SVF)
 - Post-procedure rehabilitation guidelines

TIME	TOPIC	SPEAKER
08:30 – 08:35 AM	Explaining the Flow of the Workshop	Dr Girish Gandikota
08:35 – 08:50 AM	Basics of MSK Interventions: Techniques, Choice of Injectate and Patient Selection	Dr Elena Drakonaki
08:50 – 09:05 AM	Orthobiologics: From Basics to Advanced – Evidence and Future Directions	Dr Gaurav Kant Sharma
09:05 – 09:17 AM	Interventional Treatment of Frozen Shoulder / Adhesive Capsulitis	Dr Vijay Papineni
09:17 – 09:29 AM	Interventional Treatment of Partial Rotator-Cuff Tears	Dr Gaurav Kant Sharma
09:29 – 09:41 AM	Regenerative Interventions for Tennis Elbow/Golfer's Elbow and Other Elbow Tendons	Dr D K Singh
09:41 – 09:53 AM	Perineural Hydro-dissection: Rationale & Role in Upper-Limb Entrapment Neuropathies	Dr Gaurav Kant Sharma
09:53 – 10:05 AM	Interventions for De Quervain's Tenosynovitis & Flexor Pulley (Trigger-Finger)	Dr D K Singh
10:05 – 10:20 AM	Carpal Tunnel Syndrome: Hydro-dissection to US-Guided Thread Release (TCTR)	Dr Gaurav Kant Sharma
10:20 – 10:32 AM	Barbotage for calcific Tendinitis	Prof. Nizar Al Nakshabandi
10:32 – 10:44 AM	Hip & Knee Joint Injections – Indications and Techniques	Dr Iqbal Siddie Ganie

10:44 – 10:56 AM	Ultrasound-Guided Synovial Biopsies – Technique & Clinical Utility	Dr Elena Drakonaki
10:56 – 11:16 AM	Sarcoma Interventions – Biopsy & Ablation Pearls	Dr Rajesh Botchu
11:16 – 11:31 AM	Radiofrequency Ablation for Nerves	Prof. Nizar Al Nakshabandi
11:31 – 11:46 AM	Tea / Networking Break (15 min)	
11:46 AM – 12:16 PM	Post-Intervention Rehabilitation Guidelines – Load Progression & Return-to-Sport	Prof. Nizar Al Nakshabandi
12:16 – 12:46 PM	Panel Q&A / Case Pearls – Audience-Driven Discussion	All Faculties & delegates
12:46 – 13:30 PM	Lunch & Networking	
13:30 – 14:00 PM	Young Club Session – Emerging Perspectives by Early-Career Clinicians	6 young speakers
14:00 – 15:00 PM	Hands-On Interventions Practice on Phantoms – Gel & Tissue Models, Supervised Stations	



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