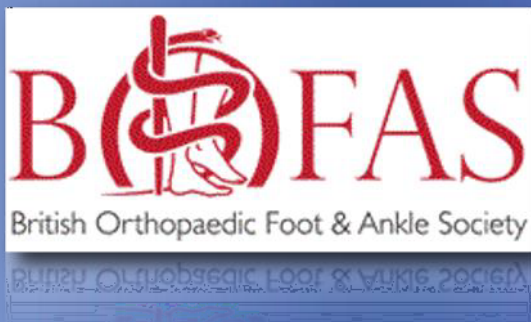




# 1<sup>st</sup> Advanced Arthroscopy/Sports ankle Course For Higher Surgical Trainees and Consultants

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



27<sup>th</sup> – 28<sup>th</sup> 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)

# BOFAS Course Faculty



## **Dr Kamal Dureja**

Kamal Dureja is a foot and ankle surgeon based in New Delhi. He is 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, South 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 COMMITTEE MEMBER** Foot and ankle

Associate Editor. JCOT

Editorial board member-APJFAS, JASSM

Reviewer-IJO, JAJ



## **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 27<sup>th</sup> 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 FHL transfer	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	<b>Kakwani / Dureja</b>
Ankle arthritis	Room 2	<b>Hepple / Ajoy</b>
OCD Talus	Room 3	<b>Bhatia / Sundarajan</b>
Tendinopathy	Room 4	<b>Dhukaram / Simon</b>

	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
<b>15:30 - 16:00</b>	<b>Coffee</b>	<b>Coffee</b>	<b>Coffee</b>	<b>Coffee</b>
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 Kakwani

20:00 Course dinner Faculty & Delegates – venue TBC

# British Orthopaedic Foot and Ankle Society

## Advanced Arthroscopy/Sports Ankle Course

Day 2 – Saturday 28<sup>th</sup> June 2025

08:00-08:20 Registration

08:30-10:00 **Lab 1 Demonstrations (Cadaveric lab)**

Ankle Arthroscopy basics - kit, set-up, skills  
Bostroms repair  
Anterior arthroscopy  
Anterior arthroscopy for OCL talus

Vivek Dhukaram  
Kamal Dureja  
SM Ajoy  
Maneesh Bhatia

10:00-10:15 Coffee

10:20-12:30 **Lab 2 Demonstrations (Cadaveric lab)**

Sub-talar arthroscopy  
Posterior ankle / subtalar arthroscopy  
Achilles and Haglund's Deformity

Sundarajan Ramasamy  
Rajesh Kakwani  
Rajesh Simon

12:30-13:30 Lunch

13:30-16:30 **Lab 3 Demonstrations (Cadaveric lab)**

Arthroscopic ankle arthrodesis  
Arthroscopic sub-talar joint arthrodesis

Inderjit Singh  
Steve Hepple

(Change and move to lecture hall)

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

All faculty

## NOTES

## NOTES



## NOTES

## NOTES



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

27<sup>th</sup> – 28<sup>th</sup> June 2025

### 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 4<sup>th</sup> 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:**

