



# 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 | <b>SESSION 1: SHOULDER MRI</b>                                                                    |                        |
|                     | Theme: The Shoulder Spectrum – Stability, Motion & Breakdown<br>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 | <b>Working Tea Break + Panel Discussion</b><br><i>(Shoulder MRI case discussion with experts)</i> |                        |

|                     |                                                          |                            |
|---------------------|----------------------------------------------------------|----------------------------|
| 11:00 AM – 13:00 PM | <b>SESSION 2: KNEE MRI</b>                               |                            |
|                     | 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 | <b>LUNCH BREAK</b>                                       |                            |



|                                                             |                                                                                                       |                       |
|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------|
| 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<br><b>Quiz Masters:</b> Dr. Girish, Dr. Rajesh, Dr. Elena |                       |
| 18:30 PM – 20:30 PM                                         | Meet & Greet<br><i>(Fun networking evening with Faculty over cocktails and music)</i>                 |                       |



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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 | <b>SHOULDER (120 Minutes)</b>                                                                                                                                                                                                                                                                                                              |                        |
| 08:30–08:50 AM | Basic Shoulder Ultrasound Live Demo: Comprehensive evaluation of the shoulder joint (20 Minutes) <ul style="list-style-type: none"> <li>• Supraspinatus</li> <li>• LHBT</li> <li>• Subacromial bursa</li> <li>• AC joint</li> <li>• Potential injection sites for the gleno-humeral joint and bursa</li> </ul>                             | Dr. Rajesh Botchu      |
| 08:50–09:10 AM | Advance Shoulder Live Demo (20 Minutes) <ul style="list-style-type: none"> <li>• Rotator interval</li> <li>• Shoulder ligaments</li> <li>• Labrum</li> <li>• Frozen shoulder</li> <li>• Dynamic assessment</li> <li>• Peripheral nerves</li> </ul>                                                                                         | Dr. Gaurav Kant Sharma |
| 09:10–09:30 AM | Interactive Lecture: Key shoulder pathologies – (25 minutes) <ul style="list-style-type: none"> <li>• Rotator cuff tears and postoperative evaluation of cuff</li> <li>• Calcific tendinitis</li> <li>• Adhesive capsulitis</li> <li>• Biceps pathology</li> <li>• AC joint osteoarthritis</li> <li>• Labral and ligament tears</li> </ul> | Dr. Girish Gandhikota  |
| 09:30–10:15 AM | Hands-On Workshop (Shoulder) + Working Tea Break – (55 Minutes)                                                                                                                                                                                                                                                                            |                        |

|                   |                                                                                                                                                                                                                                                                                                           |                            |
|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| 10:15–11:40 AM    | <b>ELBOW, WRIST &amp; HAND (90 Minutes)</b>                                                                                                                                                                                                                                                               |                            |
| 10:15–10:25 AM    | Basic Live Elbow Demo: Evaluation of the elbow joint (10 Minutes) <ul style="list-style-type: none"> <li>• Flexor/extensor tendons – Tennis and golfer’s elbow</li> <li>• Triceps tendon</li> <li>• Joint recesses</li> </ul>                                                                             | Dr. Vijay Papineni         |
| 10:25–10:40 AM    | Advanced Live Elbow Demo (15 Minutes) <ul style="list-style-type: none"> <li>• Collateral ligaments</li> <li>• Distal biceps tendon – short and long heads</li> <li>• Synovial plica</li> <li>• Annular ligament</li> <li>• Elbow impingement</li> <li>• Peripheral nerves</li> </ul>                     | Dr. Girish Gandhikota      |
| 10:40–10:55 AM    | Basic Live Wrist & Hand Demo: Evaluation of the wrist and hand (15 Minutes) <ul style="list-style-type: none"> <li>• Flexor/extensor tendons</li> <li>• Median and ulnar nerves – carpal tunnel</li> <li>• Radiocarpal joint</li> </ul>                                                                   | Dr. Elena Drakonaki        |
| 10:55–11:10 AM    | Advanced Live Wrist & Hand Demo (15 Minutes) <ul style="list-style-type: none"> <li>• TFCC</li> <li>• Scapholunate and other wrist ligaments</li> <li>• ECU stability</li> <li>• Finger pulleys</li> <li>• Volar plate</li> <li>• Sagittal band</li> <li>• Extensor tendon anatomy</li> </ul>             | Dr. Elena Drakonaki        |
| 11:10–11:40 AM    | Interactive Lecture (30 Minutes) <ul style="list-style-type: none"> <li>• Wrist/Hand Screening protocol for Inflammatory arthritis</li> <li>• Tennis/golfer’s elbow</li> <li>• Triceps/distal biceps injuries</li> <li>• Five common wrist pathologies</li> <li>• Five common hand pathologies</li> </ul> | Dr. Girish Gandhikota      |
| 11:40 AM–12:10 PM | <b>Inauguration Ceremony (30 Minutes)</b>                                                                                                                                                                                                                                                                 |                            |
| 12:10–13:10 PM    | Hands-On Workshop – Elbow + Wrist/Hand (Common Session) (60 Minutes) <ul style="list-style-type: none"> <li>• Gripping pain</li> <li>• Trigger finger</li> <li>• Median/ulnar nerve disorders</li> </ul>                                                                                                  |                            |
| 13:10–14:00 PM    | <b>Lunch Break – 50 Minutes</b>                                                                                                                                                                                                                                                                           |                            |
| 14:00–15:40 PM    | <b>HIP &amp; GROIN (40 Minutes)</b>                                                                                                                                                                                                                                                                       |                            |
| 14:00–14:20 PM    | Basic Live Demo: Hip evaluation – 15 Minutes <ul style="list-style-type: none"> <li>• Iliopsoas and hip recesses</li> <li>• Anterior tendons</li> <li>• Gluteus medius/minimus</li> </ul>                                                                                                                 | Prof. Nizar Al Nakshabandi |
| 14:20–14:40 PM    | Advanced Live Demo – 10 Minutes <ul style="list-style-type: none"> <li>• Ischiofemoral space</li> <li>• Snapping hip</li> <li>• Piriformis &amp; Sciatic Nerve</li> </ul>                                                                                                                                 | Dr. D.K. Singh             |



|                |                                                                                                                                                                                                                                                                                                   |                        |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| 14:40–14:55 PM | Interactive Lecture on 5 common pathologies around hip – 15 Minutes <ul style="list-style-type: none"> <li>• GTPS (Greater trochanteric pain syndrome)</li> <li>• Athletic pubalgia</li> <li>• Hamstring origin Injuries</li> </ul>                                                               | Dr. Elena Drakonaki    |
| 14:55–15:40 PM | Hands-On Workshop                                                                                                                                                                                                                                                                                 |                        |
| 15:40–16:30 PM | <b>KNEE (50 Minutes)</b>                                                                                                                                                                                                                                                                          |                        |
| 15:40–15:55 PM | Basic Live Demo: Knee evaluation – 15 Minutes <ul style="list-style-type: none"> <li>• Quadriceps/patellar tendons</li> <li>• MCL/LCL</li> <li>• Joint recesses</li> <li>• Baker's cyst</li> </ul>                                                                                                | Dr. Iqbal Siddie Ganie |
| 15:55–16:10 PM | Advanced Live Demo – 10 Minutes <ul style="list-style-type: none"> <li>• Posterolateral corner</li> <li>• Meniscocapsular junction</li> <li>• Hoffa's fat pad</li> <li>• Cruciate ligaments</li> </ul>                                                                                            | Dr. Gaurav Kant Sharma |
| 16:10–16:30 PM | Interactive Lecture on 5 common pathologies around knee – 20 Minutes– <ul style="list-style-type: none"> <li>• Extensor Mechanism Injuries</li> <li>• Collateral ligament Injuries</li> <li>• Baker's cyst and other Bursitis around knee</li> <li>• Knee joint effusion/synovitis etc</li> </ul> | Dr. Vijay Papineni     |
| 16:30–17:15 PM | <b>ANKLE &amp; FOOT (45 Minutes)</b>                                                                                                                                                                                                                                                              |                        |
| 16:30–16:45 PM | Basic Live Demo: Ankle and foot evaluation (15 Minutes) <ul style="list-style-type: none"> <li>• Achilles tendon</li> <li>• Plantar fascia</li> <li>• Peroneal tendons</li> <li>• Tibialis posterior tendon</li> <li>• ATFL</li> <li>• CFL</li> <li>• Deltoid ligament</li> </ul>                 | Dr. Girish Gandhikota  |
| 16:45–17:00 PM | Advanced Live Demo (15 Minutes) <ul style="list-style-type: none"> <li>• Spring ligament</li> <li>• Subtalar joint</li> <li>• Posteromedial impingement</li> <li>• Tarsal tunnel</li> <li>• Morton's neuroma</li> </ul>                                                                           | Dr. Girish Gandhikota  |
| 17:00–17:15 PM | Interactive Lecture (15 Minutes) <ul style="list-style-type: none"> <li>• Tendinopathies</li> <li>• Ligament injuries</li> <li>• Nerve entrapments</li> </ul>                                                                                                                                     | Dr. D.K. Singh         |
| 17:15–18:15 PM | <b>PERIPHERAL NERVE ULTRASOUND (30 Minutes)</b>                                                                                                                                                                                                                                                   |                        |
| 17:15–17:45 PM | Interactive Lecture + Live Demo <ul style="list-style-type: none"> <li>• Median, ulnar, radial</li> <li>• Sciatic, tibial, peroneal</li> <li>• Saphenous</li> </ul>                                                                                                                               | Dr. Elena Drakonaki    |

|                                  |                                                                                                                                                                     |  |
|----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
|                                  | <ul style="list-style-type: none"> <li>• Cutaneous nerves of upper limb</li> <li>• Cutaneous nerves of lower limb</li> <li>• Overview of brachial plexus</li> </ul> |  |
| 17:45–18:00 PM<br>18:00–18:15 PM | Hands-On Session for Ankle and Foot (15 Minutes)<br>Clinical MSK Ultrasound Quiz with prize for first 3 winners (15 Minutes)                                        |  |
| 19:30 PM onwards                 | <b>Gala Dinner and Musical Night at the Waterfront:</b>                                                                                                             |  |

## 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       | Dr. Brigadier Bibhu Kalyan Nayak |
| 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 –<br>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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