

14  
CME  
POINTS  
FROM  
DHA

# ARTHRO PRESERVE

## 360°

Joint Preservation Congress

16 & 17 May 2026

Hotel Le Méridien (Falcon Ballroom)

Airport Road, Dubai



Live  
Cadaver  
Demonstration

Saw  
Bone  
Workshops

2 Day  
Conference



Co-Convenor

**Dr. Rahul Shivadey**

Specialist Orthopedic Surgeon  
JTS Medical Center and Medcare  
Ortho Spine Hospital  
Dubai U.A.E



Co-Convenor & Scientific Chair

**Dr. Rik Kundra**

Orthopaedic Consultant  
MediClinic Parkview, Hospital, Dubai, U.A.E



Event Managed By:

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Event Management L.L.C

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## AGENDA (DAY 01)

Time	Session	Speaker
08:30 AM - 09:00 AM	<b>REGISTRATION</b>	All
09:00 AM - 12:30 PM	<b>SESSION 01: PRECONFERENCE WORKSHOPS DRY BONE WORKSHOPS (GRANADA ROOMS)</b>	All
09:00 AM - 12:30 PM	Workshop 01: Osteotomy Around Knee	AMMT/ NEWCLIP
09:00 AM - 12:30 PM	Workshop 02: Meniscus Repair Techniques	Rejoin Medical Devices
09:00 AM - 12:30 PM	Workshop 03: Shoulder Cuff Repair/SCR	SMITH & NEPHEW
12:30 PM - 13:15 PM	<b>LUNCH BREAK</b>	ALL
13:15 PM - 15:05 PM	<b>SESSION 02: MENISCUS (12 +3 MIN)</b>	
13:15 PM - 13:20 PM	Opening Remarks	Dr. Rahul Shivadey
13:20 PM - 13:40 PM	My Tryst with Joint Preservation and Cartilage Repair	Dr. Deepak Goyal
13:40 PM - 13:55 PM	Meniscus Repair Techniques (Which Implant For Which Repair)	Dr. Usama Hassan Saleh
13:55 PM - 14:10 PM	Meniscus Repair Augmentation (Technique/ Literature/ Results)	Dr. Emmanuel Papakostas
14:10 PM - 14:25 PM	Meniscus Centralization In Joint Preservation (Need/ Benefit/ Evidence)	Dr Sheetal Gupta
14:25 PM - 14:40 PM	Techniques & outcomes of complex meniscus repair	Dr Sheetal Gupta
14:40 PM - 14:50 PM	Is my Meniscus Healing	Dr. Sarmistha Gupta
14:50 PM - 15:05 PM	Q&A SESSION	All faculties
15:05 PM - 15:15 PM	<b>COFFEE BREAK</b>	ALL
15:15 PM - 17:30 PM	<b>SESSION 03: CASE BASED CHONDRAL REPAIR</b>	ALL
15:15 PM - 15:30 PM	Cartilage lesions/ treatment algorithms	Dr. Emmanuel Papakostas
15:30 PM - 15:45 PM	Scaffolds in Chondral Repair (indications/ Options/ Results)	Dr. Rahul Shivadey
15:45 PM - 16:00 PM	Case 01: Marrow stimulation	Dr. Raj Thakrar
16:00 PM - 16:15 PM	Case 02: Osteochondral plug transfers	Dr. BM Shammas
16:15 PM - 16:30 PM	Case 03: Patellar Chondral Defects	Dr. Deepak Goyal
16:30 PM - 16:45 PM	Case 04: Hyaluronic acid scaffolds	Dr. Rahul Shivadey
16:45 PM - 17:00 PM	Case 05: Triphasic scaffolds	Dr. Rik Kundra
17:00 PM - 17:15 PM	Case 06: Ankle OCD	Dr. Ehab Kheir
17:15 PM - 17:30 PM	Q&A SESSION	All faculties
17:30 PM - 17:40 PM	<b>Conclusion of Day 1</b>	ALL



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# ARTHRO PRESERVE 360°

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## AGENDA (DAY 02)

Time		Session	Speaker
08:30 AM	09:00 AM	<b>REGISTRATION</b>	All
09:00 AM	11:00 AM	<b>SESSION 04 OSTEOTOMY (12 +3 MIN)</b>	All
09:00 AM	09:15 AM	Pre-Op planning for Osteotomy	Dr. Raj Thakrar
09:15 AM	09:30 AM	Medial Open Wedge Osteotomy (MOWHTO) (Indications/ Procedure/ Outcomes/ Long term results)	Dr Sheetal Gupta
09:30 AM	09:45 AM	Distal femoral Osteotomy (Indications/ Procedure/ Outcomes/ Long term results)	Dr. Raj Thakrar
09:45 AM	10:00 AM	Double Level Osteotomy (Indications/ Procedure/ Complications)	Dr. Jesper Fritz
10:00 AM	10:15 AM	Role of PSI in Osteotomies around Knee	Dr. Rik Kundra
10:15 AM	10:30 AM	Slope Correction Osteotomy in Knee	Dr. Jesper Fritz
10:30 AM	10:45 AM	Q&A SESSION	All Speakers
10:45 AM	11:15 AM	<b>COFFEE BREAK</b>	All
11:15 AM	12:45 PM	<b>SESSION 05: ORTHOBIOLOGICS IN JOINTS/HIP</b>	All
11:15 AM	11:30 AM	PRP (Indications/ Evidence/ Usage)	Dr. Sharmila Tulpule
11:30 AM	11:45 AM	BMAC (Indications/ long term results)	Dr. BM Shamma
11:45 AM	12:00 PM	Adipose Tissue Techniques	Dr. Madhan Jeyaraman
12:00 PM	12:15 PM	Case based discussions on Orthobiologics	Dr. Arulkumar Nallakumarasamy
12:15 PM	12:30 PM	Hip Preservation Techniques	Dr. BM Shamma
12:30 PM	12:45 PM	Q&A SESSION	All Speakers
12:45 PM	13:15 PM	<b>LUNCH</b>	All
13:15 PM	17:00 PM	<b>SESSION 06: CADAVERIC LAB DEMONSTRATION OF PROCEDURES (LIVE RELAY FROM THE LAB)</b>	All
13:15 PM	14:30 PM	HTO Cadaveric Demonstration	Sharjah Lab
14:30 PM	15:45 PM	Meniscal Repair Techniques	Sharjah Lab
15:45 PM	17:00 PM	Shoulder SCR /Ankle OCD	Sharjah Lab
17:00 PM	17:15 PM	<b>Conclusion of the Conference</b>	All

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**FACULTIES**



Dr. Rahul S. Shivadey



Dr. Rik Kundra



Dr. Deepak Goyal



Dr. Jesper Fritz



Dr. Emmanuel Papakostas



Dr. Ehab Kheir



Dr. Sheetal Gupta



Dr. Raj R Thakrar



Dr. Moez Ballal



Dr. BM Shammass



Dr. Madhan  
Jeyaraman



Dr. Sharmila Tulpule



Dr. Sarmistha Gupta



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Prof. Dr. Usama  
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