

**Global Hospitals & Health City,
Chennai
&
Freedom Trust**

Cordially invite to

REHABASICS 2012

A one day conference on

“Post Sports Injury Rehabilitation”

Sunday, 8th January 2012

Time: 9 to 6 pm.

Venue:

*Global Hospitals & Health City, Auditorium,
439, Cheran Nagar, Perumbakkam, Sholinganallur-Medavakkam Road,
Chennai - 600 100.*

Programme

8:30 am : **Registration & Breakfast for outstation students**

Speaker

Topic

SESSION 1 : Sports Injuries - An Introduction

9:00 am	: Prof. Narasimman, MPT Professor & Head, Department of Physiotherapy Father Muller Medical College, Mangalore	Sports Injuries-evidence based practice.
9:30 am	: Dr. K. A. Thiagarajan, MBBS DPMR M.D [Sports medicine] Assistant Professor - Arthroscopy & Sports Medicine, Sri Ramachandra Medical College	Sports specific injuries.
9:50 am	: Tea	
10:30 am	: Inauguration	
	: Dr. K. Ravindranath , Chairman & Managing Director Global Hospitals Group	Kuthuvilakku lighting and inaugural address.
	: Dr. Sunder, M.B.B.S, MD Senior Consultant in Physical medicine and Rehabilitation, Global Hospitals & Health City.	Curtain Raiser on Sports Rehabilitation.

SESSION 2 : The Role of Surgery In Sports

11:20 am	: Dr. Ajit Yadav, M.S. MCh [U.K.] , HOD & Senior consultant in Orthopedics & Joint Replacement, Global hospitals & Health City.	Arthroscopy of the unstable knee.
11:40 am	: Dr. A. R. Kesavan, M.S [Orth] Senior consultant in Orthopedics & Joint Replacement, Global hospitals & Health City.	Groin pain in the athlete.
12:00 noon	: Dr. Clement Joseph, M.S. Orth. Orthopaedic Surgeon, Sports Injury & Arthroscopy, Ortho-One, Coimbatore.	Surgery in the management of shoulder injuries.

SESSION 3 : Fitness Training in Sports

12:20 pm	: Mr. Y. Ramakrishna, P.G. in Sports nutrition & Physical activity(UK) , Sports Performance Enhancement specialist (USA). M.Sc in Sports Biomechanics & Kinesiology	The Optimal Training Methodology - A key approach towards Sports.
12:40 pm	: Dr. Srinivas Rajagopalan, M.D [int. medicine] D.M Consultant in Pulmonary medicine and Intensive care, Global Hospitals & Health City.	Physiology of endurance in sports.
01:00 pm	: Lunch	

SESSION 4 : Newer forms of Pain Management in Sports Injuries

02:00 pm	: Dr. Clement Joseph, M.S. Orth. Orthopaedic Surgeon, Sports Injury & Arthroscopy, Ortho-One, Coimbatore.	Platelet rich Plasma in the management of pain in sports.
02:20 pm	: Dr. R. Kirthi, MD, DM (Rheumatology) Consultant Rheumatologist, Global Hospitals & Health City.	Sports & Rheumatology

SESSION 5 : Prevention of Sports Injuries

02:40 pm	: K. Ganesan , Sports Physiotherapist, STOTT Pilates instructor (Canada) & K-Active Kinesiology Taping Certified Therapist (Germany)	Influence of Kinesiology Taping in Sports Injury Prevention & Performance.
03:00 pm	: Dr. Tvisha parikh , Associate Consultant Sports Medicine, Sri Ramachandra Medical College & Research Institute.	Injury Prevention in Sports through right technique.
03:20 pm	: Tea Break & Cultural Registration	
03:50 pm	: Paper Presentations 04:50 pm : Culturals 06:15 pm : Prize Distribution & National Anthem	

Last date for registration:
5th January 2012

For registration contact:
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