

Practical Orthopaedics

For General Practitioners

- EST. 2006 -

30TH JANUARY 2026 (FRIDAY)

TIME	TOPIC
8:30 AM – 9:30 AM	Registration & BREAKFAST
9:30 AM – 9:45 AM	Welcoming Address
9:45 AM – 10:00 AM	Repetitive Stress Injuries – Dr. Thirukumaran
10:00 AM – 10:15 AM	Soft Tissue Injections – Dr. Jeyaratnam
10:15 AM – 10:30 AM	Carpal Tunnel Syndrome – Dr. Thirukumaran
10:30 AM – 10:45 AM	Trigger Finger – Dr. Thirukumaran
10:45 AM – 12:00 PM	Surface Marking Workshop – Group 1 & Group 2 BREAK – Group 3 & Group 4
12:00 PM – 1:00 PM	Surface Marking Workshop – Group 3 & Group 4 BREAK – Group 1 & Group 2
1:00 PM – 2:30 PM	LUNCH & FRIDAY BREAK
2:30 PM – 2:45 PM	De Quervains Tenosynovitis – Dr. Jeyaratnam
2:45 PM – 3:00 PM	Tennis Elbow – Dr. Jeyaratnam
3:00 PM – 3:45 PM	Surface Marking Workshop – Group 1 & Group 2 TEA BREAK – Group 3 & Group 4
3:45 PM – 4:30 PM	Surface Marking Workshop – Group 3 & Group 4 TEA BREAK – Group 1 & Group 2
4:30 PM – 5:00 PM	Sports Injuries – Dr. Jeyaratnam
5:00 PM – 5:30 PM	Use of PRP, Exosomes & Stem Cells – Dr. Jeyaratnam

31ST JANUARY 2026 (SATURDAY)

TIME	TOPIC
7:30 AM – 8:00 AM	Certificate Presentation & Group Photo Session
8:00 AM – 8:15 AM	Ganglion – Dr. Sudha Nathan
8:15 AM – 8:40 AM	Ingrown Toenail – Dr. Sudha Nathan
8:40 AM – 9:00 AM	Plantar Fasciitis – Dr. Sudha Nathan
9:00 AM – 9:30 AM	Rotator Cuff Syndrome – Dr. Thirukumaran
9:30 AM – 11:00 AM	Surface Marking Workshop – Group 1 & Group 2 BREAKFAST – Group 3 & Group 4
11:00 AM – 12:30 PM	Surface Marking Workshop – Group 3 & Group 4 BREAKFAST – Group 1 & Group 2
12:30 PM – 1:30 PM	OA Knee – Dr. Jeyaratnam
1:30 PM – 3:00 PM	Surface Marking Workshop – Group 1 & Group 2 LUNCH – Group 3 & Group 4
3:00 PM – 4:30 PM	Surface Marking Workshop – Group 3 & Group 4 LUNCH – Group 1 & Group 2
4:30 PM – 5:00 PM	Live Patient Demonstration
5:00 PM – 5:30 PM	Splinting & Workshop
5:30 PM	FINISH