3rd International Regenerative Medicine USG Course 29 Jan - 1 Feb 2027

Venue: Ramaiah Advanced Learning Center, M.S Ramaiah University Building, Gnanagangotri Campus,
New BEL Road, M.S.R Nagar, Bangalore (Bengaluru)-560054, India

Preliminary Programme

Day One	**Lecture Day**
Friday, 29th Jan 2027	
08.00- 08:30	Registration
08.30 - 09.00	Welcome housekeeping and course outline
09:00- 09:30	Principles of musculoskeletal examination
09:30-10:00	Why regenerative Medicine?
10:00- 10:30	Principles of Prolotherapy
10:30-10:45	**Coffee Break**
10:45- 11:15	PRP injection of the treatment of localised neuropathic pain
11:15- 11:45	Regenerative medicine for shoulder pathologies
11:45- 12:15	Elbow tendinopathies and wrist pathologies
12:15 - 12:45	Bone marrow concentrate vs lipoaspirate atem cell injections. Pros and cons.
12:45- 14:00	**LUNCH**
14:00- 14:30	Knee arthritis, meniscal tears, tendon and ligament pathology
14:30- 15:00	Cervical and thoracic spine interventions
15:00- 16:00	Regenerative Medicine in Health Systems: Bridging Innovation and Implementation
16:00- 16:30	Free Oral Presentations
16:30- 17:00	Questions

Day Two

Saturday, 30th Jan 2027 — **Free Day for Pre-Workshop Revision & Touring**

Day Three

Sunday, 31st Jan 2027 — **Ultrasound Scanning Day on Live Models**

08:30- 09:00	Regenerative medicine for hip joint, labral and tendon pathologies
09:30- 10:00	Foot and Ankle pathologies
10.00- 10.15	**Coffee Break**
10:15-13:15	Ultrasound demonstrations and practical Rotating sessions to 3 of the 6 stations
13.15- 14.15	**LUNCH**
14.15 - 17:15	Rotating sessions to 3 of the 6 stations
17:15-17:30	Questions
19:30	Gala dinner

Day Four

Monday, 1st Feb 2027 — **Cadaver Lab day**

08.00 - 08.15	Pearls of Day 1
08.15 - 08.45	What makes good PRP? Principles of Classification
08.45 - 09.15	Dilemmas we face with PRP, stem cells and other treatments. Pros and cons.
09.15- 11:15	Rotating sessions X2

11.15 - 11:30	**Coffee Break**
11:30- 13.30	Rotating sessions X2
13.00-14.00	**LUNCH**
14.00- 16:00	Rotating sessions X2
16:00- 16:30	**Lecture**: Intra-osseous injections of PRP/ stem cells
15:00- 16.00	**Lecture:** Stem cells - comparing bone marrow concentrate and lipoaspirate. Pros and cons of each.
16:00- 16:30	Course wrap-up and Questions

Structures to be taught:

Hip: intra-articular, iliofemoral lig, femoral nerve, iliopsoas tendon insertion, psoas bursa, greater trochanter structures, PENG block

Shoulder: intra-articular (3 approaches), biceps tendon, supraspinatus, infraspinatus, subscapularis, ACJ, axillary nerves

Knee: Intra-articular (3 approaches), MCL, LCL, Patellar tendon, Popliteus tendon, Gastrocs and Hamstrings, genicular nerves, sapehnous

Ankle: Intra-articular for tibio-talar and subtalar, Post tibialis tendon, peroneal endons, Achilles, plantar fascia, tibial, peroneal, sural nerves

Elbow: common extensor and flexor origins, MCL, LCL, bicpes insertion Wrist: Intra-articular, CMC, de quervains, medialn, ulnar, radial

Cervical Spine: Facet joints from both posterior and side views, Nerve root blocks,

Thoracic Spine: Costovertebral joints and ligaments, facet joints

Speacial for orthopods / advanced

Shoulder: Inferior and superior glenohumeral ligaments

Hip: Iliofemoral and pubofemoral ligaments

Knee- Intra-osseous injections

Special for Pain physicians:

A focus will be placed on identifying nerves so as to treat entrapment neuropathies with PRP at each station.

***Participants will be divided into pain and orthopaedic specialties for the group teaching**