3RD INTERNATIONAL

Regenerative Medicine

USG Cadaver Course

BANGALORE · INDIA

29 January – 1 February 2027

Ramaiah Advanced Learning Center, Bengaluru

COURSE PROGRAMME

20.5	18	12	US + Fluoro
European CME credits	Expert lectures	1-hour hands-on stations	Image-guided teaching

Course at a glance

DAY 1 · FRI 29 JAN
Expert lectures
PRP, stem cells, exosomes

DAY 2 · SAT 30 JAN
Expert lectures
Recent advances

DAY 3 · SUN 31 JAN
Live-model ultrasound
Rotating 1-hour stations

DAY 4 · MON 1 FEB
Hands-on cadaver lab
Ultrasound & fluoroscopy guided

Two focus groups. All delegates rotate through all six practical sessions. Delegates are divided into two groups, one with an orthopaedic focus and one with a pain management focus, and each group receives emphasis relevant to its specialty within the same sessions.

INFORMATION & REGISTRATION

tinyurl.com/Bangalore2027

ciaranwazir@londonpainforum.co.uk

£750 · includes scientific programme, refreshments & lunch

DAY 1 · Friday 29 January 2027
Lecture day

TIME	SESSION	SPEAKER
08:00 – 08:30	Registration	
08:30 – 09:00	Welcome, housekeeping and course outline	Dr Osnat Wende
09:00 – 09:30	Why Regenerative Medicine?	Dr Lukas Pesendorfer
09:30 – 10:00	Cervical and thoracic spine pathologies	Dr Tushar B Munnoli
10:00 – 10:30	Shoulder: rotator cuff, labral, capsular and ligament pathologies. Entrapment neuropathies	Mr Suresh Sudula
10:30 – 10:45	COFFEE BREAK	
10:45 – 11:15	Elbow and wrist: OA of the wrist and elbow, tendinopathies and tears, trigger finger, entrapment neuropathies	Dr Sharmila Tulpule
11:15 – 11:45	Knee pathologies: OA, meniscal tears, cruciate tears, tendon and ligament pathologies, saphenous and genicular nerves	Dr Osnat Wende
11:45 – 12:15	What makes good PRP? Principles of classification	Dr Alain Elbaz
12:15 – 12:45	Presentation of research projects	*To be announced*
12:45 – 14:00	LUNCH	
14:00 – 14:30	Adipose-derived stem cells: methods of concentrating stem cells	Dr Sharmila Tulpule
14:30 – 15:00	Exosomes: how to prepare	Dr Tushar B Munnoli
15:00 – 15:30	Ankle joints, tendon and ligament injuries, entrapment neuropathies	Dr Lukas Pesendorfer
15:30 – 16:30	Ergonomics: how to avoid abusing our bodies, essential to maintain good results	Dr Osnat Wende

DAY 2 · Saturday 30 January 2027
Half-day lectures: recent advances

TIME	SESSION	SPEAKER
Session 1	Pulsed radiofrequency and orthobiologics	*To be announced*
Session 2	Combined ultrasound and needlescope / micro-endoscopy in the regenerative medicine setting	*To be announced*
Session 3	Clinical Experience Using a Novel Hydrogel Injection for Knee OA	*To be announced*
Session 4	Non-invasive neuromodulation advances	*To be announced*

Day 2 is a morning programme. Timings, speakers and session details to be announced.

DAY 3 · Sunday 31 January 2027

Ultrasound scanning day on live models

TIME	SESSION	SPEAKER
08:30 – 08:50	Regenerative medicine in health systems: bridging innovation and implementation	Prof Ashish Shetty
08:50 – 09:15	Regenerative medicine for hip joint, labral and tendon pathologies. PENG block, obturator nerves	Dr Sadasivan Iyer
09:15 – 09:30	COFFEE BREAK	
09:30 – 12:30	HANDS-ON Ultrasound demonstrations and practical: rotating sessions	Full faculty
12:30 – 13:30	LUNCH	
13:30 – 16:30	HANDS-ON Ultrasound demonstrations and practical: rotating sessions	Full faculty
16:30 – 17:00	Q&A Questions and answers	Full faculty
19:30	Gala dinner · evening	

DAY 4 · Monday 1 February 2027

Cadaver lab day

TIME	SESSION	SPEAKER
08:00 – 08:15	Pearls from Day 1	Dr Osnat Wende
08:15 – 08:45	Bone marrow concentrate vs lipoaspirate stem cell injections: pros and cons	Dr Sharmila Tulpule
08:45 – 09:15	Intra-osseous injections of PRP / stem cells	Dr Alain Elbaz
09:15 – 11:15	HANDS-ON Rotating sessions on cadavers	Full faculty
11:15 – 11:30	COFFEE BREAK	
11:30 – 13:00	HANDS-ON Rotating sessions on cadavers	Full faculty
13:00 – 14:00	LUNCH	
14:00 – 16:00	HANDS-ON Rotating sessions on cadavers	Full faculty
16:00 – 16:30	Platelet-rich lysate for peripheral and neuraxial procedures	Dr Osnat Wende
16:30 – 17:00	Course wrap-up	Dr Osnat Wende

HANDS-ON TEACHING · DAYS 3 & 4

Six practical sessions

All delegates rotate through all six one-hour sessions: on live models on Day 3, on cadavers on Day 4. Delegates are divided into two groups, each receiving specialised emphasis within the same sessions:

ORTHOPAEDIC FOCUS
Additional instruction in the hip, shoulder and knee sessions (shown in each card).

PAIN MANAGEMENT FOCUS
Identifying nerves to treat entrapment neuropathies with PRP / platelet-rich lysate, in every session. **Nerve targets** are highlighted.

Hip

ULTRASOUND

 Dr Sadasivan Iyer  Dr Anand Murugesan

Intra-articular | Iliofemoral ligament | **Femoral nerve** | Iliopsoas tendon insertion | Psoas bursa | Gluteal tendons | **PENG block** | **Obturator nerves**

ORTHOPAEDIC FOCUS Iliofemoral and pubofemoral ligaments

Shoulder

ULTRASOUND

 Dr Amod Manocha  Dr Osnat Wende

Intra-articular (3 approaches) | Biceps tendon | Supraspinatus | Infraspinatus | Subscapularis | ACJ | **Suprascapular and axillary nerves**

ORTHOPAEDIC FOCUS Inferior and superior glenohumeral ligaments; treatment of recurrent dislocation of the shoulder

Knee

ULTRASOUND + FLUOROSCOPY

 Dr Osnat Wende  Dr Lukas Pesendorfer

Intra-articular (3 approaches) | MCL | LCL | Patellar tendon | Popliteus tendon | Gastrocnemius and hamstrings | **Genicular nerves** | **Saphenous nerve**

ORTHOPAEDIC FOCUS Intra-osseous injections (taught under fluoroscopy), intra-meniscal injections

Foot & Ankle

ULTRASOUND

 Dr Alain Elbaz  Mr Suresh Sudula

Intra-articular: tibio-talar and subtalar | Posterior tibialis tendon | Peroneal tendons | Achilles | Plantar fascia | **Tibial, peroneal and sural nerves**

Elbow & Wrist

ULTRASOUND

 Dr Sharmila Tulpule

ELBOW Common extensor and flexor origins | MCL | LCL | Biceps insertion

WRIST Intra-articular | CMC | De Quervain's | **Median, ulnar and radial nerves**

Cervical & Thoracic Spine

ULTRASOUND + FLUOROSCOPY

 Prof Ashish Shetty  Dr Tushar B Munnoli

CERVICAL Facet joints from both posterior and side views | **Nerve root blocks** | **Occipital nerve blocks**

THORACIC Costovertebral joints and ligaments | Facet joints | **Paravertebral blocks**

COURSE FACULTY

World-renowned faculty

Leading clinicians, teachers and researchers in regenerative medicine from India, the UK, the USA, the UAE, Austria and Israel.



Prof Ashish Shetty
President, RSM Pain Medicine Section
London, UK



Dr Sharmila Tulpule
Orthopaedic Surgeon · Regenerative Medicine
Dubai, UAE



Dr Sadasivan Iyer
Lead Consultant, Chronic Pain · Manipal Hospitals
Bengaluru, India



Dr Amod Manocha
Head of Pain Management · International Pain Centre
Delhi, India



Dr Anand Murugesan
Chair, World Institute of Pain – India
Chennai, India



Dr Tushar B Munnoli
Pain Specialist · Apollo Hospitals
Hyderabad, India



Dr Alain Elbaz
Orthopaedic Surgeon & Sports Medicine
Houston, USA



Dr Lukas Pesendorfer
Orthopaedic Surgeon · MSK
Austria



Dr Osnat Wende
Pain Specialist · Regenerative MSK
Jerusalem, Israel



Mr Suresh Sudula
MSK Specialist · Arthrex Instructor
London, UK

REGISTER NOW

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ciaranwazir@londonpainforum.co.uk

20.5 European CME credits (EACCME) · **£750** includes programme, refreshments & lunch