

3RD INTERNATIONAL

Regenerative Medicine

USG Cadaver Course

BANGALORE · INDIA

29 January – 1 February 2027

Ramaiah Advanced Learning Center, Bengaluru

COURSE PROGRAMME

20.5

European CME credits

18

Expert lectures

12

1-hour hands-on stations

US + Fluoro

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	<i>To be announced</i>
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	<i>To be announced</i>
Session 2	Combined ultrasound and needlescope / micro-endoscopy in the regenerative medicine setting	<i>To be announced</i>
Session 3	Non-invasive neuromodulation advances	<i>To be announced</i>
Session 4	Multifidus stimulation for low back pain	<i>To be announced</i>

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****tinyurl.com/Bangalore2027**ciaranwazir@londonpainforum.co.uk20.5 European CME credits (EACCME) · **£750** includes programme, refreshments & lunch