

PRE CONFERENCE WORKSHOP

16th October 2026 | 07:30 - 19:30 Hrs

TIME	TOPIC	
07:30 Onwards	Registration	
08:00 - 16:00	Wet labs with anatomical specimens	Lab - 1
08:00 - 12:00	Pelvis and Acetabulum	Lab - 2
10:00 - 14:00	Lower Limb	Lab - 3
12:00 - 16:00	Upper Limb	
17:00 - 19:30	Evening Rounds - Hitex	
17:00 - 19:30	Fractures and Fellowship	

SCIENTIFIC PROGRAM | DAY 1

BREAKFAST SESSION - 1

FRAGILITY FRACTURES - WHEN THERE IS NOTHING TO FIX

17th October 2026 | 07:30 Hrs - 09:30 Hrs

TIME	TOPIC
07:30 Onwards	Registration
08:00 - 09:30	Session 1 : Fragility Fractures - When there is nothing to fix
08:00 - 08:05	Set Up: (Clinical challenge/ poll) Will you fix this? - 5 min (Convenor)
08:06 - 08:15	Keynote: Biology lost, Mechanics broken. Why fragility fractures fail?
	TECH TALKS
08:16 - 08:25	i) Fixing the unfixable. Tricks that actually work
08:26 - 08:35	ii) Replacing the unreconstructible. Doing it right
08:36 - 08:55	Controversies: Primary arthroplasty should replace ORIF in most fragility fractures
08:36 - 08:43	Speaker 1: Fix it whenever possible
08:43 - 08:50	Speaker 2: Replace early
08:50 - 08:56	Moderator: Cross fire + audience interaction/polling
08:56 - 09:25	Case studies: Interactive case based discussion
09:26 - 09:30	Closure: Fix, augment, replace or bail out?

BREAKFAST SESSION - 2

EXTREME NAILING - TAKING IT TOO FAR!!

17th October 2026 | 08:00 Hrs - 09:30 Hrs

TIME	TOPIC
08:00 - 09:30	Session 1 : Extreme nailing - Taking it too far!!
08:00 - 08:05	Set Up:
08:05 - 08:15	Keynote: Nails beyond diaphysis
	TECH TALKS
08:16 - 08:24	i) How far is too far? My approach to periarticular nailing
08:25 - 08:32	ii) Modern nailing strategies for nonunions
08:33 - 09:30	Controversies: Modern nailing have made plating obsolete in periarticular long bone fractures
08:33 - 08:39	Speaker 1: For
08:39 - 08:45	Speaker 2: Against
08:45 - 08:48	Moderator: Cross fire + audience interaction/polling
08:48 - 08:55	Complication pearls: Extreme nailing gone wrong
08:56 - 09:25	Case studies: Interactive case based discussion
09:26 - 09:30	Closure: When extreme nailing makes sense?

MAIN HALL

17th October 2026 | 09:30 Hrs - 13:00 Hrs

TIME	TOPIC
09:30 - 11:00	Hip session
09:30 - 09:40	Spotlight: Featured lecture
	The modern proximal femur surgeon. What actually changed in the last decade?
09:40 - 09:55	Crossfire: Debate
	Every unstable trochanteric fracture with a compromised lateral wall needs augmentation
09:40 - 09:46	Speaker 1: Augment the lateral wall
09:46 - 09:52	Speaker 2: Nail is the lateral wall
09:52 - 09:55	Rebuttal
09:55 - 10:05	Surgical snapshots - Video/ illustration based talks

TIME	TOPIC
09:55 - 10:00	i) Proximal femur nailing in lateral position: Tricks that work
10:00 - 10:05	ii) Lateral wall reconstruction. My go to strategies
10:05 - 10:20	QuickfiX: Short tech based lectures
10:05 - 10:10	i) Cement augmentation in proximal femur. Hype or Help?
10:10 - 10:15	ii) Pipkin 2 fracture in a 30 year old footballer. Why I use a safe surgical dislocation?
10:15 - 10:20	iii) 50 years obese female with an atypical subtrochanteric fracture. My top 5 tricks
10:20 - 10:30	Surgical snapshots - Video/ illustration based talks
10:20 - 10:25	i) Femoral neck ORIF: Tricks and tactics
10:25 - 10:30	ii) My top 5 fracture specific reduction techniques for subtrochanteric fractures.
10:30 - 11:00	Hot seat - Case discussion
11:00 - 11:30	BREW BREAK
11:30 - 13:00	Knee session
11:30 - 10:40	Spotlight: Featured lecture
	Congruency, Alignment, Stability and Motion after knee fracture surgery. What we fix and What we miss?
11:40 -11:55	Crossfire: Debate
	Posterior approaches are overused in tibial plateau fractures
11:40 -11:46	Speaker 1: I do not need prone
11:46 - 11:52	Speaker 2: Supine is a compromise
11:52 - 11:55	Rebuttal
11:55 - 12:05	Surgical snapshots - technique videos
11:55 - 12:00	i) Medial distal femur plating - surgical technique
12:00 - 12:05	ii) Bone grafts from proximal tibia/ distal femur
12:05 - 12:20	QuickfiX: Short tech based lectures
12:05 - 12:10	i) Hoffa fractures: 5 tips in 5 minutes
12:10 - 12:15	ii) Modern patella plating: Perimeter fixation and augmentation
12:15 - 12:20	iii) Ligamentous lesions in tibial plateau fractures. A 5 minute algorithm
12:20 - 12:30	Surgical snapshots - technique videos
12:20 - 12:25	i) Suprafibular approach & rim plating of posterolateral tibial plateau
12:25 - 12:30	ii) Distal femur fracture with segmental comminution: How I set my rotation, alignment and length
12:30 - 13:00	Hot seat - Case discussion (30 min)

LUNCH & LEARN BREAKOUT - 1

TIME	TOPIC
13:00 - 14:00	Lunch & Learn
13:00 - 13:10	Session 1: Pelviacetabular masterclass: Columns, Corridors & Contemporary solutions
	Keynote: What separates good from great pelviacetabular surgery?
13:10 - 13:25	Controversies: Most complex acetabular fractures need extensile or combined exposures
13:10 - 13:16	Speaker 1 - For: You cannot reduce what you cannot see
13:16 - 13:22	Speaker 2 - Against: The era of smarter, not bigger surgery
13:22 - 13:25	Rebuttal - 3 min
13:25 - 13:40	Technique videos:
13:25 - 13:30	i) How I reduce dome impaction
13:30 - 13:35	ii) Percutaneous pelvic fixation: Tricks that make it safe
13:35 - 13:40	iii) Indirect anterior column reduction and fixation from the back
13:40 - 14:00	Rapid fire Q and A:
	Complications in pelviacetabular surgery: Avoid and manage

LUNCH & LEARN BREAKOUT - 1

TIME	TOPIC
13:00 - 14:00	Lunch & Learn
13:00 - 13:10	Session 2: This fracture needed just a little more. The role of augmented constructs
	Set up:
	Keynote: Why a good fixation still fails?
13:10 - 13:20	Tech talk: The augmentation toolbox. What do I need and How do I do it?
13:20 - 13:35	Controversies: "Borderline fractures should be overbuilt and not underfixed"
13:20 - 13:26	Speaker 1 - For: Overbuild to outlast
13:26 - 13:32	Speaker 2 - Against: More metal, more problems
13:32 - 13:35	Moderator: Cross fire + audience interaction/polling
13:35 - 13:50	Augmentation in action: Tech videos
13:35 - 13:40	i) Perimeter fixation in patella with augmentation
13:40 - 13:45	i) Perimeter fixation in patella with augmentation
13:45 - 13:50	iii) Nail - plate for an osteoporotic distal femur fracture
13:50 - 14:00	Closure: The augmentation algorithm and evidence

MAIN HALL

17th October 2026 | 14:00 Hrs - 18:00 Hrs

TIME	TOPIC
14:00 - 15:30	Elbow, Forearm & Wrist
14:00 - 14:10	Spotlight: Featured lecture
	The modern concepts and techniques in Olecranon fracture dislocations
14:10 - 14:25	Crossfire: Debate
	Radial head replacement is overused
14:10 - 14:16	Speaker 1 - For: Too much metal, too little thought
14:16 - 14:22	Speaker 2 - Against: Radial head replacement has earned its role Rebuttal
14:22 - 14:25	Rebuttal
14:25 - 14:35	Surgical snapshots - technique videos
14:25 - 14:30	i) Retrograde coronoid screw fixation
14:30 - 14:35	ii) Sizing my radial head prosthesis. How do I get it right
14:35 - 15:00	Quickfix: Short tech based lectures
14:35 - 14:40	i) Forearm fractures: Restoring the forgotten curves
14:40 - 14:45	ii) The volar marginal fracture in distal radius. My preferred technique
14:45 - 14:50	iii) Dorsal plating of distal radius: My top 5 tricks
14:50 - 15:00	Surgical snapshots - technique videos
14:50 - 14:55	i) Dorsal approach to proximal radius. Tips and tricks
14:55 - 15:00	ii) LUCL repair with internal bracing in terrible triad - surgical technique
15:00 - 15:30	Hot seat - Case discussion
15:30 - 16:00	BREW BREAK
16:00 - 17:30	Ankle session
16:00 - 16:10	Spotlight: Featured lecture (10 min)
	High energy Pilon. Modern techniques that have improved outcomes
16:10 -16:25	Crossfire: Debate "Suture button fixation should replace syndesmotic screws"
16:10 - 16:16	Speaker 1 - For: Dynamic wins. Why suture buttons changed syndesmotic fixation?
16:10 -16:22	Speaker 2 - Against: Rigid still rules. Why screws remain the gold standard
16:22 - 16:25	Rebuttal
16:25 - 16:35	Surgical snapshots - technique videos
16:25 - 16:30	i) Syndesmotic reduction, assessment and fixation
16:30 - 16:35	ii) Medial posteromedial approach to ankle

TIME	TOPIC
16:35 - 16:50	Quickfix: Short technique based lectures
16:35 - 16:40	i) Primary ankle fusion. Tips for success
16:40 - 16:45	ii) How to get the fibula length right every time. My top 5 tricks
16:45 - 16:50	iii) Posterior malleolus fixation. 5 tips in 5 min
16:50 - 17:00	Surgical snapshots - technique videos
16:50 - 16:55	i) The SAD medial malleolus. How I do it?
16:55 - 17:00	ii) Plafond disimpaction & rafting. Surgical technique
17:00 - 17:30	Hot seat - Case discussion
17:30 - 18:00	Masters and Mentors: Celebrating a lifetime of excellence
	Plates, Nails and Cocktails - OTS Gala (7.30 am onwards)

SCIENTIFIC PROGRAM | DAY 2

BREAKFAST SESSION 1

18th October 2026 | 07:30 Hrs - 09:30 Hrs

TIME	TOPIC
07:30 Onwards	Registration
08:00 - 09:30	Session 1: Breaking bad - Periprosthetic and peri-implant femur fractures
08:00 - 08:05	Opening Statement
08:05 - 08:15	Keynote:
	Current status of periprosthetic femur fixation. Progress made and gaps remaining
08:15 - 08:25	Video vignettes:
08:15 - 08:20	1. Stem revision for a B2/B3 fracture around a cemented stem
08:20 - 08:25	2. Distal femur replacement for unsalvageable distal femur periprosthetic fracture
08:25 - 08:45	Controversies:
	Can we fix more and revise less in Vancouver B2 fractures?
08:25 - 08:32	Speaker 1: Stable enough to save: The case for fixing B2 fractures
08:32 - 08:39	Speaker 2: Loose stem, Loose logic: Why B2 fractures need revision
08:39 - 08:45	Moderator: Cross fire + audience interaction/polling
08:45 - 08:55	Tech talks:
	i) My top 5 tricks in interprosthetic femur fractures
	ii) My 5 step strategy for a Vancouver B2
	iii) The broken patella after arthroplasty: Treat the x-ray or the patient?
08:55 - 09:25	Case studies: Interactive case based discussion
09:25 - 09:30	Closure:

BREAKFAST SESSION 2

18th October 2026 | 08:00 Hrs - 09:30 Hrs

TIME	TOPIC
08:00 - 09:30	Reduction is the operation. The art of fracture reduction
08:00 - 08:20	Controversies:
	Open reduction: An endangered art or an outdated concept?
08:00 - 08:07	Speaker 1: An elegant OR improves outcomes with no increase in complications
08:07 - 08:14	Speaker 2: OR does affect the biology and should be selective
08:14 - 08:20	Moderator: Cross fire + audience interaction/polling
08:20 - 08:35	QuickfiX: Short talks
08:20 - 08:25	i) My top 5 joystick techniques
08:25 - 08:30	ii) My top 5 clamp application techniques
08:30 - 08:35	iii) My top 5 fluroscopic views for reduction
08:35 - 09:00	Reduction techniques:
08:35 - 08:40	i) Mini plate assisted reduction
08:40 - 08:45	ii) Plate assisted nailing
08:45 - 08:50	iii) Intra-cortical lag screws
08:50 - 08:55	iv) Distractor assisted nailing/ bridge plating
08:55 - 09:00	v) Nail assisted reduction
09:00 - 09:30	Case discussion (focus on reduction techniques)

MAIN HALL

18th October 2026 | 09:30 Hrs - 13:00 Hrs

TIME	TOPIC
09:30 - 11:00	Session 3: The Pinnacle - OTS best paper session
09:30 - 09:40	Shoulder and humerus session
09:40 - 09:50	Spotlight: Featured lecture
	Perfect union, Poor function. What really matters in treatment of proximal humerus fractures and how to achieve it?
09:50 - 10:05	Crossfire: Debate - 68 years active female with a displaced osteoporotic 4 part proximal humerus fracture
09:50 - 09:56	Speaker 1: Stop chasing the tuberosities. The future is reverse
09:56 - 10:02	Speaker 2: Give fixation a chance. The onus is on the surgeon. Rebuttal
10:02 - 10:05	Rebuttal

TIME	TOPIC
10:05 - 10:15	Surgical snapshots - technique videos
10:05 - 10:10	i) Developing the deltoid split and protecting the axillary nerve. How I do it?
10:10 - 10:15	ii) Two things that matter in reverse for fracture. Prosthetic stem height and tuberosity healing. How I get them right?
10:15 - 10:20	QuickfiX: Short tech based lectures
10:20 - 10:30	Surgical snapshots - technique videos
10:20 - 10:25	i) Modified Gerwin for humeral shaft fracture. Key tips and tricks
10:25 - 10:30	ii) Positioning and imaging for a scapular/glenoid fracture. How I do it?
10:30 - 11:00	Hot seat - Case discussion
11:00 - 11:30	BREW BREAK
11:30 - 13:00	Femur and tibia session
11:30 - 11:40	Spotlight: Featured lecture
	Every meta-diaphyseal fracture needs subtrochanteric principles for best results
11:40 - 11:55	Crossfire: Debate
	30 years male cross fit athlete with a complex tibial plateau fracture with a contiguous tibial shaft fracture
11:40 - 11:46	Speaker 1 - Get him up and running ASAP. Nail - plate does the job for me
11:46 - 11:52	Speaker 2 - Avoid more damage to his injured knee. Plates are the way to go for him
11:52 - 11:55	Rebuttal
11:55 - 12:05	Surgical snapshots - technique videos
11:55 - 12:00	i) Acute bone loss in tibial shaft fractures. My initial strategy in 5 min
12:00 - 12:05	ii) Restoring the right tibial rotation. How I do it?
12:05 - 12:20	QuickfiX: Short tech based lectures
12:05 - 12:10	i) Segmental femur fractures. My top tricks
12:10 - 12:15	ii) The fibula in tibial shaft fractures. How I handle it?
12:15 - 12:20	iii) When do I add a plate to nail. Why and how I do it?
12:20 - 12:30	Surgical snapshots - technique videos
12:20 - 12:25	i) Extra-articular lateral parapatellar approach to tibial nailing
12:25 - 12:30	ii) Poller screws. Pearls and pitfalls in 5 min
12:30 - 13:00	Hot seat - Case discussion

LUNCH & LEARN BREAKOUT - 1

TIME	TOPIC
13:00 - 14:00	Lunch & Learn
13:00 - 13:10	Session 1: Battle against biofilm - Fracture related infection
	Keynote:
	Biofilm changes everything. The modern principles of FRI management
13:10 - 13:30	Short talks/videos:
13:10 - 13:15	i) The FRI decision tree in 5 minutes
13:15 - 13:20	ii) 5 mistakes that makes FRI problematic
13:20 - 13:25	iii) DAIR - my strategy in 5 min
13:25 - 13:30	iv) Local antibiotic strategies that work
13:30 - 14:00	Cased based learning

LUNCH & LEARN BREAKOUT - 2

TIME	TOPIC
13:00 - 14:00	Session 2: Experts unplugged - Ask anything!!
13:00 - 13:10	Myth or truth?
	8-10 Questions on controversial practices. 1 min discussion for each question
13:10 - 13:20	Expert hot takes: What I do differently now?
	What is the one thing that you have stopped and one thing you have started doing in the last 5 years?
13:20 -13:35	Stump the experts. Ask anything!!
	Questions: 30 sec. Response: 90 sec
13:35 - 13:50	The case that changed my practice
	Each expert 1 case (3 min each)
13:50 - 14:00	One pearl, One pitfall (10 min) (2 min for each faculty/ pearl - 1 min. Pitfall - 1 min)
	Pearl: Something everyone should start doing
	Pitfall: Something everyone should stop doing

MAIN HALL

18th October 2026 | 14:00 Hrs - 15:30 Hrs

TIME	TOPIC
14:00 - 15:30	Nonunion Session
14:00 - 14:10	Spotlight: Featured lecture (10 min)
	Nonunion is multifactorial. Have we cracked the code?
14:10 - 14:25	Crossfire: Debate - Aseptic nonunions are mechanical failures
14:10 - 14:16	Speaker 1 - For: Fix the mechanics, biology will follow
14:16 - 14:22	Speaker 2 - Against: Every nonunion deserves bone grafting
14:22 - 14:25	Rebuttal
14:25 - 14:35	Surgical snapshots - technique videos
14:25 - 14:30	i) Judet osteoperiosteal decortication - surgical technique
14:30 - 14:35	ii) Wave plate for nonunion - surgical technique
14:35 - 14:50	Quickfix: Short tech based lectures
14:35 - 14:40	i) Top 5 mistakes to avoid in nonunion surgery
14:40 - 14:45	ii) Exchange nailing. 5 tips that improve success
14:45 - 14:50	iii) Non autograft options that work. How to get the best out of them?
14:50 - 15:00	Surgical snapshots - technique videos
14:50 - 14:55	i) Getting to know the articulated tension device. How I use it for a nonunion?
14:55 - 15:00	ii) Intramedullary fibula in humeral shaft nonunion - surgical technique
15:00 - 15:30	Hot seat - Case discussion (30 min)