

PRAKRUTI SPORTS SCIENCE & PHYSIOTHERAPY CLINIC

From the 3rd week of June, “Prakruti” is starting a series of regular Workshops and Seminars on clinical subjects related to Sports & the Musculo-skeletal system.

Although the knee joint may look like a simple joint, it is one of the most complex joints. Moreover, the knee is more likely to be injured than any other joint in the body. We tend to ignore our knees until something happens to them that causes pain. As the saying goes, however, "an ounce of prevention is worth a pound of cure." This is the key of Sports Medicine.

Our Knee Rehabilitation course will be taught by our Consultant, **Dr Vipul Chavda**.

Dr. Vipul completed his Bachelor’s Degree in Physiotherapy in 1997 from MAHE, and later went on to get a Masters degree in Sports and Orthopedics from the same institution. He has a fellowship in Sports Medicine from Center for Sports Medicine, Rosebank, South Africa and additional certificates in Pain Management (SA) and Advanced Rehabilitation after replacement surgeries from Norwich University Hospital, Norwich, UK.

After his Masters Degree he did a stint with the MCA/BCCI for a period of 4 years.

Dr. Vipul has worked closely with surgeons like Dr Anant Joshi, Dr Dinshaw Pardiwalla, Dr Arun Mullaji, etc for several years and has been involved in complete rehabilitation of their patients for operative as well as non operative rehabilitation.

During the course his work, he has seen more than 500 ACL’s(operated & Non operated), 200 shoulder surgeries (including Bankarts, Labral injuries & Instabilities operated & non operated), and 200 replacements (UKA/TKR/THR etc). Shoulder and knee injuries and their management are also his areas of special interest.

Dr. Vipul has been a visiting lecturer for Post Graduate students of Physiotherapy at MAHE as well as being a guest speaker at various conferences including the “Shoulder Society of Arthroscopy Surgeons”.

For the last 10 years Dr. Vipul has been a consultant with PRAKRUTI Sports Science & Physiotherapy Clinic and has been an integral part of our clinic. Despite being a successful Clinician, he is a passionate teacher and has been in charge of our in house Continuous Learning Programs for the last several years.

- **Prakruti Clinic is a referral center for**
 - **BCCI & MCA** for its players for rehabilitation.
 - **Sports Authority of India** for its athletes.
 - **National Boxing Federation** for women Boxers.
 - **National Martial Arts Association** for its athletes.
 - **Tennis Academies** all over India

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Advanced Rehabilitation of Knee Injuries seen in SPORTS: Course Details

Dates: 26th & 27th June 2010 @ PRAKRUTI

DAY 1

9am to 9.15am	Introduction to the course	Dr Harshada Rajadhyaksha
9.15am to 9.45am	Clinical Anatomy & Mechanics of the Knee Joint	Dr Vipul Chavda
9.45am to 11.15am	On Field injuries of the knee complex in SPORTS (PFPS / Chondral Injuries- Etiology, MOI, Examination, Differential Diagnosis & PFPS Clinical.	Dr Vipul Chavda
11.15am to 12.15 noon	LUNCH	
12.15 noon to 1pm	Treatment Philosophy of PFPS (Theory + Hands on)	Dr Vipul Chavda
1pm to 1.30pm	Meniscus Injuries its variants & treatment philosophy Arthroscopic View (Video)	Dr Vipul Chavda
1.30pm to 2pm	Case Presentation	
2pm to 3.30pm	Taping & Beyond	Dr Harshada Rajadhyaksha / Dr Vipul Chavda
3.30pm to 4pm	Discussion	

DAY 2

9am to 9.30am	History & Origin of Diagnosis of ACL (Theory) Arthroscopic view (VIDEO)	Dr Vipul Chavda
9.30am to 10am	History & Patho-mechanics of ACL injuries, Types of ACL injuries & triad (Theory)	Dr Vipul Chavda
10am to 10.30am	Examination of the Knee Joint & History Taking (Video)	Dr Vipul Chavda
10.30am to 11.15am	ACL Reconstruction (VIDEO) & learning the way surgeons think	Dr Vipul Chavda
11.15am to 12	LUNCH	
12 to 1pm	Operative & Non Operative Rehabilitation (Protocol & beyond)	Dr Vipul Chavda
1pm to 1.20pm	Kinetics & Kinematics in exercise prescription (PRACTICAL)	Dr Vipul Chavda
1.20pm to 2pm	Practical Exercise Prescription (REAHB CENTER @PRAKRUTI)	Dr Harshada Rajadhyaksha / Dr Vipul Chavda
2 pm to 3 pm	Hands On Exercises	
3pm to 4pm	Case Presentation and question answer session	

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FEES: Rs 5000/- for 2 day workshop which includes

- Course fees, Lunch & tea, Taping material for practice
- 12 hours course credit
- Certificate
- Course Synopsis

Payment should be made by Cheque /DD : "PRAKRUTI SPORTS SCIENCE & PHYSIOTHERAPY CLINIC".

Last date of payment 20th June 2010

Contact for Registration :

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