



BASIC SCIENCES COURSE IN ORTHOPAEDICS



REGISTRATION FEE

Resident: 5000 PKR

Consultant: 10,000 PKR



1st & 2nd May 2026

venue

Najmuddin Auditorium JPMC

WELCOME MESSAGE

On behalf of the Pakistan Knee Hip Society, it is my immense pleasure to welcome you to this essential Basic Sciences Course in Orthopaedics, right here in the vibrant city of Karachi!

This city, alive with history and intellectual energy, provides the perfect backdrop for deep scientific exploration. Over two days, we will embark on a focused journey into the fundamental pillars of orthopaedics – the anatomy, physiology, pathology, diagnostics, biomechanics, and biomaterials that form the bedrock of our clinical practice.

Designed meticulously for orthopaedic trainees and practicing surgeons seeking to solidify their core knowledge, this course integrates diverse learning methods including didactic lectures, discussions, practical examples for understanding the basics and hands on training in some basic fracture management techniques by engaging with expert faculty who have grounding training in basic sciences. Latest advances and innovations along with scientific evidence will be showcased to enhance the delegates understanding and practice.

Engage with expert faculty and challenge your understanding and sharpen critical thinking in lively scientific debates and translate theory into practical insight during these 2 days.

The Pakistan Knee Hip Society is committed to advancing excellence in musculoskeletal care. This course embodies that mission, providing a dedicated platform to master the science behind the art of orthopaedics. We encourage you to actively participate, ask questions, network with peers, and absorb the wealth of knowledge shared by our esteemed faculty.

Embrace this opportunity to strengthen your foundational understanding. Let the learning, discussion, and discovery begin! Welcome to Karachi, and welcome to a stimulating academic experience!

Prof Zeeshan Khan (FRCS Ortho U.K.)

Course Director
Academic Secretary PKHS

ORGANISING COMMITTEE



Imran Shah

COURSE CHAIR



Yasir Hussain

COURSE

CO ORDINATOR



Zeeshan Khan

COURSE

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100%



SCIENTIFIC PROGRAM

1 MAY 2026 DAY - 1

8:30 – 8:50 Registration

8:50 – 9:00 Introduction

Course Director

9:00 – 9:15 What is Bone? Types of bone

Ahmed Shoaib

and healing.

9:15 – 9:30 Anatomy of articular cartilage and

Umer Butt

development of osteoarthritis.

9:30 – 9:45 Osteomyelitis types and

Haroon Rasheed

management.

9:45 – 10:00 **Q&A**

10:00 – 10:15 Nerve, injury & NCS.

Faisal Qamar

10:15 – 10:30 What is non-union? Causes, types &

Imran Shah

treatment.

10:30 – 10:45 Orthobiologics Types and mechanisms

Aamir Jalil

and do they work?

10:45 – 11:00 Principles of tendon transfer.

Imran Khan

SCIENTIFIC PROGRAM

1 MAY 2026 DAY - 1

11:00 – 11:15 **WORKING TEA & Q&A**

11:15 – 11:30 Biomaterials. **Zaki Idrees**

11:30 – 11:45 What is a screw? Types and uses. **Ather Siddiqi**

11:45 – 12:00 What is a plate? Biomechanics **Mustafa javed**

and types.

12:00 – 12:15 External fixators Types and **Akmal Sultan**

Biomechanics.

12:15 – 13:00 **HANDS-ON WORKSHOP** **All Faculty**

13:00 – 14:00 **LUNCH**

14:00 – 14:15 Fundamentals of Ilizarov **Asadullah Makhdoom**

biomechanics: the distraction osteogenesis.

14:15 – 14:30 What is bone cement? Types & uses. **Nasir Ahmed**

14:30 – 14:45 Cemented hip arthroplasty. **Zeeshan Khan**

Designs, Philosophy & cementing technique.

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GENIX

SCIENTIFIC PROGRAM

1 MAY 2026 DAY - 1

14:45 – 15:00 Uncemented hip arthroplasty. **Shahid Noor**

Designs, Philosophy & techniques.

15:00 – 15:15 Friction, lubrication, wear and **Mujahid Jamil**

types of Polyethylene. (Tribology)

15:15 – 16:00 **WORKING TEA +** **All Faculty**

HANDS-ON WORKSHOP

16:00 – 16:15 Radiology in orthopaedics **Yasir Khan**

(X ray, CT scan, MRI scan, Bone scan, PET scan)

16:15 – 17:00 **Introducing PKHS** **Umer Butt**

END OF DAY - 1

SCIENTIFIC PROGRAM

2 MAY 2026 DAY - 2

9:00 – 9:15	Welcome day 2 & Recap.	Imran Shah
9:15 – 9:30	The Science of Bone Grafting (Osteoinduction conduction/ genesis)	Aabid Sanaullah
9:30 – 9:45	How to describe a lesion on x ray?	Ali Jillani
9:45 – 10:00	Biopsy Indications, types and principles.	Mustafa Javed
10:00 – 10:15	VTE & antibiotic prophylaxis in orthopaedics.	Faisal Qamar
10:15 – 10:30	Pain management in orthopaedics	Zameer Soomro
10:30 – 10:45	QUIZ & Q&A	All Faculty
10:45 – 11:00	Biomechanics of knee joint. ACL and Meniscus.	Umer Butt
11:00 – 11:30	TEA BREAK	
11:30 – 12:00	HANDS-ON WORKSHOP	All Faculty
12:00 – 12:15	Theatre design & infection control.	Yasir Hussain

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SCIENTIFIC PROGRAM

2 MAY 2026 DAY - 2

12:15 – 12:30 Biomechanics of hip joint. **Mujahid Jameel**

12:30 – 12:45 Biomechanics of shoulder joint

Stability. **Yasir Khan**

12:45 – 13:00 Osteoporosis A silent killer What to **Imran Shah**

look for and management.

13:00 – 13:15 Audit/ QIP How to conduct **Ayesha Saeed**

and audit loop/cycle.

13:15 – 13:30 How to conduct a research **Zeeshan Khan**

study? The basics.

13:30 – 13:45 **Introducing SICOT** **Yasir Khan**

Shield distribution

Q&A AND END OF DAY - 2

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