



# 4th Malaysian Arthroscopy Society

Annual General  
Meeting /  
Annual Scientific  
Meeting

# 2016

**Theme:**  
The Meniscus -  
Save The Cushion

## 2nd ANNOUNCEMENT



**Gold Sponsors:**



## CALL FOR ABSTRACTS!

Closing Date:

**5.00pm, 7th August 2016**

Awards will be given for BEST  
Free Paper Oral Presentation &  
Poster Presentation



**19th October 2016**  
(Pre-Conference Workshop)



**20th-22nd October 2016**  
(Conference Days)

Ramada Plaza Melaka, Malacca



[www.my-arthroscopy.com](http://www.my-arthroscopy.com)

### Conference Secretariat :

Malaysian Arthroscopy Society (MAS) c/o Medical Conference Partners  
P1-2-1, Andalucia, Pantai Hillpark, Jalan Pantai Permai, 59200 Bangsar South,  
Kuala Lumpur, Malaysia

Tel: +603 2242 0902 / +6016 203 6018

Fax: +603 6207 6795

Email: [secretariat@my-arthroscopy.com](mailto:secretariat@my-arthroscopy.com)

## WELCOME MESSAGE FROM PRESIDENT OF MAS

Dear MAS members, speakers & participants,

Welcome to the 4th Malaysian Arthroscopy Society Annual General Meeting / Annual Scientific Meeting 2016. It is a great pleasure to have all of you together in the historic city of Malacca. May the spirit of this city enhance our interest in learning the past history of arthroscopic discoveries, its successes and pitfalls in order for us to embark on making future history in this fraternity.

I hope this meeting will also foster a strong academic and social relationship amongst the members specifically and with the regional and international faculty members generally. May it be a conducive avenue for all of us to satisfy our thirst for scientifically proven knowledge and skills with open hearted discussions and constructive criticism while enjoying the ambient environment of friendship in this beautiful ancient city of Malacca.

My deepest gratitude to the organising committee who has worked relentlessly to bring in the excellent program and I hope that all of us will benefit greatly from this wonderful meeting.

Warm welcome & regards,

**Prof Dr Wan Hazmy Che Hon**  
President  
Malaysian Arthroscopy Society

## MALAYSIAN ARTHROSCOPY SOCIETY COUNCIL MEMBERS

### President

Prof Dr Wan Hazmy Che Hon

### Vice President

Col (R) Dr Vejayan Rajoo

### Secretary

Dr Harjeet Singh

### Assistant Secretary

Dr Shamsul Iskandar Hussein

### Treasurer

Col (R) Dr Azmi Abdul Latif

### Exco

Dr Siti Hawa Tahir  
Brig Gen Dato' Dr Mohammad Amiruddin Hamdan

### Advisors

Datuk Dr Mohd Asri Abd Ghapar  
Dr Hishamudin Masdar

### Auditors

Dr Charanjeet Singh  
Col (R) Dr Kok Choong Seng

### Regional Representatives

- Dr Soon Chee Khian (North)
- Assoc Prof Dr Mohamad Khairuddin Abdul Wahab (Central)
- Brig Gen Dr Muhamad Fuad Daud (South)
- Dr Tengku Muzaffar Tengku Shihabudin (East Coast)
- Dr Richard Chen (East Malaysia)

## WELCOME MESSAGE FROM ORGANISING CHAIRMAN OF 4th MAS ASM 2016

As the organising chairman of the 4th Malaysian Arthroscopy Society Annual General Meeting / Annual Scientific Meeting 2016, I warmly welcome all of you with our Malay wishes "Selamat Datang" to this meeting which is going to be held in the most historical state of Malaysia – Malacca.

Malaysian Arthroscopy Society is always moving forward for the betterment of our orthopaedic sport fraternity within our country and neighboring countries. The theme 'The Meniscus - Save The Cushion' signifies the importance of preserving the knee meniscus. Our Scientific Committee headed by Brig Gen (Dr) Muhamad Fuad Daud has come up with a very comprehensive scientific programme, starting from basic to the latest update in meniscus management. These issues will be covered by a group of eminent speakers. Knowing that sport rehabilitation is crucial in determining the management outcome, a concurrent programme is also designed to focus on this matter.

We look forward to having potential researchers use this meeting as a platform to share their research findings through scientific paper and poster presentation which complement the knowledge enhancement.

Hope to see all of you in Malacca!

Sincerely,

**Assoc Prof Dr Mohamad Khairuddin Abdul Wahab**  
Organising Chairman  
4th Malaysian Arthroscopy Society  
Annual Scientific Meeting 2016

## 4th MAS ASM 2016 COMMITTEE

### Organising Chairman

Assoc Prof Dr Mohamad Khairuddin Abdul Wahab

### Co-Organising Chairman

Brig Gen Dato' Dr Mohammad Amiruddin Hamdan

### Treasurer

Col (R) Dr Azmi Abdul Latif

### Scientific Chairman

Brig Gen Dr Muhamad Fuad Daud

### Scientific Committee

- Dr Fakhrizzaki Shamsul Baharain
- Dr Harjeet Singh
- Dr Khairullina Khalid
- Dr Mohamad Razip Sirat
- Assoc Prof Dr Mohd Nizlan Mohd Nasir
- Dr Rozaiman Ebrahim
- Dr Shamsul Iskandar Hussein
- Dr Siti Hawa Tahir
- Dr Sivalingam Raja Gopal
- Dr Zulkifli Hassan



## Pre-Conference Day Workshop - 19th October 2016 (Wednesday)

Time		LECTURE HALL A	LECTURE HALL B
0800	1800	REGISTRATION COUNTER OPENS	
0830	1000	<b>Pre-conference Workshop 1</b>	<b>Musculoskeletal Ultrasound Workshop</b>
1000	1300	Available	Focusing On Meniscus & Related Structures. • Refer to page 3 for more details.
1300	1400	LUNCH	
1400	1700	<b>Pre-conference Workshop 2</b>	<b>Musculoskeletal Ultrasound Workshop</b>
1700	1800	Available	Focusing On Meniscus & Related Structures. • Refer to page 3 for more details.
1800	1900	MAS COUNCIL MEETING	

## Conference Day 1 Programme - 20th October 2016 (Thursday)

Time		LECTURE HALL A	LECTURE HALL B
0700	1800	REGISTRATION COUNTER OPENS	
0800	0900	<b>ICL 1 - Meniscus 1</b>	<b>ICL 2 - Knee : PCL</b>
		The Meniscus: How Is It Important	Understanding The PCL And PLC - Function And Dysfunction
		Meniscus Root Tear: Diagnosis & Treatment	Isolated Ligament And Bony PCL Injury
		RAMP Lesion: Incidence And Management	Osteotomy In PCL And Combined Injury
		Discoid Meniscus: Tear Management	Reconstructive Strategies In PCL-PLC Combined Injury.
		Q & A Session	Q & A Session
0900	0930	<b>Opening Ceremony</b>	
0930	1000	<b>Keynote Lecture</b>	
1000	1030	TEA BREAK / EXHIBIT VISIT	
1030	1200	<b>Symposium 1 - Meniscus Update</b>	
		Meniscus And ACL: Long Term Results After ACL Reconstruction	
		Meniscus Scaffold And MAT – When And Why?	
		Combined Surgeries Associated With MAT	
		Long Term Results Of Meniscus Scaffold	
		Q & A Session	
1200	1230	SPONSORED LUNCH SYMPOSIUM 1	
1230	1400	LUNCH / EXHIBIT VISIT	
1400	1500	<b>Relive Surgery</b>	<b>Sport Rehabilitation Workshop</b>
		Relive Surgery 1 - Meniscus Root Repair	Introduction To Knee Rehabilitation Modality The Options Of Modality In Knee Rehabilitation
1500	1600	Relive Surgery 2 - Meniscosynovial Repair	Technique And Principles of Knee Rehabilitation Practical Session - Rehabilitation Modalities & Evaluations
1600	1630	TEA BREAK / EXHIBIT VISIT	
1630	1730	<b>Free Paper Oral Presentation</b>	
1730	1900	MAS AGM	
2000 onwards		FACULTY APPRECIATION DINNER ( By Invitation Only)	

### Relive Surgery :

For the first time, MAS is introducing Relive Surgery. A relive surgery is a playback video sharing our renowned speakers performing a surgery. The video will be accompanied by commentary on the procedure.

**Conference Day 2 Programme - 21st October 2016 (Friday)**

Time		LECTURE HALL A	LECTURE HALL B
0700	1800	REGISTRATION COUNTER OPENS	
0800	0900	<b>ICL 3 - Meniscus 2</b>	<b>ICL 4 - Knee</b>
		MRI Of The Meniscus	Biomechanics And Anatomy Of Meniscus
		Meniscus Extrusion-Current Concepts	Evolution Of Implant In Meniscus Repair
		Repair Of Radial Tear	All Inside Repair Technique Of Meniscus
		Degenerative Meniscus Tear	Implant Vs Implantless Technique. Why I Choose This Way?
		Q & A session	Q & A session
0900	0930	<b>Plenary 1</b>	
		Meniscus Root Tear: Diagnosis, Repair Technique & Results	
0930	1000	<b>Plenary 2</b>	
		Meniscus Allograft Transplant: Indications And Long Term Results	
1000	1030	TEA BREAK / EXHIBIT VISIT	
1030	1100	<b>Symposium 2 - Meniscus Revisited- Crossfire</b>	
		Crossfire 1: Complex Meniscus Tear	
		Meniscectomy Vs Repair	
1100	1130	Crossfire 2: Meniscus Tear In Elite Athletes	
		Meniscectomy Vs Repair	
1130	1200	Q & A Session	
1200	1230	SPONSORED LUNCH SYMPOSIUM 2	
1230	1430	LUNCH / EXHIBIT VISIT	
1430	1530	<b>Relive Surgery</b>	<b>Fitness Workshop</b>
		Relive Surgery 3 - Meniscus Allograft Transplant	The objectives of this workshop are: - <ul style="list-style-type: none"> <li>To encourage an active lifestyle among the participants</li> <li>To educate those at risk on the disease prevention approach</li> <li>To provide counselling and consultancy on how to maintain a healthy lifestyle</li> </ul>
1530	1630	Relive Surgery 4 - Meniscus Scaffold Implantation	
1630	1700	TEA BREAK / EXHIBIT VISIT	
1700	1830	<b>Free Paper Oral Presentation</b>	
2000 onwards		<b>CONFERENCE DINNER</b>	

**Conference Day 3 Programme - 22nd October 2016 (Saturday)**

Time		LECTURE HALL A	LECTURE HALL B
0700	1300	REGISTRATION COUNTER OPENS	
0800	0900	<b>ICL 5 - Knee : ACL Reconstruction</b>	<b>ICL 6 - Knee : Patellar Femoral</b>
		ACL Femoral Tunnel Placement: What Is Ideal?	Surgical Intervention For First Time Patellofemoral Dislocators In Paediatrics And Adolescents
		How To Avoid Intra-Operative Complications In ACL Reconstruction	Indications And Methods Of Tibial Tubercle Osteotomy In MPFL Reconstruction
		ACL Revision: Everything You Want To Know	Trochleoplasty In Patellofemoral Instability
		ACL Re-injury After Return To Competitive Sports: Predictors And Prevention	Return To Play In Athletes After Patella Stabilization Surgery
		Q & A session	Q & A session
0900	0930	<b>Plenary 3</b>	
		Meniscus Tear: Past, Present & Future	
0930	1030	<b>Relive Surgery</b>	
		Relive Surgery 5 - Arthroscopic Popliteus Reconstruction	
1030	1100	TEA BREAK / EXHIBIT VISIT	
1100	1230	<b>Symposium 3 - Knee</b>	
		Remnant Preservation ACLR: Why And How	
		Treatment Of PCL And PLC Injury: Techniques And My result	
		ALL Injury: Diagnosis And Treatment	
		PFJ Pain: How I Treat Them	
		Early OA In Adult: My Treatment Approach	
		Q & A Session	
1230	1300	<b>CLOSING CEREMONY</b>	

# Musculoskeletal Ultrasound Workshop - Focusing on Meniscus & Related Structure

**Date:**  
19th October 2016  
(Wednesday)

**Time:**  
8.00am - 6.00pm

**Venue:**  
Level 7,  
Ramada Plaza,  
Melaka

\* Must register for  
main conference to  
join the workshop

## Target Audience

- Sports Physician & Sport Medicine Trainee
- Orthopaedic Surgeon & Orthopaedic Trainee
- Rehabilitation Physician & Rehabilitation Medicine Trainee
- Radiologist with musculoskeletal interest & Trainee in Diagnostic Imaging Medicine
- Specialist/Doctors/General Practitioner with interest in musculoskeletal issues
- Radiographer with ultrasound musculoskeletal interest
- Physiotherapist, medical assistants and nurse practitioners interested in improving knowledge in musculoskeletal ultrasound applications.

## Description of workshop

After completing this activity, the participant will be able to do the following:

- Explain the capabilities and limitations of musculoskeletal ultrasound imaging.
- Identify normal anatomy of the meniscus and its related structure visualized during musculoskeletal ultrasound imaging.
- Identify sonographic appearance of commonly seen pathology of the knee (focusing on the meniscus).
- Describe techniques and protocols for performing musculoskeletal ultrasound examinations of the knee.
- Describe the dynamic maneuvers employed to evaluate for meniscal assessment.
- Better perform and/or interpret MSK ultrasound examinations.
- Optimize ultrasound machine settings for diagnostic and interventional techniques.

Time	Description
0800 - 0830	Registration
0830 - 0845	Welcome Address
0845 - 0915	MSK Basics & Knobology
0915 - 0945	Knee/Meniscus : Normal MRI Vs Ultrasound Correlation
0945 - 1000	Tea Break
1000 - 1030	Knee/Meniscus : Sono-anatomy
1030 - 1100	Ultrasound Meniscus & Related Structure : Normal
1100 - 1300	Hands-on Live Knee Scan: <ul style="list-style-type: none"> <li>• Suprapatella &amp; Infrapatella Area</li> <li>• Collateral Ligaments (MCL/LCL, Popliteus)</li> <li>• Meniscus (LM/MM – AHàPH)</li> <li>• Knee Bursa – Pes Anserine</li> <li>• Muscles – Hamstring, Gastrocnemius, Quadriceps, ITB</li> </ul>
1300 - 1400	Lunch Break
1400 - 1430	Knee/Meniscus : Pathology/Procedure MRI Vs Ultrasound Correlation
1430 - 1500	Knee/Meniscus : Sono-pathology/Procedure
1530 - 1600	Injection Technique Around The Knee
1600 - 1730	Hands-on Live Knee Scan: <ul style="list-style-type: none"> <li>• Meniscal Degeneration</li> <li>• Meniscal Cyst &amp; Baker's Cyst</li> <li>• Meniscal Tear &amp; Menisco-Capsular Injury</li> <li>• Meniscal Tear &amp; MCL Injury</li> <li>• Post Meniscectomy</li> <li>• Post Meniscal Repair</li> <li>• Post Meniscal Transplant/Implant</li> <li>• US guided Injection Technique - Knee</li> </ul>
1730 - 1800	Closing Remark

\*Only limited to  
**50 PARTICIPANTS**  
First Come First Serve Basis!





## INTERNATIONAL FACULTY

- Prof Dr Ahn Jin Hwan, *South Korea*
- Assoc Prof Dr Bancha Chernchujit, *Thailand*
- Dr Bertrand Sonneroy-Cottet, *France*
- Prof Dr Feng Hua, *China*
- Dr Lo Chien Sheng, *Taiwan*
- Prof Dr Rene Verdonk, *Belgium*
- Prof Dr Stefano Zaffagnini, *Italy*

## NATIONAL FACULTY

- Dr Arshad Puji
- Col (R) Dr Azmi Abdul Latif
- Dr Charanjeet Singh
- Dr Harjeet Singh
- Dr Maizatul Jamny Mahmood
- Assoc Prof Dr Mohamed Razif Mohamed Ali
- Brig Gen Dato' Dr Mohammad Amiruddin Hamdan
- Datuk Dr Mohd Asri Abd Ghapar
- Dr Nazrila Hairiana Nasir
- Dr Paisal Hussin
- Dr Rozaiman Ebrahim
- Dr Sanusi Azni Ab Ghani
- Dr Shamsul Iskandar Hussein
- Dr Suraini Mohamad Saini
- Dr Zulkifli Hassan

## CONFERENCE VENUE

### Ramada Plaza Melaka, Malacca

Jalan Bendahara

75100 Melaka, Malaysia

Website : [www.ramadaplazamelaka.com](http://www.ramadaplazamelaka.com)

## WE WELCOME

- Orthopaedic Surgeons
- Sports Fellows
- Sports Physicians
- Rehabilitation Physicians
- Medical doctors
- Radiographers
- Radiologists
- Physiotherapists
- Nurses
- Medical Assistants

## MAS MEMBERSHIP

The registration price for MAS members is only applicable if your MAS membership is still valid. If your membership is no longer active, your conference registration will automatically be processed as a non-MAS member.

Please contact the MAS Secretariat at +603 2242 0902 or [secretariat@my-arthroscopy.com](mailto:secretariat@my-arthroscopy.com) to check your membership status. If you wish to apply or renew your membership, you may download the form from the MAS website at [www.my-arthroscopy.com](http://www.my-arthroscopy.com).

## REGISTRATION FEES

Category	MAS Member (Orthopaedic Surgeon / Sports Physician)	Non - MAS Member (Orthopaedic Surgeon / Sports Physician / Physiotherapist / Radiologist / Nurse)	Overseas
<b>Ultrasound Workshop</b> (Limited places)	RM 500		USD 200
<b>Early Bird</b> (15th August 2016)	RM 900	RM 1,100	USD 350
<b>Post Early Bird</b> (30th September 2016)	RM 1,100	RM 1,300	USD 400
<b>Onsite</b> (1st October onwards)	RM 1,300	RM 1,500	USD 450

Note: a) All delegates must register for full conference to be entitled to register for the ultrasound workshop.  
b) Online registration available.

## CALL FOR ABSTRACTS

Deadline to submit all abstracts is before **5.00pm, 7th August 2016**.

### Abstract Submission Guidelines

Structure for abstract submission:

1. Title of abstract
2. Names of all authors
3. Details of affiliation of author(s); institution, city, country

Abstract content should consist of:

1. Introduction
2. Materials & Methods
3. Results
4. Discussions
5. Conclusions
6. References

Abstract submission is to be done online at our website.

1. Maximum number of words in abstract content is 350 words (excluding title, names and details of authors).
2. You may attach up to 3 figures including graphic and tables, etc. are allowed in each abstract.

Ensure that all changes, corrections and proof reading have been carried out before submission. Once you have submitted, you will not be able to edit the information given.

Successfully accepted abstracts will be published in MAS website unless informed by the applicant that he/she does not want the abstract to be published there.

### Abstract Review

All abstracts will be reviewed by the Scientific Committee. The Committee reserves the rights to:

1. Select the abstracts relevant to the session
2. Decide on the final form of presentation

## EXHIBITOR ENQUIRY

To receive information regarding exhibition and sponsorship for this conference, please contact the Secretariat.