

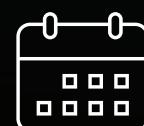


RMS ROYAL MEDICAL SERVICES
الخدمات الطبية الملكية



The Bahrain Knee Meeting:

Conference and Cadaveric Course



8 - 10 Jan 2026



Crown Prince Center for
Training & Medical Research

Scan to Register



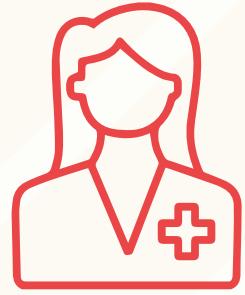
LEARNING OBJECTIVES

- Understand and master advanced ligament reconstruction and knee arthroscopy techniques.
- Learn how to Integrate knee osteotomies for joint preservation and deformity correction.
- Learn modern meniscus repair and cartilage preservation strategies.
- Develop surgical plans for primary, complex, and revision knee replacements.
- Hone your decision making skills with interactive case discussions on complex knee sports and arthroplasty cases.
- Refine your skills with hands-on cadaveric training: Basic knee sports surgery, Advanced knee sports surgery, and Primary total knee replacement surgery

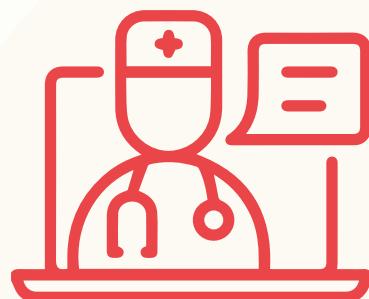


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TARGET AUDIENCE



Physiotherapists



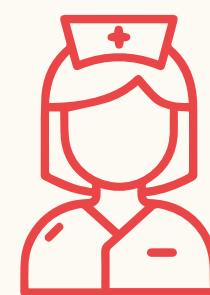
**Orthopedic Surgery
Consultants &
Specialists**



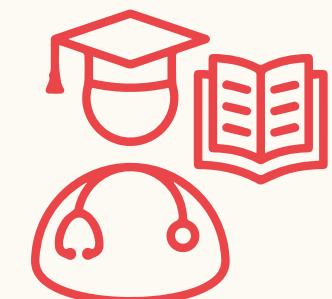
Radiologists



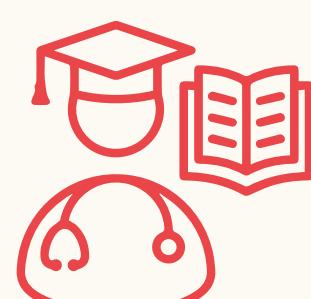
**Orthopedic Surgery
Residents**



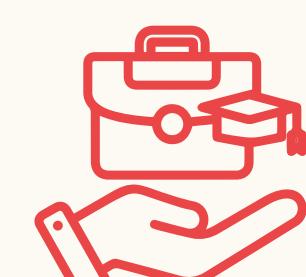
Nurses



Medical Students



Intern Doctors



Trainees



REGISTRATION DETAILS

8 – 9 Jan Conference Only: 20 BD

9 Jan: Advanced Knee Sports Cadaveric Workshop 400 BD - 24 seats

10 Jan: Basic Knee Arthroscopy Cadaveric Workshop 150BD - 32 Seats

10 Jan: Primary Total Knee Replacement Cadaveric Workshop 200BD -24 Seats

Note: Workshop fees include access to the conference



VENUE

Crown Prince Center
for Training &
Medical Research



FOR MORE INFORMATION

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CONFERENCE CHAIRPERSON



BRIG. GEN. PROF. FAHAD ALKHALIFA
Commander of the Royal Medical Services

CONFERENCE DIRECTORS



CAPT. DR. FARES NOOR UDDIN
Knee Sports Course Director

Consultant Sports & Upper limb
Surgeon



DR. UMER BUTT
Knee Sports Course Director

Consultant Sports &
Arthroplasty Surgeon



MAJ. DR. AHMAD ALKHALIFA
Knee Arthroplasty Course
Director

Sports & Arthroplasty
Orthopedic Surgeon



DR. AHSAN BUTT
Knee Arthroplasty Course
Director

Consultant Arthroplasty
Surgeon



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SPEAKERS

BAHRAIN

1. Brig. Gen. Prof. Fahad Al Khalifa
2. Col. Dr. Khalid AlKuwari
3. Maj. Dr. Ahmed Al Khalifa
4. Capt. Dr. Fares Uddin
5. Dr. Ali Majed
6. Dr. Ahsan Butt
7. Dr. Ali Redha Karashi
8. Dr. Jamal Saleh
9. Dr. Gianluca Cusmà Dovico Guatteri

KSA

1. Dr. Mojieb Monthary
2. Dr. Bader Tayara
3. Dr. Naif Al Hamam
4. Dr. Meshal Alfaraidy
5. Dr. Sulaiman Almousa
6. Dr. Moaad Alfaraidy
7. Dr. Mohammad Alzahrani
8. Dr. Omar Dahduli

REGIONAL/ INTERNATIONAL

1. Dr. Usama Saleh (UAE)
2. Dr. Fahad Al Khalaf (Kuwait)
3. Dr. Umer Butt (Pakistan)
4. Dr. Yasir Khan (Pakistan)
5. Dr. Imran Shah (Pakistan)
6. Dr. Zeeshan Khan (Pakistan)
7. Ali Albelooshi (UAE)
8. Dr. Philipe Landreau (UAE)
9. Dr. Iosif Gavriilidis (Greece)
10. Dr. Sachin Tapasvi (India)

AGENDA

Day 1 - January 8, 2026

Sports

07:15 – 08:00	Registration
08:00 – 08:05	Introduction & Welcome Speech Dr. Fares / Dr. Ahsan
08:05 – 08:10	Chairman's Address Dr. Fahad Al Khalifa
08:10 – 08:15	RMS Robotic Surgery Experience Dr. Fahad Al Khalifa

EXPERT OPINIONS AROUND ACL

08:15 – 08:25	All inside ACL – if and when? Dr. Usama Saleh
08:25 – 08:35	ACL Graft choices in 2026 – What is best for your patients Dr. Ahmed Al Khalifa
08:35 – 08:45	Will preserving the ACL stump improve post-operative stability? Dr. Khalid Alkuwari
08:45 – 08:55	Latest updates on the ALL/LET & its surgical technique Dr. Fahad Alkhalaif
08:55 – 09:05	Primary ACL repair: Past, Present and Future Dr. Khalid Alkuwari
09:05 – 09:15	Revision ACL reconstruction: Current Techniques and Recommendations Dr. Umer Butt

AGENDA

EXPERT OPINIONS AROUND LIGAMENTS

09:15 – 09:25 Patella dislocation: is it just the MPFL? Current Updates
Dr. Naif Alhamam

09:25 – 09:35 Surgical management of multi-ligament injury about the knee
Dr. Philippe Landreau

09:35 – 09:45 How to manage the combined ACL and PCL injury?
Dr. Fahad Alkhalfaf

09:45 – 09:55 How to manage isolated PCL injuries?
Dr. Ahmed Al Khalifa

09:55 – 10:05 High grade, acute MCL injury: should we primarily repair or augment with internal bracing?
Dr. Iosif Gavriilidis

10:05 – 10:15 What is new in Posterolateral corner surgeries?
Dr. Fahad Alkhalfaf

10:15 – 10:25 Dry ACL reconstruction with CO2 insufflator – The future?
Dr. Umer Butt

10:25 – 10:40 Tea break - 15 mins

EXPERT OPINIONS AROUND MENISCUS

10:40 – 10:50 Meniscal extrusion. What is the current consensus and management?
Dr. Moaad Alfaraidy

AGENDA

10:50 – 11:00	Meniscal ramp and root tears repair techniques and outcomes Dr. Yasir Khan
11:00 – 11:10	Circumferential suture repair in complex/degenerated meniscus: are we doing too much? Dr. Iosif Gavriilidis
11:10 – 11:20	Meniscal transplant technique and outcomes Dr. Philippe Landreau
11:20 – 11:30	Complex Sports Case 1: Interactive Discussion Dr. Umer Butt
11:30 – 11:40	Complex Sports Case 2: Interactive Discussion Dr. Usama Saleh
11:40 – 11:50	Complex Sports Case 3: Interactive Discussion Dr. Iosifidis Gavriilidis
Discussion 5 mins	

EXPERT OPINION AROUND CARTILAGE & BIOLOGICS

11:55 – 12:05	Cellular therapy in cartilage lesion: What is new in ortho-biologics Dr. Naif Alhamam
12:05 – 12:15	Microfracture for cartilage defect: is there still a role? Dr. Jamal Saleh
12:15 – 12:25	Cartilage regeneration after HTO Dr. Ali Redha Karashi

AGENDA

12:25 – 12:35 **Osteochondral Allograft transplantation**
Dr. Moaad Alfaraidy

12:35 – 12:45 **Role of PRP in cartilage injury and knee osteoarthritis - latest updates**
Dr. Imran Shah

12:45 – 01:00 **Discussion- Break Time - Lunch (1- 2 pm)**

Day 1 Arthroplasty

THE UNANSWERED QUESTIONS

02:00 – 02:10 **Cementless TKR when and why?**
Dr. Ahsan Butt

02:10 – 02:20 **From computer navigation to robotics. Are we winning?**
Dr. Ali Albelooshi

02:20 – 02:30 **From mechanical to kinematic, are we winning?**
Dr. Gianluca Cusmà Dovico Guatteri

02:30 – 02:40 **Medial pivot TKA: Does design really matter in 2026?**
Dr. Meshal Alfaraidy

02:40 – 02:50 **Bilateral Simultaneous TKR by 2 surgeons out comes and results.**
Dr. Zeeshan Khan

02:50 – 03:00 **PFJ replacement. Indications and evidence**
Dr. Umer Butt

AGENDA

03:00 – 03:10 UKA vs TKR in obese patients what's the evidence.
Dr. Ali Albelooshi

SURGEONS SHOWDOWN SESSION

03:10 – 03:20 Daycare TKA VS Inpatient TKA
Dr. Ahsan Butt (Daycare) vs. Dr. Yasir Khan (Inpatient)

03:20 – 03:30 I always use a Tourniquet in TKA vs You don't have to use a Tourniquet in TKA
Dr. Jamal Saleh (Tourniquet) vs Dr. Sulaiman Almousa (No Tourniquet)

03:30 – 03:40 24 hours post op Abx is enough for primary TKA VS I'm not convinced with 24 hours only regime yet
Dr. Zeeshan Khan (24 hrs Abx) vs. Dr. Mohammad Alzahrani (>24 hrs Abx)

03:40 – 03:50 10 min discussion

THE NOT SO CONVENTIONAL TKR

03:50 – 04:00 From conventional to personalized knee arthroplasty. Does it matter?
Dr. Mojieb Manzary

04:00 – 04:10 Meta diaphyseal tibia fracture and advanced OA knee.
Fix first or kill 2 birds with one stone?
Dr. Meshal Alfaraidy

04:10 – 04:20 TKR in patients with a previous patellectomy. My approach and evidence
Dr. Gianluca Cusmà Dovico Guatteri

AGENDA

SURGEONS SHOWDOWN SESSION

04:20 - 04:30 Always resurface the patella in TKR vs It's a myth:
you don't need to resurface the patella
Dr. Ahmed Alkhalifa (Resurface) vs Dr. Mojieb (Not to Resurface)

04:30 - 04:40 UKA is here to stay vs UKA is the work of the devil: here's why
Dr. Gianluca Cusmà Dovico Guatteri (Here to stay)
vs. Dr. Yasir Khan (Work of the devil)

04:40 - 04:50 Complex Knee Arthroplasty Case: Faculty Debate
Dr. Zeeshan Khan

ANESTHESIA

04:50 - 05:00 Anesthesia and perioperative pain management in knee arthroplasty
Dr. Shahid Adeel

05:00 - 05:10 Anesthesia and Perioperative pain management in knee sports surgery
Dr. Keith Johnston

Day 2 - January 9, 2026

EXPERT OPINION ON OSTEOTOMIES

08:00 - 08:10 Basic radiological planning of an osteotomy and principles
behind degrees of corrections
Dr. Ali Redha Karashi

AGENDA

08:10 - 08:20 **Surgical technique for MOWHTO and how to prevent complications**
Dr. Fares Uddin

08:20 - 08:30 **Distal femoral osteotomy: lateral or medial?**
Dr. Yasir Khan

08:30 - 08:40 **Osteotomy with ACL reconstruction**
Dr. Mohammad Alzahrani

08:40 - 08:50 **Tibial tubercle osteotomy with MPFL reconstruction**
Dr. Fares Uddin

08:50 - 09:00 **Slope - reducing osteotomies**
Dr. Sachin Tapasvi

09:00 - 09:10 **Rotational osteotomies: understanding the basics**
Dr. Mohammad Alzahrani

KEYNOTE LECTURES

09:10 - 09:20 **Keynote Lecture**
Dr. Sachin Tapasvi

09:20 - 09:40 **Conmed Knee Portfolio**
Maria Romeo

AGENDA

COMPLEX PRIMARY TKR/Trauma - 20 mins (9:00 am - 9:20 am)

09:40 - 09:50 Use of wedges, cones and sleeves in managing bone loss in primary TKA. How do I decide and what's the evidence?
Dr. Bader Tayara

09:50 - 10:00 How do I manage extra - articular deformity in primary TKA
Dr. Omar Dahduli

10:00 - 10:10 Complex trauma around the knee: management and outcomes
Dr. Imran Shah

COMPLICATIONS & REVISION

10:10 - 10:20 PJI. How can I reduce the risk? Is it avoidable?
Dr. Sachin Tapasvi

10:20 - 10:30 DAIR vs. single stage revision. Indications, technique, and evidence.
Dr. Sulaiman Almousa

10:30 - 10:40 One and a half and 2 stage revision. What is that about?
Dr. Ahsan Butt

10:40 - 10:50 Updates on Periprosthetic fracture management
Dr. Bader Tayara

10:50 - 11:00 Complex Arthroplasty Cases 1: Interactive Discussion
Dr. Sachin Tapasvi

AGENDA

11:00 - 11:10 Complex Arthroplasty Cases 1: Interactive Discussion
Dr. Omar Dahduli

11:10 - 11:20 Discussion

11:20 - 01:00 Prayer and lunch break

Physiotherapy & Rehabilitation

01:00 - 01:10 5 reasons why your ACL rehab is not going as well as you want it to.
Dr. Amy Bowzaylo

01:10 - 01:20 ACL rehabilitation: BTB vs Hamstring
Isa Eshaqi

01:20 - 01:30 Effect of blood flow restriction combined with electrical stimulation
on muscle function and activity
Dalal Mohamed

01:30 - 01:40 Return - to - play and player psychology
Moad Mohammad

01:40 - 01:50 Robotic versus conventional arthroplasty rehabilitation
Shaheen Abulfateh

01:50 - 02:00 Effect of aqua therapy on arthroplasty rehabilitation
Mohammad Jassim

02:00 - 02:10 Joint proprioception and static balance before and after
total knee arthroplasty
Jaya Doss



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AGENDA

Dry Lab Workshop

01:00 - 03:00 SAW bone dry workshop:
All inside ACL and Meniscal Repair techniques

Cadaveric Workshops

01:00 - 05:00 Advanced Knee Sports Arthroscopic Workshop - Meniscus,
Cartilage, PCL, MCL, PLC, MPFL

Day 3 - January 10, 2026

Cadaveric Workshops

08:00 - 12:00 Basic Knee Sports Arthroscopic Workshop - Diagnostic, Debridement, ACL

12:00 - 01:00 Break Time -Lunch

01:00 - 03:00 Group 1: Primary Total Knee Arthroplasty Workshop
Group 2: Complex Arthroplasty Interactive Discussion

03:00 - 05:00 Group 1: Complex Arthroplasty Interactive Discussion
Group 2: Primary Total Knee Arthroplasty Workshop