



# **THE 6TH Annual PAREKH INDO –US FOOT AND ANKLE CONFERENCE**

**9, 10, 11th January 2015**

M S Ramaiah Memorial Hospital Auditorium  
M S Ramaiah Advanced Learning Centre  
New BEL Road, Bangalore 560054  
[www.footandanklecourse.com](http://www.footandanklecourse.com)  
[indousfacon15@gmail.com](mailto:indousfacon15@gmail.com)

Patron:  
**Dr. D.C.Sundaresh**

Organizing Chairpersons:  
**Dr. Naresh Shetty**  
**Dr. Harshad M Shah**

International Chair:  
**Dr. Selene G Parekh**

Physiotherapy Chair:  
**Zankhna S Parekh**  
**Dr. Savita Ravindra**

National Chair:  
**Dr. Rajiv Shah**

Organizing Secretary:  
**Dr. Ajoy S.M.**



*For the First time:*

**Hands-on Cadaver workshop for delegates  
E- Posters selected from delegate submissions  
Physiotherapy Day focused on Foot and Ankle**

**Course details**

**9th Jan 2015: Course commences sharply 7:45 AM**

Lectures – Pre Lunch  
Charitable Live Surgeries – Post Lunch

**10th Jan 2015: Course commences sharply 7:45 AM**

Lectures – Pre Lunch  
Choice: Cadaver Hands –on OR Saw Bone Workshop at MSRALC – Post Lunch

**11th Jan 2015: Course commences sharply 7:45 AM Lectures – as per schedule**

**10th Jan 2015: Physiotherapy Day commences sharply 7:45 AM**

**KMC CME Credits will be awarded to registered delegates**

Dear Colleagues and Friends,

The 6th Parekh Indo-US Foot and Ankle Course brings us to Bangalore, the capital of Karnataka. A vibrant city, which has seen phenomenal growth, from infrastructure and development, to becoming the hub of all major IT related firms from around the world, this location closely mirrors what has been happening to the field of foot and ankle in India. Earlier known as the Garden city, for the innumerable parks and open spaces that it boasted, it is also a major healthcare destination for all types of treatment, modern and holistic.

As time has passed, we continue to evolve our course. This year's excitement includes: a cadaver work shop, the ability for attendees to showcase their works via the e-poster sections, and the inclusion of a foot and ankle physiotherapy day. As always, live charitable surgeries will be conducted, sawbones sessions will be made available, cases from the audience will be requested, and deep academic sessions will be conducted.

Bangalore has an enviably pleasant climate and January is a time for light woollen wear. The city and its surroundings have places to visit which are steeped in history, architecture and natural beauty. A visit to Bangalore in general and the conference in particular will be an enriching experience for all in every possible way.

We would like to thank the Parekh Family Foundation for their continued dedication to elevating the care, education, and training of foot and ankle in South Asia.

We hope to see you at the course. Your commitment to this course helps to make it a success. Please plan for it, mark it, and register early to ensure your spot in the cadaver or sawbones workshops. We will see you in January.

International Chair : Dr Selene G Parekh  
National Chair : Dr Rajiv Shah  
Organizing Secretary : Dr Ajoy S.M. (+919663394216)

# Physiotherapy Day Details:

## Physical Therapists

Course Chair

Zankhna S. Parekh, MSPT

Faculty :USA

Lindsay Hack MSPT,DPT

India

Dr Savita Ravindra  
Shobhalakshmi S  
Soni Sathish

1. Course Intro and Objectives starting at 7:45 AM sharply
2. Anatomy of the Foot and Ankle – Bone Topography
3. Examination of the Foot and Ankle
  - a. Alignment
  - b. Palpation
  - c. Joint Mobility
  - d. Flexibility
  - e. Strength
  - f. Proprioception
4. Review of Gait
  - Plane terminology
  - Gait Terminology
  - ROM required during various phases of gait
5. Modalities and their use in PT

Questions

-----Break-----

6. Intervention Strategies for Non-Operative Dysfunctions
  - a. Plantar Fasciitis
  - b. Achilles Tendonitis
  - c. Lateral Ankle Sprain
7. Intervention Strategies for Operative Dysfunctions
  - a. Pick three cases that Surgeons are operating during the course
8. Manual Therapy Treatment
  - Subtalar
  - Midtarsal
  - Talocrural
  - Gross Mobs

Questions and Wrap up



# 6th Annual Parekh Indo-US Foot and ankle Conference - 2015

10th Jan, 2015

## REGISTRATION FORM

Name				
Designation				
Institution				
City		Pin code		
Address for correspondence				
Country				
Phone no.	Office	Country code	City code	Phone no.
	Mobile	Country code	Mobile no.	
E mail ID	1			
	2			

Registration payments can be made through bank NEFT/Cheque/DD drawn  
in favour of

**" INDO-US FACON - 15"**

Forms to be sent to :indousfacon15@gmail.com  
Organizing Secretary,  
6th Parekh Indo-US FACON 15,  
MSR Advanced Learning Centre, New BEL Road,  
MSRIT Post,  
Bangalore 560054

Account name:  
Indo-US FACON -15  
A/C Number:  
141201011017103  
IFSC Code: VIJB0001412

I am herewith enclosing Demand Draft/ Cheque no. .... dated  
..... drawn on .....  
..... Bank, for Rs..... (in  
words.....  
.....).

Date .....

Signature.....

Upto 31st Dec 2014 - Rs. 1000  
 After 1st Jan 2015 and spot -Rs. 1500  
 For Post Graduates /Residents - Rs. 750