

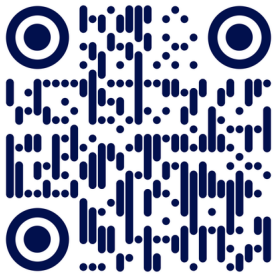


IASMCON 2026

Indian Association of
Sports Medicine
Conference

WHERE SCIENCE
MEETS SWEAT

SCIENCE
PRACTICE



MAX VELOCITY
9.8 M/S



FORCE ANALYSIS
742 N



JOINT LOAD
3.6 x
BODY WEIGHT



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5 – 6 SEPTEMBER 2026
CONFERENCE



4 SEPTEMBER 2026
HANDS-ON WORKSHOP



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RE-LIVE
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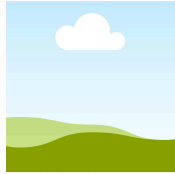
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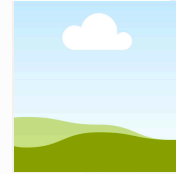
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DAY 1 HALL – A

ACL TEARS

9:00 AM – 1:20 PM

TIME	TOPIC	FACULTY
Chairpersons: Dr Ramesh, Dr Bhupin Singh		
9:00 – 9:15	Biomechanics of ACL Tear	Dr. Trishala Singh
9:15 – 9:30	Prevention of ACL Injuries	Dr. Thiagarajan Alwar
9:30 – 9:45	Return to performance after ACL reconstruction: Is it possible	Dr. Tuhina Sharma
9:45 – 10:00	ACL repair – The new paradigm in ACL treatments	Dr. Vikram Sharma
10:00 – 10:15	ACL – lateral stabilization techniques: when and why	Dr. Sai Veerla
10:15 – 10:30	Partial ACL tear – The reality and long term outcomes	Dr. Jai Krishna Reddy
10:30 – 10:45	Protective vs Accelerated rehab after ACL surgery: Evidence and retear rates	Dr. Ramana Kameshwaran
10:45 – 11:00	Neuroplasticity after ACL tears: Why the brain matters as much as the knee	Dr. Madhavi
<i>Tea Break · 11:00 – 11:15 AM</i>		
Chairpersons: Dr Ajay Singh Thakur, Dr Kaushik Reddy		
11:15 – 11:30	Relive Surgery: ACL reconstruction types – All Inside, BTB, Synthetic	Dr. Purnachandra Tejeswi
11:30 – 11:45	ACL Retears: Why our RTS programmes are failing us	Dr. Earnest Vijay Pandian
11:45 – 12:00	ACL tear in Elite Athletes: How I treat them	Dr. Dinshaw Noshir Pardiwala
12:00 – 12:15	Plyometric Progression: Rehab to Performance	Dr. Muthukumar Jothilingam
12:15 – 12:40	Panel Discussion: Multiligament injuries – Multidisciplinary	Dr. Sunil Apsingi
12:40 – 1:00	IASM President Oration	Dr. Sachin Tapasvi
1:00 – 1:20	Inauguration	
<i>Lunch · 1:20 – 2:00 PM</i>		

DAY 1 HALL – A

SPORTS NUTRITION

2:00 – 5:30 PM

TIME	TOPIC	FACULTY
Chairperson: Dr Sai Veerla		
2:00 – 2:10	Long term results of Gel-based ACI in young patients	Dr. Dinshaw Noshir Pardiwala
2:10 – 2:20	Energy Balance: Understanding REDS	Dr. Keren Harish Tiwari
2:20 – 2:30	Energy Availability, REDS & Clinical Consequences	Dr. Keren Harish Tiwari
2:30 – 2:40	Nutrition & Multidisciplinary management in REDS	Dr. Rohini Raman
2:40 – 2:50	Nutrition Periodisation in Sports	Dr. Kommi Kalpana
2:50 – 3:00	Individualised nutrient strategies across sports	Ms. Kota Lavanya
3:00 – 3:10	Hydration, Electrolytes & Thermoregulation	Ms. Ishani Ghotikar
3:10 – 3:20	Evidence based supplements & Ergogenic aids in Sports	Dr. Anup Krishnan
3:20 – 3:30	Q & A	
<i>Tea Break · 3:30 – 3:40 PM</i>		
Chairpersons: Dr Kalpana Kommi, Dr Ramana		
3:40 – 3:50	Gut–Exercise Axis: Microbiome, Nutrition, Performance	Dr. Mahenderan Appukutty
3:50 – 4:00	Genotype to Phenotype: Mapping individual variability in sports	Dr. Mahenderan Appukutty
4:00 – 4:10	Integrating Biomarkers, Multi Omics & AI into personalized nutrition and training	Dr. Chathyushya K B
4:10 – 4:20	Pre-Practice daily nutrition prescription	Ms. Lakma Akhila
4:20 – 4:30	Post match nutrition requirements	Ms. Lakma Akhila
4:30 – 4:40	Q & A	
4:40 – 5:30	Live Demo & Workshop: Return to sports after ACL injuries	Dr. Vaibhav Daga
6:30 PM · General Body Meeting		

DAY 1 HALL – B

LOWER LIMB

9:00 AM – 1:20 PM

TIME	TOPIC	FACULTY
Chairpersons: Dr Valaya, Dr Raja Ramesh		
9:00 – 9:15	Patellofemoral pain: Anatomy & Biomechanics behind the pathology	Dr. Vamshi Krishna Terala
9:15 – 9:30	Acute patellar dislocation – management on field and in the immediate aftermath	Dr. Aparna Kondapalli
9:30 – 9:45	MRI vs Ultrasound in Sports Injuries	Dr. Srinath Boppana
9:45 – 10:00	Algorithm for patellar instability – Relive Surgery: MPFL reconstruction	Dr. Jayaprasad
10:00 – 10:15	Applications of EMG in sports rehabilitation	Prof. Dr. Shweta Shenoy
10:15 – 10:30	Principles of rehabilitation after patellar stabilizing surgery	Dr. Sripada Pallavi
10:30 – 10:45	Chondromalacia Patella: Treatment modalities	Dr. Sujit Kumar
10:45 – 11:00	Managing Osgood-Schlatter and Sinding-Larsen-Johansson diseases in young competitive athletes	Dr. Kapilchand
<i>Tea Break · 11:00 – 11:15 AM</i>		
Chairperson: Dr Sravan		
11:15 – 11:30	Fascia in Sports: Separating science from social media	Dr. Chandana
11:30 – 11:45	Shin splints in runners: Treatment strategies	Dr. Anup Krishnan
11:45 – 12:00	Runners & Gait analysis: Utmost importance	Dr. Ajit Sitaram Mapari
12:00 – 12:15	Hamstring injuries: Risk management plans in prevention & treatment modalities	Dr. Prabu Raja G
12:15 – 12:30	The Calf Injury: Patterns & Management	Dr. Koushik
12:30 – 12:40	Q & A Session	
12:40 – 1:20	President Oration & Inauguration in Hall A	
<i>Lunch · 1:20 – 2:00 PM</i>		

DAY 1 HALL – B

REGENERATIVE / CARTILAGE

2:00 – 4:00 PM

TIME	TOPIC	FACULTY
Chairperson: Dr Alwal Reddy		
2:00 – 2:15	Clinical efficacy of PRP therapy and Prolotherapy in Sports Injuries	Dr. C Mahesh
2:15 – 2:30	Evaluating bone marrow aspirate concentrate (BMAC) in sports injuries	Dr. Krishna Subramaniam
2:30 – 2:45	Allogenic Mesenchymal stem cells & usage in Orthopaedics	Dr. Koteswara Prasad
2:45 – 3:00	MRI in cartilage lesions and interpreting the results after regenerative therapies	Dr. Sanjay Mukund Desai
3:00 – 3:15	Role of Exosomes in Sports Injuries	Dr. Prabhat Lakkireddy
3:15 – 3:30	Role of osteochondral grafts in athletes and their outcomes	Dr. Raviteja Rudraraju
3:30 – 3:45	Why cartilage repair fails: Importance of Alignment & Biomechanics	Dr. Anoop Reddy
<i>Tea Break · 3:45 – 4:00 PM</i>		

EXERCISE PHYSIOLOGY

4:00 – 5:00 PM

TIME	TOPIC	FACULTY
Chairpersons: Dr Srikanth, Dr Sukesh		
4:00 – 4:10	Recent advances in cardiorespiratory response to exercise	Dr. MVL Suryakumari
4:10 – 4:20	Metabolic response to acute & chronic exercise	Dr. MVL Suryakumari
4:20 – 4:30	Recovery, Supercompensation & Adaptation	Dr. Snehunsu Adhikari
4:30 – 4:40	Physiological testing & Performance Assessment	Dr. Subrata Dey
4:40 – 4:50	Wearable technology: AI in real time athlete monitoring	Dr. Antony Wilson Chacko
4:50 – 5:00	Performance analysis in sports: From data to decision making	Dr. Harish Kumar Tiwari

5:00 – 6:00 PM · Workshop – Industry Sponsored

DAY 2 HALL – A

THE SHOULDER

9:00 AM – 1:00 PM

TIME	TOPIC	FACULTY
Chairpersons: Dr Sunil Apsingi, Dr Anoop Reddy		
9:00 – 9:15	The Vulnerable Shoulder: Mapping the complex relationship between mobility, stability and force transfer in sports persons	Dr. Earnest Vijay Pandian
9:15 – 9:30	Glenohumeral Internal Rotation Deficit (GIRD) and other problems in overhead athletes	Dr. Rajesh
9:30 – 9:45	On-field management of acute shoulder dislocations	Dr. Ajay Paruchuri
9:45 – 10:00	Managing the Multidirectional Instability	Dr. Tuhina Sharma
10:00 – 10:15	Arthroscopic Bankart repair – Relive Surgery	Dr. Inderdeep Singh
10:15 – 10:30	Scapulothoracic abnormal mobility and its management	Dr. Sukesh Rao
10:30 – 10:45	Management of partial cuff tears in athletes	Dr. Samala Prashanthi
10:45 – 11:00	Rotator cuff repairs & Patches: Relive Surgery	Dr. Chandra Shekar Bodanki
11:00 – 11:15	Rehabilitation protocols after rotator cuff repair	Dr. Sravan Kumar
11:15 – 11:30	The pathology of frozen shoulder & biomechanics	Prof. Maj. Dr. Bakhtiar Choudary
11:30 – 12:00	Case based discussions & Panel Discussion	Dr. Deepthi Nandan
<i>Tea Break · 12:00 – 12:15 PM</i>		
12:15 – 12:30	Parasports Classification: Contemporary Frameworks & Challenges in Competitive Sports	Dr. Sri Padmini Chennapragada
12:30 – 12:45	Management of Parasports: Integrating Classification, Athlete Development and Performance Systems in India	Dr. Sri Padmini Chennapragada
12:45 – 1:00	Counselling post-injury to improve performance	Dr. Veerendra Chennaju
<i>Lunch · 1:15 – 2:00 PM</i>		

DAY 2 HALL – A

ANKLE & FOOT

2:00 – 4:30 PM

TIME	TOPIC	FACULTY
Chairpersons: Dr Amruth Raj, Dr Yashwanth		
2:00 – 2:15	Ankle instability and ATFL tear management	Dr. Hariprakash
2:15 – 2:30	Ankle Impingement: Diagnosis and Management	Dr. Shashikanth
2:30 – 2:45	Achilles Mid-Tendon vs Insertional Tendinopathy: Rehab variations	Dr. Naga Sumanth
2:45 – 3:00	Predictive Analytics in Athlete Performance	Mr. Praveen Vemuri
<i>Tea Break · 3:00 – 3:15 PM</i>		
Chairpersons: Dr Bhargav, Dr Naveen Reddy		
3:15 – 3:30	Maximizing RTP after Achilles tendon injury	Dr. Minash Gabriel
3:30 – 3:45	Plantar fasciitis – What's new: Evidence based	Dr. Sitaram
3:45 – 4:00	The future of athlete care: AI, Variables & Data Analytics	Dr. Rajesh Kumar
4:00 – 4:15	Running shoes and Podiatry support: Taking care of the endurance athlete	Dr. Rishikesh
4:15 – 4:30	Case based discussions	Dr. Jagan Mohan Reddy

DAY 2 HALL – B

SPORTS PHYSIO

9:00 AM – 12:15 PM

TIME	TOPIC	FACULTY
Chairpersons: Dr Laxminarsimhulu, Dr Raghupathi Rao		
9:00 – 9:15	Restoring tissue capacity: Evidence based loading strategies	Dr. Amrinder Singh
9:15 – 9:30	Use of Tech and AI in fitness evaluation	Dr. Ajit Mapari
9:30 – 9:45	ACL + PCL Reconstruction: Relive Surgery	Dr. Ajay Singh Thakur
9:45 – 10:00	Genetics & Injury Susceptibility	Dr. Rajesh Reddy
10:00 – 10:15	Tendon mechanobiology: Cellular level changes during loading	Dr. Harini Vemuri
10:15 – 10:30	Isometrics in rehab: When & how to dose them	Dr. Prabu Raja G
10:30 – 10:45	Common injuries in professional cricket – My experience	Dr. Pavan Kumar Talapur
10:45 – 11:00	Return to Play & Return to Performance: How they differ	Dr. Nino Severino

Tea Break · 11:00 – 11:15 AM

Chairpersons: Dr Praveen, Dr Rahmath

11:15 – 11:30	Fatigue monitoring: Subjective & Objective markers	Dr. Suman
11:30 – 11:45	Eccentric Loading: Why & How it works	Dr. Sudheer Reddy
11:45 – 12:00	Isokinetics: The practical usage in sports rehab	Dr. Deepak Kumar Pradhan
12:00 – 12:15	Beyond the medal: Building a high performance sports ecosystem	Dr. Karthik

DOPING IN SPORTS

12:15 – 1:15 PM

TIME	TOPIC	FACULTY
Chairpersons: Dr Rahul Gulve, Dr Naveen Munna		
12:15 – 12:30	Clinical reasoning in an elite cricket setup – The 1% decisions	Dr. Prasanth
12:30 – 12:45	Consequences of unregulated supplement use in sports	Dr. Alka Beotra
12:45 – 1:00	Travelling as a Team Doctor: How to be prepared – my experience	Dr. Rajesh Gupta
1:00 – 1:15	WADA guidelines update 2026	Dr. Alka Beotra

Lunch · 1:15 – 2:00 PM

DAY 2 HALL – B

ELBOW & HIP

2:00 – 4:45 PM

TIME	TOPIC	FACULTY
Chairpersons: Dr Vandana, Dr Kiran		
2:00 – 2:15	Lateral epicondylitis – the wrist isn't the whole story	Dr. Yarramala Muneiah
2:15 – 2:30	Medial elbow pain – management strategies for best outcomes	Dr. Rajesh
2:30 – 2:45	Clinical Pilates in Sports Rehabilitation	Dr. Chandana
2:45 – 3:00	Proximal & Distal biceps tendon ruptures – how to manage	Dr. Kaushik Reddy
3:00 – 3:15	Valgus extension overload injuries of the elbow	Dr. Deepak Kumar Pradhan
3:15 – 3:30	Traumatic elbow dislocation: On-field management	Dr. Sai Phani Chandra
<i>Tea Break · 3:30 – 3:45 PM</i>		
Chairpersons: Dr Vishnuvardhan Rao, Dr Sudheeshna		
3:45 – 4:00	Femoro Acetabular Impingement & Labrum tears	Dr. Lalith Mohan
4:00 – 4:15	Osteitis Pubis: Treatment strategies	Dr. Veda Prakash
4:15 – 4:30	Groin pull / Strain: Return to play	Dr. Pallabi Nandi
4:30 – 4:45	Impact of various exercise training on arterial health of athletes	Dr. Deekshitha

REGISTRATION TARIFF

Category	Early Bird Till Aug 15th, 2026	Standard Aug 16th - Sep 4th	Spot registration On-site
Consultants / Practitioners Member	3500	4000	5000
Consultants / Practitioners Non-Member	4000	4500	5000
Residents / Students	3000	3500	4000
Faculty	3000	3000	3000

- For residential package bookings and discounted accommodation, please contact: +91 79933 13915.
- Pre-Conference Hands-on Workshop on September 4 will be notified soon. Please contact "+91 9866467677" for workshop bookings.

IMPORTANT NOTES

- An additional 18% GST will be charged as per Government of India regulations.
- Conference Registration is mandatory for all attendees and accompanying persons.
- GST invoice will be issued upon request and only for payments made through official conference accounts.
- Conference registration includes access to the 2-day Scientific Programme and lunch on September 5 & September 6.

