

**Tamilnadu Chapter of
Indian Association of
Physical Medicine & Rehabilitation**



IAPMRCON2024
PMR360°



PSG Institute of Medical Sciences & Research
COIMBATORE

52 **Annual
National
Conference
of IAPMR**

**Workshop
Brochure**

Organised by

Tamilnadu Chapter of Physical Medicine & Rehabilitation

www.iapmrcon2024.in

February 1st - 2024

(Thursday)

**Venue : 1 - PSG INSTITUTE OF
MEDICAL SCIENCES & RESEARCH**

Avinashi Road, Peelamedu, Coimbatore.

**Venue : 2 - ROYAL CARE SPECIALITY HOSPITAL,
INSTITUTE OF PHYSICAL MEDICINE & REHABILITATION**

Neelambur, Coimbatore.



52 Annual National Conference of IAPMR

**IAPMRCON 2024
@ Coimbatore**

Organised by
**Tamilnadu Chapter of
Physical Medicine &
Rehabilitation**

The conference theme

PMR 360⁰



Invitation



Dr. T.S.Chellakumarasamy

President, TNIAPMR (2022 - 24)

97508 96666

tniapmr2021@gmail.com

Welcome to the IAPMRCON2024!

We live in a time and a world characterized by change and uncertainty. In this context, the study of Physical Medicine & Rehabilitation, in all its forms, is at the core. The state chapter association for scholars – TNIAPMR is engaged in the study, teaching, and application of all aspects of Rehabilitation for the betterment of our people & society.

Our diverse members engage with the essential rehabilitation issues of our time. As such, our scholarship shapes the next generation of researchers, addresses societal concerns, and informs a broad swath of communities outside of academia.

We are organized into various Divisions and Interest Groups, each representing a subfield in the study of PM & R Viz., Neuro Rehab, Paediatric Rehab, SCI Rehab, Cancer Rehabilitation, Critical Care Rehab, Sports Rehab Medicine, Cardiac Rehab, Interventional Pain Rehab, Ergonomics, etc., The breadth of divisions and interest groups is our strength, showcasing our wide-ranging discipline in which different aspects of Rehabilitation are linked not only by common processes and structures but also by diverse theories, practices and methodologies.

Our flagship event is the annual national conference. In the past several years, average registrations have been increasing and indications are that attendance is poised to grow now in 2024 to the record high. In 2020 we held our first virtual conference as a consequence of the global Covid-19 pandemic, and we did our two physical conferences in 2021 & 2022 with some constraints.

On behalf of TNIAPMR, I welcome you one and all for this grand event of PM & R, this time at COIMBATORE, Tamilnadu, a very well known part of INDIA for its unique and special hospitality.

Invitation



Dr S Padma Rani

Organising Secretary
IAPMRCON 2024

Department of Physical Medicine & Rehabilitation, PSG Institute of Medical Sciences & Research, Coimbatore is privileged to host the **52nd Annual National Conference IAPMRCON 2024** of the Indian Association of Physical Medicine & Rehabilitation [IAPMR].

The Tamilnadu Chapter of IAPMR and myself, The Organising Secretary welcome you all for the most expected wonderful Academic Feast!

The conference theme "**PMR 360^o**", has been carefully chosen to mark this milestone and experience. The conference will be held on **February 1st, 2nd, 3rd & 4th - 2024** at **PSG IMS&R, Coimbatore**, Tamilnadu (India).

IAPMR has made enormous contributions to research, teaching, and practice in different sectors of comprehensive rehabilitation and pain management. This **52nd National Conference** will serve as knowledge sharing platform with wisdom talks, thought provoking discussions and live workshops.

The conference will have one day pre-conference hands-on workshops followed by scientific sessions pertaining to the theme of the conference: "**PMR 360^o**". It will take us to a destination where we have never been, exploring newer facets in the field which will help formulate better treatment outcomes for patients.

On behalf of the Organizing Committee, we invite you and your family members to this extravagant event of our specialty, which is taking place in one of the most energetic metro city, Educational and medical tourism hub & The Manchester of South India.

The Tamilnadu state is the heart of ancient Tamil Arts, Architecture, Heritage, Tradition and Culture, yet moves forward to the new modern World.

You can also explore new region, culture, food, flavors, tamil traditional costumes, tourism spots like Ooty, Coonur, Kothagiri, Mettupalayam (Theme Park), Isha Cultural Centre, Sirvuni Dam, Kovai Kuttralam (Water Falls), Maruthamalai (Murugan Temple), Gee Dee Naidu Museum, Century Old Agri University & many more.

With above locations we assure you a wonderful and extraordinary experience of life time in our **IAPMRCON 2024**. May your presence to help us create an environment of relearning the skills, get the knowledge of seniors and stalwarts, reconnecting with old and new friends.



IAPMRCON 2024 Secretariat :

Prof. **Dr. V. Ramamoorthy**, Room No. 171, A Block,
PSG Super Speciality Hospital, Coimbatore - 641 004.

94895 35506

98437 16566

research@iapmrcon2024.in

Organising Committee

PATRON



Prof Dr. P.Thirunavukkarasu
Director, GIRM, KK Nagar,
Chennai



Prof Dr. T. Jayakumar
Director (Retd.), GIRM, KK Nagar,
Chennai

CO-PATRONS



Dr. T.M.Subba Rao
Principal, PSG IMS & R
and PSG HOSPITALS
Coimbatore



Dr. J.S.Bhuvaneshwaran
Director,
PSG Super Speciality Hospital
Coimbatore



Prof. Dr. V.Ramamoorthy
HOD - Dept of PMR.,
PSG IMS & R,
Coimbatore

Organising Committee

IAPMR National Executive Committee 2023-25



Dr. Ajay Gupta
IAPMR - National President



Dr. Muralidharan PC
IAPMR - Vice President



Dr. Sanjay Pandey
IAPMR - Hon. Secretary



Dr. Selvan P
IAPMR - Joint Secretary



Dr. C. Chetan
IAPMR - Treasurer

Workshop Committee



Dr. P.Udhaya Singh
Chairman



Dr. Sunder
Convenor



Dr. Feroz Khan
Convenor



Dr. S.Ramanikanth
Convenor

VENUE 1 - PSG Institute of Medical Sciences & Research

FORENOON

1. Ultrasound guided interventions for pain management in PMR practice - by ***Dr. K.Sreejith, Dr. S.Ramanikanth, Dr. Ramanarayanan Krishnamoorthy, Dr. S.Padma Rani & Team***
2. Electro physiological studies and application in PMR clinical practice - by ***Dr. Suranjan Bhattacharjee, Dr.P.Udhayasingh, Dr. Miruna Shree & Team***

AFTERNOON

3. Critical care rehabilitation -by ***Dr. A.J. Rajendran, Dr. Ramanikanth, Dr. Vinodh, Dr. Sivakumar, Dr. Aruloli & Team***
4. Writing a research paper for publication - by ***Dr. Mrinal Joshi, Dr. Anil C Mathews, Dr. Srikumar Venkataraman, Dr. Ravi Sankaran, Dr. Sandipan Hazra & Team***

VENUE 2 - Royal Care Hospital

FORENOON

5. Foot Care - the Physiatrist way -by ***Dr. R.Priyavadhana, Dr. Sivaruban & Team***
6. Exploring magnetic stimulation in PMR practice - by ***Dr. Nithya Manoj, Dr. Vijay Kumar Manda & Team***

AFTERNOON

7. The role of the physiatrist in ergonomic risk analysis / Instrumented evaluation of posture, gait and running - By ***Dr. Sunder, Dr. Noorul Amin Shahid & Team***
8. Cerebral palsy evaluation and aquatic rehabilitation in PMR practice - by ***Dr. Feroz Khan, Dr. K.Shehadad and Dr.Soumya Viswanath & Team***

Backup Workshop

Workshop : 1

Venue - 1

**PSG Institute of Medical
Sciences & Research**

**01-02-2024 Thursday
9.00 am to 1.00 pm**

Topic

ULTRASOUND GUIDED INTERVENTIONS FOR PAIN MANAGEMENT IN PMR PRACTICE

Salient Features :

- Upper limb blocks- shoulder, elbow, wrist and hand.
- Lower limb blocks - hip, knee, ankle and foot.
- Spine and pelvis - facet joint, median branch, erector spinae plane, si joint, piriformis, sacral plexus.
- Stellate ganglion block, celiac plexus block, superior hypogastric plexus block, facial blocks.
- Limited seats to give hands on for all.
- Complete sono anatomy to avoid complications.
- Each station only five candidates for enough hands on.
- Needling practice for better hand probe coordination.
- Covering both diagnostic and therapeutic interventions.
- In depth teaching.



Dr. K.Sreejith
Faculty



**Dr. Ramanarayanan
Krishnamoorthy**
Faculty



Dr. S.Ramanikanth
Faculty



Dr. S.Padma Rani
Faculty

Workshop : 2

Venue - 1

PSG Institute of Medical
Sciences & Research

01-02-2024 Thursday
9.00 am to 1.00 pm

Topic

ELECTRO PHYSIOLOGICAL STUDIES AND APPLICATION IN PMR CLINICAL PRACTICE

Salient Features :

- Helps to differentiate peripheral neuropathy from dying back neuropathy.
- Fix the level of peripheral nerve injury
- Helps to differentiate diabetic Mononeuropathy from disc induced radiculopathy
- Autoimmune neuropathy and peripheral neuropathy differentiation
- Demyelinating disorder from radiculopathy
- Helping us to differentiate preganglionic from post ganglionic Brachial plexus palsy
- Sensitive than MRI in spinal cord injury diagnosis
- Continuity of spinal cord when doubtful MRI report
- For Nerve block procedures
- We are the one and only doing COMBINED SENSORY INDEX STUDY for CTS
- Helping Augmented regenerative procedures.
- Electro physiological studies include Motor, Sensory conduction, F wave studies, surface EMG studies and Evoked potential studies.
- Plus learn how to read electrophysiological studies report.



Dr. Suranjan Bhattacharjee
Faculty



Dr. P. Udhayasingh
Faculty



Dr. Miruna Shree
Faculty

Workshop : 3

Venue - 1

PSG Institute of Medical
Sciences & Research

01-02-2024 Thursday
2.00 pm to 6.00 pm

Topic

CRITICAL CARE REHABILITATION

Salient Features :

- POCUS (ultrasound) E FAST hands on.
- Ventilators, ABG basics, other ICU machines.
- Hands on for circuits.
- ICU grand rounds with intensivist
- Hands on POCUS - lung, heart, abdomen
- IVC diameter calculation, fluid status calculation hands on
- Doppler basics
- Case based discussions
- Inotropes dose titration.
- Bladder volume
- Some of the interesting (validated evidence based medicine) samples that will be taught in our workshop
- The management of sedation and delirium for adult and pediatric patients to promote ICU mobility.
- Aim and facilitate Early Mobilisation (Patients on Ventilators, IABP, ECMO and CRRT can be ambulated)
- ICU Cycle Exercise program 30 minutes per day for upper and lower limbs.



Dr. A.J. Rajendran
Faculty



Dr. S. Ramanikanth
Faculty



Dr. Sivakumar
Faculty



Dr. Aruloli
Faculty



Dr. Vinodh
Faculty

Cont...

- Effective Bronchial Hygiene maintenance with Team members.
- O₂ titration and weaning protocols (for patients on O₂ thru Nasal prongs, O₂ mask, non rebreathing mask, High flow nasal canula, Ventilators and ECMO)
- Prevention and treatment of shoulder subluxation, joint contractures, peripheral nerve injuries etc
- Prevention and treatment of pressure sores (Low Level Laser Therapy)
- Early identification and treatment of Vasopressor induced acute limb ischemia.
- Stress management protocols in Critical care units.

Workshop : 4

Venue - 1

PSG Institute of Medical
Sciences & Research

01-02-2024 Thursday
2.00 pm to 6.00 pm

Topic

WRITING A RESEARCH PAPER FOR PUBLICATION

Salient Features :

- Introduction to Scientific Writing:
 - ✓ Importance of effective scientific communication
 - ✓ Overview of the publication process
- Introduction to Scientific Writing and Research Process.
 - ✓ Understand the importance of scientific writing in the medical field.
 - ✓ Familiarise students with the research process.
 - ✓ Introduce the components of a scientific paper
- Research Question Formulation & Study design.
 - ✓ Understand the significance of a well-formulated research question.
 - ✓ Hypothesis development
 - ✓ Understand various study designs in medical research
 - ✓ Sample size & data collection methods
- Data Analysis and Results Presentation.
 - ✓ Learn basic statistical methods for medical data analysis.
 - ✓ Understand how to present results effectively.
 - ✓ Data analysis tools and software



Dr. Mrinal Joshi
Faculty



Dr. Anil C Mathews
Faculty



Dr. Srikumar Venkataraman
Faculty



Dr. Ravi Sankaran
Faculty



Dr. Sandipan Hazra
Faculty

Cont...

- Scientific Writing: Drafting the Manuscript.
 - ✓ Understand the structure and style of a scientific manuscript.
 - ✓ Learn about effective writing techniques.
 - ✓ Common pitfalls to avoid in scientific writing
- Publication Process and Ethical Considerations.
 - ✓ Understand the peer review process and how to navigate it.
 - ✓ Learn about ethical considerations in publishing.
 - ✓ Responding to reviewer's comments
 - ✓ Publication ethics: Plagiarism, authorship, conflict of interest

This workshop aims to provide with a comprehensive understanding of the scientific writing process, from conceptualisation to publication, while emphasising the importance of ethical conduct in research.

Workshop : 5

Venue - 2

ROYAL CARE SPECIALITY HOSPITAL,
INSTITUTE OF PHYSICAL MEDICINE
& REHABILITATION, (7th Floor), COIMBATORE.

01-02-2024 Thursday
9.00 am to 1.00 pm

Topic

FOOT CARE - THE PHYSIATRIST WAY

Foot assessment and management, especially Preventive Diabetic Footcare and Foot orthotics, remains an extremely important skill to be attained by any Physiatrist, which can make them experts in it than any other medical field, and thereby improve their day to day practice.

The aim of the workshop is to give the budding Physiatrists as well as practicing Physiatrists an overall knowledge about the foot in the most simplified way and help them to take care of any foot problem in the most scientific and effective way

Salient Features :

- Basics & Biomechanics of Foot
 - ✓ Introduction to the most relevant anatomy and biomechanics of foot
- Diabetic foot Clinical assessments
 - ✓ Includes the fast assessment to be done and assessment charts
- Preventive Podiatry assessments in Diabetes with hands on training
 - ✓ Biothesiometry
 - ✓ Hot cold perception
 - ✓ ABI
 - ✓ Pedobarography



Dr. R. Priyavadana
Faculty



Dr. Sivaruban
Faculty

Cont...

- Foot orthotics and footwear prescriptions with hands on training
 - ✓ This will cover most of the common scenarios of foot orthotics prescription and options available
- Charcots Foot Assessment and treatment options
 - ✓ One gray area in foot which is missed by most of the medical fraternity. Learn how to intervene early
- Foot ulcer management as a Physiatrist
 - ✓ Total Contact cast with hands on training
- Foot pain and deformities and its orthotic interventions
 - ✓ Learn about the most common pain syndromes in foot
- Take home message.

Workshop : 6

Venue - 2

ROYAL CARE SPECIALITY HOSPITAL,
INSTITUTE OF PHYSICAL MEDICINE
& REHABILITATION, (7th Floor), COIMBATORE.

01-02-2024 Thursday
9.00 am to 1.00 pm

Topic

EXPLORING MAGNETIC STIMULATION IN PMR PRACTICE

Salient Features :

- Introduction to Magnetic Stimulation
 - ✓ Overview of magnetic stimulation techniques
 - ✓ Historical context and development
- Biophysics Basics
 - ✓ Understanding the principles of electromagnetic induction
 - ✓ Magnetic fields in biological systems
- Physiology of Neural Tissues
 - ✓ Neural anatomy and function
 - ✓ Effects of magnetic stimulation on neural pathways
- Repetitive Transcranial Magnetic Stimulation (rTMS)
 - ✓ Mechanisms and applications in rehabilitation
 - ✓ Case studies and evidence-based practices
- Peripheral Magnetic Stimulation (PMS)
 - ✓ Applications for pain management
 - ✓ Addressing weakness through peripheral stimulation
- Pelvic Floor Dysfunction and Magnetic Stimulation
 - ✓ Exploring the role of magnetic stimulation in pelvic rehabilitation



Dr. Nithya Manoj
Faculty



Dr. Vijaya Kumar Manda
Faculty

Cont...

- Practical approaches and considerations Combining Techniques for Comprehensive Rehabilitation
 - ✓ Integrating rTMS, PMS, and other modalities
 - ✓ Patient-specific treatment plans
 - ✓ Interactive Sessions and Hands-on Demonstrations
 - ✓ Live demonstrations of magnetic stimulation techniques
 - ✓ Q&A sessions for participant engagement
 - ✓ Clinical Case Discussions
 - ✓ Analyzing real-life cases and treatment outcomes
 - ✓ Collaborative problem-solving among participants
- Ethical Considerations and Safety Guidelines
 - ✓ Ensuring the safe and ethical use of magnetic stimulation
 - ✓ Addressing potential risks and mitigation strategies
- Future Directions and Research Opportunities
 - ✓ Emerging trends in magnetic stimulation research
 - ✓ Opportunities for further exploration and innovation
- Closing Remarks and Networking
 - ✓ Summary of key takeaways
 - ✓ Opportunities for continued collaboration and networking

Workshop : 7

Venue - 2

ROYAL CARE SPECIALITY HOSPITAL,
INSTITUTE OF PHYSICAL MEDICINE
& REHABILITATION, (7th Floor), COIMBATORE.

01-02-2024 Thursday
2.00 pm to 6.00 pm

Topic

THE ROLE OF THE PHYSIATRIST IN ERGONOMIC RISK ANALYSIS / INSTRUMENTED EVALUATION OF POSTURE, GAIT AND RUNNING

Salient Features :

- Know the correct posture and the risks of deviation.
- Understand the reasons for deviation in posture and its implications.
- Learn how to objectively evaluate posture and relate to various abnormalities.
- Understand the meaning and science of ergonomics.
- Common MSD's and ergonomic risk of posture and manual material handling.
- Learn to use various tools to analyse the ergonomics.
- Phases of normal gait cycle and its deviation in various pathophysiological conditions.
- Understand the running biomechanics and common biomechanical deviations.
- Learn to place markers for objective evaluation and to record and review results.
- Interpretation of the deviations and solutions.



Dr. Sunder
Faculty



Dr. Noorul Amin Shahid
Faculty

Workshop : 8

Venue - 2

ROYAL CARE SPECIALITY HOSPITAL,
INSTITUTE OF PHYSICAL MEDICINE
& REHABILITATION, (7th Floor), COIMBATORE.

01-02-2024 Thursday
2.00 pm to 6.00 pm

Topic

CEREBRAL PALSY EVALUATION AND AQUATIC REHABILITATION IN PMR PRACTICE

Salient Features :

- Evaluation of a child with Developmental delay
- Diagnosing Cerebral Palsy and CP mimickers
- Common diagnostic tools used
- Basic principles in management of CP.
- Spastic CP- clinical trajectory and management strategies
- Managing posture and movement in spastic CP
- Dos and Don'ts in Botulinum neurotoxin
- How to identify muscles with ultrasound for botulinum neurotoxin injection.
- Aquatic Rehabilitation - Understanding the properties of water which are important in facilitating rehabilitation
- Understanding how movements are different inside water.
- Understanding the different ways of improving movements, strength, relaxation.
- Indications and contraindications of use of hydrotherapy.



Dr. Feroz Khan
Faculty



Dr. K. Shehadad
Faculty



Dr. Soumya Viswanath
Faculty

Work shop Locations

VENUE 1 - PSG Medical College



PSG Institute of Medical Sciences & Research

Post Box -1674, Opp. Avinashi Road, Peelamedu, Coimbatore
Tamilnadu, India.

VENUE 2 - Royal Care Hospital

Institute of Physical Medicine & Rehabilitation (7th Floor)



Royal Care Super Speciality Hospital

Near L&T Toll Gate Bye Pass 1/520, Salem - Kochi Highway,
Neelambur, Coimbatore - 641062
Tamilnadu, India

info.iapmrcon2024@gmail.com

Workshop Fee

Kits only for delegates registering till 15-01-2024

**Early
Bird**

Till 30-11-2023

Rs. 4000/-

GST 18% Extra

Regular

01-12-2023 to 15-01-2024

Rs. 6000/-

GST 18% Extra

Workshop Terms & Conditions

1. Each Delegate can choose any Two workshop totally AT ANY ONE VENUE ONLY. (one in Forenoon and one in afternoon)
 2. Fees ₹.4,000/- for Workshop is for both forenoon and afternoon sessions. if any delegate wants to attend only one session, fees remains the same. Interchange of venue is not feasible owing to travel time between two venues and practicality of completing time at forenoon Session and as starting time of afternoon session in other venue may vary.
 3. Each Workshop can accommodate only 20 Delegates to the maximum and is based on First register first served basis. Once House full message is displayed, no more delegates can be accomodated in that particular workshop during registration process.
 4. No change in Workshop choice is allowed after the registration time.
 5. Delegates are advised to keep up sharp timings so that afternoon sessions are not delayed .
 6. A good, working lunch, morning Hi-tea & Evening Hi -Tea are scheduled at the workshop venues.
 7. Delegates are requested to book your travel schedules as well as accommodations well in advance for the workshop day Feb 01 - 2024.
 8. Location of the both the workshops shall be shared to each delegates registered individually and you are requested to reach the respective venue atleast 30 mins in advance to the workshop starting time.
 9. Breakfast and Dinner are not scheduled on Workshop Date (Feb 1st 2024) owing to different locations & difference in workshop Timings. So delegates are requested to plan for the same themselves.
 10. Conference registration is seperate and the delegate need to complete it before Last date 15-01-2024 of workshop registration.
 11. IAPMR Members (Life Member and Associate Life Member) and PMR post graduates are only eligible for workshop registration.
 12. Registration for workshop alone is not entertained separately after 15-01-2024 and such workshop registration will be considered invalid. Amount paid shall only be considered as sponsorship for the conference.
- # Afternoon workshop sessions ending time may vary and delegates are requested to plan their evening outings after 6 pm approx.

IAPMRCON2024
PMR360⁰



PSG Institute of Medical Sciences & Research
COIMBATORE

Workshop Brochure
Thursday, February 1st - 2024

info.iapmrcon2024@gmail.com
www.iapmrcon2024.in