

## **EVALUATION REPORT :**

On 30/07/23, the triumphant MALABAR MEDICAL COLLEGE POTCON event, organized by the Department of Orthopaedics under the guidance of Dr. MK Ravindran, took place at Malabar Medical College Ulliyeri. The program was held in the Sapphire Hall of Chathukutty Memorial Academic Block, with the gracious support of the Kerala Orthopaedic Association and the Calicut Orthopaedic Society.

The program was graced by the esteemed presence of eminent consultants from across the country, as well as consultants and postgraduates from Kerala and nearby states. The full-day program comprised several sessions, each delivered by knowledgeable experts in the field. The initial session was initiated by Dr. Raju Karuppal, who provided an instructive lecture on tibial tuberosity avulsion, wherein he compared the efficacy of screw versus anchor fixation techniques. Subsequently, Dr. Anwar Marthya delivered a presentation on proximal tibia fracture, sharing insightful information and expertise on the subject matter. Dr. T K Jijeesh Kumar provided insights on hybrid fixation techniques for Type 6 Schatzker fractures. Dr. Chandra Babu KK discussed the surgical approach for posteromedial and posteriolateral plating of the proximal tibia. A session on the proximal tibia was concluded with a panel discussion, led by Dr. Gopinathan, at 11:00 am.

The inauguration ceremony of Malabar Medical College POTCON was conducted under the well-enriched presence of Mr. Anil Kumar, Chairman of Malabar Medical College and Research Centre. Dr. Sudha Anil, Secretary of Sree Anjaneya Trust, and Dr. Narayanan P V, the Principal, were also present during the ceremony.

The next session focused on paediatric knee-related topics. It began with a presentation on pediatric tibial spine fractures by Dr. Sameer Ali, followed by Dr. Siblin Surendran discussing how to address pediatric patella instability. The session further addressed distal femur physeal injuries -which all and how to fix it by Dr. Rajesh Purushothaman and commenced with panel discussion lead Dr. Hithesh Shah and ensuing by Dr. Nikhilesh Das providing a comprehensive lecture on variable angle distal femur plating. Following the session, a panel discussion took place, and the event concluded with a live saw bone workshop on the topics of the elbow and distal femoral angle guide (VALP).

The third session focused on distal femur fractures and included several presentations. Dr. Aneen N Kutti discussed the diagnosis, approaches, and the choice between plating and screw fixation for Hoffa's fracture. Dr. Cherian Kovoov presented on the use of Ilizarov technique for distal femur

fractures with bone loss. Dr. Rajanish R discussed the comparison between MRFN (Minimally Invasive Reduction and Fixation) and plating for distal femur fractures. The session also covered the topic of medial sub muscular plating of the distal femur medial condyle fracture, highlighting key considerations. The session concluded with a panel discussion moderated by Dr. Anwar Marthya.

The fourth session focused on the extensor mechanism and the fibula. The topics covered included quadriceps tendon ruptures, chronic patella tendon ruptures, patella fracture patterns, and treatment options, as well as simple and complex avulsion fractures of the fibular head. These topics were presented respectively by Dr. CM Kumaran, Dr. Muhammed Nooruddeen A, Dr. Jyothish Prasanth M, and Dr. Hithesh Gopalan. The session concluded with a quiz competition, organized by Dr. Rijesh, Dr. Vaishak, and Dr. Fijad.



Potcon Inauguration (Dr. Narayanan PV, Mr. Vallil Anilkumar, Dr. MK Raveendran, Dr. AN Sadanandan, Dr. Jawahar Adi Raja)



On Stage –Dr. Narayanan PV, Mr. Vallil Anilkumar, Dr. MK Raveendran, Dr. AN Sadanandan, Dr. Jawahar Adi Raja



Potcon Team(Dr. Rijesh P, Dr. AN Sadanandan, Dr. MK Raveendran, Dr. Jawahar Adi Raja, Dr. Jipin Gopi, Dr. Ajay S Panakkal, Dr. Vaishak, Dr. Sayed, Dr. Sandeep)