



مستشفى كينجز كوليدج لندن
King's College Hospital London



KING'S INTERNATIONAL ORTHOPEDICS & SPORT SURGERY CONFERENCE



King's College Hospital London, Jeddah



13th February 2026



09:00 AM

Day 1: Friday, 23 January 2026

09:00 AM - 09:30 AM: Registration and Welcome Coffee

Location: KCH Auditorium

10:00 AM - 11:00 AM: Session 1: Advances in Arthroscopic Surgery

Speaker: Dr. (To be announced)

Topic: (Specific topic related to knee & shoulder arthroscopy)

11:00 AM - 11:30 AM: Coffee Break and Networking

11:30 AM - 12:30 PM: Session 2: Sports Medicine and Injury Prevention

Speaker: Dr. (Speaker Name, Title/Affiliation)

Topic: (Specific topic related to sports medicine, e.g.,

"ACL Reconstruction: A Multidisciplinary Approach")

12:30 PM - 01:30 PM: Lunch Break

01:30 PM - 02:30 PM: Session 3: Non-Surgical Treatment for Sports Injuries

Speaker: Dr. (To be announced)

02:30 PM - 04:30 PM: Session 4: Hands-on Workshop in Knee & Shoulder Arthroscopy

Speaker: Dr. (Speaker Name, Title/Affiliation)

04:30 PM - 05:00 PM: Panel Discussion & Q&A

Topic: "Managing Complex Cases in Orthopedic and Sport Surgery"



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Day 2: Saturday, 24 January 2026

Ankle Arthroscopy and Sports Injuries Course

COURSE OVERVIEW:

Aimed at Senior residents, specialists and practicing orthopedic consultants who wish to expand on their clinical and surgical skills in foot & ankle arthroscopic techniques and sports injuries.

By the end of the course the delegates will be able to

- Diagnose and manage ankle instability
- Set up and perform an ankle arthroscopy
- Lateral ligament repair using anatomic and non-anatomic techniques
- Understand the principles and indications of the internal brace in lateral ligament reconstruction
- Syndesmotic reconstruction using the tightrope
- Achilles tendinopathy management

Duration: One day

Mode of delivery: Specialist Orthopedics foot & ankle surgeon faculty - 3 in number.
Latest evidence-based lectures.

Panel discussions

Arthroscopic skills lab - using mannequins and dry saw bones

Agenda:

Introduction & Welcome - 0910 - 0900

Session: Ankle the basics

-Anatomy is everything - introduction to the ligaments and structures around the ankle
0920 - 0910

-How to assess for ankle instability?
0935 - 0920

Session: Anterior Ankle arthroscopy

-When should we scope an ankle?
0945 - 0935

-Anterior Ankle arthroscopy its easy when you know how! (surgical technique)
1005 - 0945

Breakout Practical skills session: 1100 - 1010

Set up and perform an anterior ankle arthroscopy by delegates on mannequin models (Kit required - mannequins and ankle arthroscopes including probes and soft tissue shaver)

Coffee break - 1115 - 1100

Session: Anterior Ankle arthroscopy - wait there is more to it than meets the eye!

-How I perform an anterior cheilectomy for impingement

1125 - 1115

-How and why I use accessory portals

1135 - 1125

Session: Ankle Lateral ligament complex injury

-Acute ankle ligament injury - diagnosis, imaging and non-surgical management

1150 - 1135

-Acute ankle lateral ligament injury when and how I perform an anatomic surgical open repair

1205 - 1150

-That's old school! This is how I perform a repair arthroscopically!

1220 - 1205

-Lateral ligament complex repair - When and how to use fiber tape augmentation?

1235 - 1220

Lunch - 1330 - 1235

Breakout Practical skills session: 1415 - 1335

-Surgical technique of the Modified Brostrom Gould repair - dry saw bone workshop (Kit required - saw bone foot models; bone suture anchors swivel or push lock; internal brace)

Panel discussion (all faculty): 1445 - 1415

- Arthroscopic versus open ankle lateral ligament repair

- How I would treat an athlete's ligament tear differently

Session: Ankle syndesmosis injuries

-Diagnosing syndesmotic injuries

1500 - 1450

-How to deal with an acute syndesmotic injury?

1510 - 1500

-How do I manage a chronic syndesmotic injury?

1520 - 1510

Breakout Practical Skills session: 1610 - 1520

-Arthroscopic assessment of syndesmotic instability

-Syndesmotic fixation using the tightrope

(Kit required - mannequin models with ankle arthroscopes, tightrope, drills)

Session: Achilles Tendon rupture

-Achilles tendon rupture, whom to treat conservatively and whom to treat surgically?

1620 - 1610

-When I treat the achilles tendon rupture surgically

1630 - 1620

-How to perform a mini open achilles tendon repair

1640 - 1630

-How to perform an achilles tendon repair using bone anchors and fibertape augmentation -

1650 - 1640

Case based panel discussion (all faculty) 1720 - 1650

-syndesmotic injuries, neglected Achilles ruptures, Achilles tendonitis

Close of session - 1730