4th KUWAIT ORTHOPEDIC CONFERENCE

CONFERENCE PROGRAM
DAY 1 - Thursday 15/01/2026

وزارة الصحة
Ministry of Health
State of Kuwait | دولـــة الكويـت

TIME	TOPIC	FACULTY
07:30 - 08:30	**Registration**	
Session 1: Foot & Ankle / Hand - Moderators: Dr. Abdullah Albazzaz / Dr. Mohammad Mufeed Eid		
08:30 - 08:40	**Exercise as a Controlled Mechanical Stimulus**	Dr. Zainab AlKhaldi KWT
08:40 - 08:50	**All what you need about OCD of the Talus**	Dr. Orfan Arafah SAU
08:50 - 09:00	**Small big joint problems! Navigation of PIP joint injuries**	Dr. Mohamed AbouEltta KWT
09:00 - 09:10	**Controversies in the treatment of Scaphoid non- union**	Dr. Chrishan Mariathas UK
09:10 - 09:20	**Updates in DRUJ instability**	Dr. Chrishan Mariathas UK
09:20 - 09:30	**Surgical management of upper limb spasticity**	Dr. Abdullah AlQaseer KWT
09:30 - 09:40	**When Structural Healing Appears Complete but Pain Persists**	Dr. Zainab AlKhaldi KWT
09:40 - 09:55	**Questions**	
09:55 - 10:00	**Break**	
10:00 - 11:00	**Opening ceremony**	
Session 2: Spine - Moderators: Dr. Ali Bahman / Dr. Rashed AlAhmed		
11:00 - 11:10	**Intra-operative Neuromonitoring in Paediatric Spinal Deformity: Predicting Trouble**	Dr. Abdullah Alduwaisan KWT
11:10 - 11:20	**Advances In Complex Cervical Spine Surgery: Techniques, Challenges, Outcomes**	Dr. Abdulaziz Almutair KWT
11:20 - 11:30	**MIS Advancement in Kuwait**	Dr. Islam AlSayed KWT
11:30 - 11:40	**Bridging Training and Practice in Spine Surgery: The Role of Decision-Making in Ensuring Safety and Optimizing Outcomes – Lessons from Jaber Al Ahmed Hospital**	Dr. Rashed AlAhmed KWT
11:40 - 11:50	**The Role of Vertebral Body Tethering in Paediatric Spine Deformities: Current Concepts and Outcomes**	Prof. Firoz Miyanji CAN
11:50 - 12:00	**Spinal Trauma: Decision-Making and Surgical Management in Complex Cases**	Dr. Hani AlHarbi KSA

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TIME	TOPIC	FACULTY
12:00 - 12:10	Ventral Approaches to the Thoracic and Lumbar Spine: Indications, Relevance and Preservation of Surgical Competence	Dr. Khaldoon Abudaqqa KWT
12:10 - 12:20	Sciatica: Evidence Based Updates	Dr. Meshaal AlFadhli KWT
12:20 - 12:30	Questions	
12:30 - 13:30	Prayer/ Lunch Break	
Session 3: Pediatrics - Moderators: Dr. Ali Saleh/ Dr Mohammed Shehab		
13:30 - 14:00	Evaluation and Treatment of Foot & Ankle Deformities in Children with Cerebral Palsy	Dr. Pooyah Hosseinzadeh USA
14:00 - 14:30	Updates And Controversies in Management of Hip Dysplasia in Children with Cerebral Palsy	Dr. Pooyah Hosseinzadeh USA
14:30 - 14:45	Pre-Operative Optimization of Pediatric Bone Health in Non-Ambulatory Patients Prior to Scoliosis and Other Surgeries	Dr. Fahd AlShammri KWT
14:45 - 15:00	Guided Growth Screw in Distal Femoral Angular Deformity	Dr. Ahmed Abdelaziz KWT
15:00 - 15:15	Evaluation And Management of the Spastic Foot: Kuwait Experience	Dr. Mohammad L. Fahmy KWT
15:15 - 15:30	Questions	
	Workshops	
15:30 - 18:00	Musculoskeletal Ultrasound of Shoulder (Hands-on) Workshop	Dr. Naser AlBarrazi KWT
15:30 - 18:00	Total Knee Replacement Workshop	Dr. Owayed AlMutairi Dr. Maged Shaheen Dr. Al Jarrah AlEidan KWT

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TIME	TOPIC	FACULTY
07:30 - 08:30	**Registration**	
	Workshop	
07:30 - 11:30	**Knee and Foot/Ankle Approaches**	Dr. Ali Jarragh Dr. Owayed Al-Mutairi KWT
11:30 - 13:00	**Break**	
Session 1: Trauma / recon - Moderators: Dr. Owayed Almutairi / Dr. Al-Jarrah Al-Eidan		
13:00 - 13:30	**Cementless TKA; An Update**	Dr. Hamad S AlEnezi KWT
13:10 - 13:20	**Beyond "One Size Fits All" Redefining Patellar Resurfacing in TKA; How and Why I Try to Save the Kneecap**	Dr. Maged Shahin KWT
13:20 - 13:30	**Mid Flexion Instability in TKA**	Dr. Fawzi AlJasser KWT
13:30 - 13:50	**Prosthetic Joint Infection**	Dr. Mahmoud Abdel Karim EGY
13:50 - 14:00	**Personalized Knee Alignment**	Dr. Ali Al-Blooshi UAE
14:00 - 14:10	**From Scalpel to Software: The Role of Robotics in Modern Orthopedic surgery**	Dr. Owayed Al-Mutairi KWT
14:10 - 14:20	**Zonal Fixation in Revision Total Knee Arthroplasty**	Dr. Orfan Arafah SAU
14:20 - 14:30	**Double plating for fracture Shaft non-unions**	Prof. Hatem Galal EGY
14:30 - 14:40	**Free medial femoral condyle flap for established humeral nonunion**	Prof. Mustafa Mahmoud EGY
14:40 - 14:55	**Questions**	
14:55 - 15:10	**Break**	
15:10 - 15:20	**Long Bone Non-Union; What Are We Missing**	Dr. Hayder Al-Saadi IRQ
15:20 - 15:30	**Sacral Fracture Gap Evaluation**	Dr. Waleed Al-Sharkawi KWT
15:30 - 15:40	**Tibia Aseptic Nonunion**	Dr. Yousef Marwan KWT

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TIME	TOPIC	FACULTY
15:40 - 15:50	Intra-op Periprosthetic Fracture	Dr. Sulaiman AlAzzawi UK
15:50 - 16:00	Periprosthetic Fractures (Hip) : Practical Approach	Dr. Mohammad Awad EGY
16:00 - 16:10	Overview on combined pelvic ring and acetabulum fractures	Dr. Al-Jarrah Al-Eidan KWT
16:10 - 16:20	Comminuted distal humerus fractures: Steps for proper osteosynthesis in difficult fractures	Prof. Mustafa Mahmoud EGY
16:20 - 16:30	Perioperative Optimization In Arthroplasty	Dr. Mohammad Awad EGY
16:30 - 16:40	Why join SICOT?	Prof. Hatem Galal EGY
16:40 - 16:50	Questions	
16:50 - 17:00	Signing of MOU between Orthopedic Departments Council Kuwait and SICOT	

CONFERENCE PROGRAM
DAY 3 - Saturday 17/01/2026

TIME	TOPIC	FACULTY
Session 1: Sport - Moderators: Dr. Ali Behbehani / Dr. Fahad AlKhalaf		
09:00 - 09:10	Rotator Cuff Calcific Tendinitis; Diagnosis & Management	Dr. Ahmad Kamal KWT
09:10 - 09:20	Glenohumeral Arthritis in the Young Patients	Dr. Abdulaziz Khurshed KWT
09:20 - 09:30	Massive Irreparable Rotator Cuff Tears; Treatment Options	Dr. Fawaz AlFahad KWT
09:30 - 09:40	Pediatrics ACL; How Common in Kuwait?	Dr. Abdulaziz A. Abdullah KWT
09:40 - 09:50	Proximal Hamstring Injuries	Dr. Naser AlNusif KWT
09:50 - 10:00	Occupational Therapy in Charcot-Marie Tooth Patients	OT. Shaima AlAjmi KWT
10:00 - 10:15	Questions	
10:15 - 10:30	Break	

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TIME	TOPIC	FACULTY
10:30 - 10:40	Advances in shoulder prosthetics	Dr. Patrick Boyer FRA
10:40 - 10:50	Cuff repairs	Dr. Patrick Boyer FRA
10:50 - 11:00	Lateral Extra-Articular Tenodesis (LET); Indications and Techniques	Dr. Ahmad AlHarbi KWT
11:00 - 11:10	ACL Reconstruction; Quadriceps Tendon Plus Bone Block	Dr. Mohammad AlBlooshi KWT
11:10 - 11:25	Questions	
11:25 - 13:00	Prayer/ Lunch Break	
Session 2: Oncology/Infection - Moderator: Dr. Al-Jarrah Al-Eidan		
13:00 - 13:10	Fracture related infections – Diagnosis & treatment	Prof. Nima Heidari UK
13:10 - 13:20	Intercalary Reconstruction	Dr. Abdullah Al Qaseer KWT
13:20 - 13:30	The Use of Megaprosthesis in MSK Oncology	Dr. Hesham Abdelbary CAN
13:30 - 13:40	The role of arthroplasty in the management of metastatic bone disease	Dr. Hesham Abdelbary CAN
13:40 - 13:50	ERAS in Orthopedics Surgery, Farewell to Opioids?	Dr. Hassan Behbehani KWT
13:50 - 14:00	Diabetic Foot – avoiding amputation	Prof. Nima Heidari UK
14:00 - 14:15	Questions	
14:15 - 14:30	Break	
14:30 - 14:40	ENHANCED RECOVERY AFTER SURGERY(ERAS) PROTOCOL IN TOTAL JOINT ARTHROPLASTY: KUWAIT EXPERIENCE	Dr. Abdullah Al-Mutairi
14:40 - 14:50	ADJACENT SEGMENT DISEASE. TRUTH VS MYTH	Dr. Mohamed Abouramadan
14:50 - 15:00	Comparison of Outcomes Between Fragment Specific Fixation Versus Volar Plating in Distal Radius Fracture: A Systematic Review	Dr. Ola Mustafa Altaib
15:00 - 15:15	Questions	
15:15 - 15:30	Conference Closing	
	Workshops	
15:30 - 18:00	Hands on workshop Scoliosis lenke 3 osteotomies and correction techniques	Dr. Rashed AlAhmed Dr. Firoz Miyanji
15:30 - 18:00	"ORTHOFIX" Trauma and External Fixator Workshop	Dr. Ahmed Abdelaziz Dr. Naser Fadhel Dr. Waleed AlSharkawi