



# Sports injury, Prehab to Rehab

Organised by  
Department of Sports Medicine & Sports Science  
**RxDx SAMANVAY, Malleswaram**



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**Sunday, November 13<sup>th</sup> 2022 | 8:45 am onwards**

Time	Programme
9:00 am	Welcome Address by <b>Dr Jyotika Gupta</b> , Family Physician (Diabetes Management), Clinic Lead
9:10 am	Introduction to Sports Medicine by <b>Dr Pramod M</b> , Orthopaedic Surgeon
9:45 am	Sports Injuries: Type, prevalence, impact on a sports career, Importance of sports medicine treatment by <b>Dr Kiran Kulkarni</b> , Sports & Exercise Medicine Physician
10:15 am	Role of Plantar Pressure Scans and Pedorthosis in Sports Medicine (Talk+ Hands-on Demo) by <b>Dr Sanjay Sharma</b> , Podiatric Surgeon and Diabetic Foot Care Expert, Co-founder of FootSecure
10:45 am	Tea Break
11:00 am	Chief Guest's address (TBA)
11:15 am	Management of acute and chronic ankle sports injuries: An algorithmic approach by <b>Dr Prashanth Nagaraj</b> , Orthopaedic Surgeon
11:45 am	Ligament Injuries around the knee and their management by <b>Dr Srinivas Nagendra</b> , Orthopaedic Surgeon
12:15 pm	Ankle Sports Injuries: Management and Rehabilitation (Talk+ Hands-on Demo) by <b>Mr Gowtham C</b> (PT), Sports Physiotherapist
12:45 pm	Lunch
1:30 pm	Getting back on track after an injury (Talk + Hands-on Demo) by <b>Mr Deckline Leitao</b> , Strength & Conditioning Coach to elite athletes
2:00 pm	The Right Nutrition: Pre, during and post-workout for optimum performance by <b>Ms Sheetal Chhabria</b> , Clinical & Sports Nutritionist
2:30 pm	Panel Discussion
3:15 pm	Vote of Thanks

## Registration | Sponsorship

<https://rxdx.in/sports-injury-prehab-to-rehab/> 

## Event Contacts

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