Mithra
MULTI SPECIALITY HOSPITAL

PRESENTS

MITHRACON 2026

PERIPHERAL JOINT INSTABILITY

ORTHOPAEDICS | PHYSIOTHERAPY



29th NOVEMBER 2026

Radha Regent - ECity
110C, Electronic City Phase I, near Wipro Avenue, Electronic City Phase I, Electronic City, Doddathoguru, Karnataka 560100

Target Audience
- Orthopaedic Surgeons
- PG Ortho Students
- Physiotherapists
- Rehabilitation Experts
- PG Physiotherapy Students

Expert Faculty Talks | **Workshops** | **Exhibition** | **Poster Session**

Early Bird Registration

Rs. 1,000/-
Per Person

In Association with

Karnataka Orthopaedic Association

ADVANCING KNOWLEDGE | ENHANCING SKILLS | IMPROVING OUTCOMES

https://mithrahospital.com/mithracon/

MITHRACON 2026



Dr.Bharath Raj R
Organizing Chairman
Mithracon - 2026

About MITHRACON 2026:

Mithracon 2026, the Fourth edition of the conference, focuses on **Peripheral Joint Instability**, bringing together current orthopaedic and physiotherapy knowledge with practical, clinically relevant approaches.

The conference will explore the **assessment, analysis, treatment, and rehabilitation of joint instability,** with emphasis on understanding the role of bones, ligaments, muscles, and capsules in maintaining optimal joint function.

Through focused learning and practical techniques, Mithracon 2026 aims to help clinicians develop **effective rehabilitation pathways, improve functional recovery, and support patients in returning to their daily, work, and sporting activities**.

Right Analysis. Right Technique. Right Rehabilitation. Better Outcomes.

MITHRACON 2026



We are delighted to welcome

BAICHUNG BHUTIA

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An Inspriration for Movement

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MITHRACON 2026

KEY SPEAKERS (ORTHOPAEDIC)



Dr. K.N.Subramanian



Dr. Rajkumar Amaravathi



Dr. Girish



Dr. Satish



Dr. Jaideep Singh MS



Dr. Lester Xavier Pereira



Dr. Prajwal Ganesh



Dr. Manivannan



Dr.Akshay Dhanda



Dr. Jyothiprasanth



Dr. Hany Hameed



Dr. Sekhar Mudramaiah

KEY SPEAKERS (PHYSIOTHERAPY)



Dr. Rajendra Kachhwaha



Dr. Smruti Swagatika Dash



Dr. Apoorva Deshpande



Dr. Mahesh Hiremath



Dr. Yesho Deepa J



Dr. Rahana Ameen



Dr. Pinky Dutta



Dr. Surya Sudhakaran

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MITHRACON - 2026 EVENT SCHEDULE

Time	Particulars	Particulars
8:30 - 9:00	**REGISTRATION AND WELCOME**	
9:00 - 9:10	Introduction to the conference	Dr.Bharath Raj
9:10 - 9:20	Recurrent Dislocation Management	Dr Satish Satiskar
9:20 - 9:30	Bankart vs Latarjet - glenoid bone loss between 10 - 15%	Dr Jyoti Prashant
9:30 - 9:40	Does SLAP affect instability - Management	Dr.Akshay Dhanda
9:40- 9:50	Bipolar Instability of shoulder management	Dr Rajkumar Amaravathi
9:50 - 10:00	Rehab - Shoulder instability management	Dr Pinky Dutta
10:00 - 10:30	Workshop - Shoulder Rehab	Dr Apoorva Deshpande / Dr Pinky Dutta
10:30 - 10:40	Cruciates Leading to Instablity	Dr Mannivanan
10:40 - 10:50	Instability Due to Collaterals	Dr Hany Hameed
10:50 - 11:00	Management of Meniscal Instability	Dr Lester Xavier Pereira
11:00 - 11:10	Chronic Multiple - ligament instability	Dr Sardar Jaideep Singh
11:10 - 11:20	Patella Instability - Bony and soft tissue management	Dr Girish Kumar
11:20 - 11:30	Knee Rehab - Management	Dr Rajendran
11:30- 11:40	Patella Instability Rehab	Dr SmrutiSwagatika Dash
11:40- 12:15	Knee Workshop	Dr Rajendran and Dr Smruthi
12.15 - 12.45	ORATION - “Stability Essential for Mobility”	Dr K N Subramanian
12:30- 13:30	**INAUGURATION**	
13:30 - 14:00	**LUNCH**	
14:00 - 14:20	MCKENZIE Technique Mechanicial Diagnosis & Therapy	Dr Surya Sudhakaran
14:20 - 14:30	Assessment and Management of Elbow Instability	Dr Prajwal Ganesh
14:30 - 14:40	Elbow Rehab	Dr Rahna Ameen
14:40- 15:00	Elbow Workshop	
15:00 - 15:10	Wrist Instability - Diagnosis and Management	Dr Bharath Raj
15:10- 15:20	Wrist Rehab	Dr Apoorva Deshpande
15:20 - 15:40	Wrist Workshop	Dr Mahesh Hiremath
15:40 - 15:50	Chronic Ankle Instablity - Diagnosis & Management	Dr Shekar Mudramaiah
15:50 - 16:00	Ankle Rehab	Dr Yasho Deepa J
16:00 - 16:30	Ankle Workshop	
16:30 - 17:00	**THANK YOU AND PRIZE DISTRIBUTION**	

INSTRUCTIONS FOR ABSTRACT SUBMISSION FOR POSTERS

MITHRACON 2026

- Abstracts must be submitted in English.
- The size of the abstract is limited to 300 words (exclusive of title and author).
- The abstract title should be brief, clearly indicating the nature of the research/ case report. Use Title Case.
- The abstract should adhere to theme of the conference “Joint instablility”
- Abstract should be structured as follows: For research abstract – Objectives, Methods, Results and Conclusions – For case report – Introduction, Case report, Discussion and Conclusion
- No tables, figures, images, or graphs should be included in the abstract.
- Presented work must not have been published or presented at any other meeting.
- All abstracts must be submitted through the official website only. Submissions via email, fax, or mail will not be considered.
- Abstracts must be received by the deadline 20th November 2026.
  Late submissions will not be accepted.
- The presenting author is required to register for the conference. Only one abstract can be submitted by the registered participant. He /She can be coauthor in other abstracts.
- The presenting author will be the corresponding author.
- The scientific committee reserves the right to accept or reject the abstract.
- The results of the abstract acceptance will be informed to the registered participant on November 16th

Instructions for poster presentations.

- Posters should be printed 3x4 feet (portrait).
- The posters should be displayed in the poster area.
- Accepted posters will be given a serial number.
- Posters should be displayed as per the serial number by 9.30 am.
- Authors will have a designated time during the program for discussion with the participants.
- The presenting author will discuss the poster with judges.
- The decision of the scientific committee will be final for the poster prizes.
- The posters should be collected after 3 pm. No poster should be left behind.
- Make sure that the type/font size is large enough to be read at a distance of
- 1.5 meters (five feet). The smallest type should at least be 18 pts for text and 36
- pts for headings. Try to keep your word count as low as possible;
- Supporting images (graphs, tables, illustrations, photographs...) can be very
- helpful and are often necessary to display results. Make sure that the images
- are easy to understand, and not overloaded with information;
- Make sure there is enough contrast between the color of the type and the
- poster's background.

All accepted abstracts will be published as conference proceedings. After the conference please sign a consent form for willingness for publication.

MITHRACON 2026

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MOBILILTY WITH STABILITY

Early Bird Registration **Rs. 1,000/-** Per Person

Spot Registration **Rs. 2,500/-** Per Person

for Registration Visit
https://mithrahospital.com/mithracon/

For Event - Related Queries, Contact:

Travel, Accomadation
Ms. Radha 9841736633

Venue Details
Mr. Vedamurthy 9008826463

IT Support
Mr. Umar Khan 9113030112

Conference and Workshop
Dr. Sweety Kumari 9690234083
Dr. Ashutosh Singh 9916421634

In Association with

Karnataka Orthopaedic Association

For More Information Contact

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