



SURGICAL APPROACHES IN ORTHOPEDICS; A CADAVERIC COURSE

3th to 5th September 2018

Course Director – **Dr James Kigera**

Facilitators

Dr G Gikenye
Dr K Awori
Dr P Kilonzo
Dr A Fazal

Dr M Maru
Dr E Oburu
Dr B Ndeleva
Dr S Otieno

Dr F Sitati
Dr K Ongeti
Dr J Munguti

Objectives

To equip the learners with the skills to perform the basic surgical exposures in orthopedics

Target Audience

1. Orthopedic Surgeons
2. General Surgeons
3. Residents (Registrars) in General Surgery and Orthopedics

Reference Material

Surgical Exposures in Orthopedics: The Anatomic Approach by Hoppenfield

Day 1 3rd September 2018

0800-0820	Preliminaries	Dr Kigera
0820-0840	Anterior and Lateral Approaches to the Hip	Dr Sitati
0840-0900	Posterior Approach to Hip and Acetabulum	Dr Maru
0900-0920	Anterior Approaches to Acetabulum	Dr Maru
0920-0940	Lateral Approach to the Femur	Dr Ongeti
0940-1000	Approaches around the Knee	Dr Sitati
1000-1020	Tibia	Dr Ongeti
1020-1040	Foot and Ankle	Dr Oburu
1020-1040	Tea Break	
1040-1300	Dissection	
	Hip and Pelvis	Dr Maru/Dr Ongeti/Dr Sitati
	Demonstration by faculty followed by hands on work by participants	
1300-1400	LUNCH	
1400-1730	Dissection	
	Femur, Tibia, Foot and Ankle	Dr Oburu/Dr Kigera/ Dr Kilonzo
	Demonstration by faculty followed by hands on work by participants	



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Day 2 4th September 2018

0820-1000	Lectures	
0820-0840	Anterior and Lateral Approach to the Shoulder	Dr Ongeti
0840-0900	Posterior and Anterolateral Approach to Humerus	Dr Gikenye
0900-0920	Approaches around the Elbow	Dr Gikenye
0920-0940	Volar and Dorsal Approaches to the Forearm	Dr Ongeti
0940-1000	Exposures of the Hand	Dr Gikenye
1000-1020	Tea Break	
1020-1300	Dissection	
	Shoulder, Humerus	Dr Gikenye/ Dr Ongeti
	Demonstration by faculty followed by hands on work by participants	
1300-1400	LUNCH	
1400-1700	Dissection	
	Elbow, Forearm, Hand	Dr Gikenye/Dr Ongeti/Dr Munguti
	Demonstration by faculty followed by hands on work by participants	

Day 3 5th September 2018

0800-0820	Anterior and Posterior Approach to the Cervical Spine	Dr Awori
0820-0840	Anterior and Posterior Approach to the Thoracic Spine	Dr Awori
0840-0900	Anterior and Posterior Approach to the Lumbosacral Spine	Dr Fazal
0900-0920	Minimally Invasive Approaches to the Spine	Dr Fazal
0920-1120	Dissection	
	Cervical Spine	Dr Awori/Dr Fazal/Dr Munguti
	Demonstration by faculty followed by hands on work by participants	
1120-1140	Tea Break	
1140-1340	Dissection	
	Thoracic Spine	Dr Awori/Dr Munguti/Dr Fazal
	Demonstration by faculty followed by hands on work by participants Spine	
1340-1430	LUNCH	
1430-1630	Dissection	
	Lumbar Spine and Minimally Invasive	Dr Ndeleva/Dr Awori/Dr Soren/Dr Fazal
	Demonstration by faculty followed by hands on work by participants	
1630-1700	Closing Ceremony	