



PRAVARA INSTITUTE OF MEDICAL SCIENCES
(DEEMED UNIVERSITY)

Dr. A. P. J. ABDUL KALAM
COLLEGE OF PHYSIOTHERAPY



Loni Bk-413736, Tal: Rahata, Dist- Ahmednagar
Maharashtra State, India.

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Ph.02422-271426

DEPARTMENT OF ORTHOPEDIC PHYSIOTHERAPY

International Course on BOA Concept for Evidence Based Osteoarthritis Management

Resource persons:

1. Dr. Carina Thorstensson, PT, Associate Professor, Co-founder of BOA Concept
2. Dr. Przemyslaw Tomasz Paradowski, MD, Ph.D., Senior Orthopedic Surgeon, Sunderby Hospital
3. Dr. Kristin Wetterling, PT in primary health care, responsible for Swedish BOA Register
4. Ms. Beryl Svanberg, Patient representative, Swedish Rheumatism Association

Department of Orthopedic Physiotherapy organized a workshop on BOA concept which was held on 15th and 16th November 2018, at Saraswati Hall, PIMS, Loni. This workshop was attended by 40 participants which included Physiotherapists, Postgraduate students in Physiotherapy, Orthopedic surgeons, General medical practitioner and patient with osteoarthritis knee. The course content included Introduction to Osteoarthritis, Evidence based treatment and Surgeries in OA, Barriers and Facilitators to implement BOA in India and demonstration on Neuromuscular exercises.



Programme Schedule

15 November 2018, Thursday		
9.30-10.00	Course Inauguration	
10.00-10.45	Why do we need patient education in Osteoarthritis management?	Dr. Carina Thorstensson, PT, Associate Professor, Co-founder of BOA Concept
10.45-11.45	What is Osteoarthritis?	Dr. Carina Thorstensson
11.45-12.00	Break	
12.00-12.30	Evidence-Based Treatment	Dr. Carina Thorstensson
12.30-13.30	Lunch break	
13.30-15.00	What about pills and surgery?	Dr. Przemyslaw Tomasz Paradowski MD, Ph.D., Senior Orthopedic Surgeon, Sunderby Hospital
15.00-15.15	Break	
15.15-16.15	Better management of patients with Osteoarthritis, the BOA registry	Dr. Kristin Wetterling, PT in primary health care, responsible for Swedish BOA Register
16.15-17.15	The basic treatment of Osteoarthritis	Dr. Carina Thorstensson
16 November 2018, Friday		
9.30-10.00	Issues around successful implementation	Dr. Carina Thorstensson
10.00-10.30	Keys to successful implementation	Ms. Beryl Svanberg, patient representative, Swedish Rheumatism Association
10.30-10.45	Break	
10.45-11.45	The supported Osteoarthritis self-management program	Dr. Kristin Wetterling
11.45-12.15	How do we know if we are successful?	Dr. Carina Thorstensson
12.15-13.15	Lunch break	
13.15-14.00	Evidence-Based Evaluation	Dr. Kristin Wetterling
14.00-14.30	Neuromuscular Exercise Principles	Dr. Carina Thorstensson
14.30-14.45	Break	
14.45-15.45	Neuromuscular Exercise Practise	Dr. Carina Thorstensson, Dr. Kristin Wetterling
16.00-16.30	Discussion – Potentials and Barriers	All



Dr. Vijay Kelkar
Padmavibhushan Awardee
(1991-1995)

Organizing Committee

Patrons in Chief

Dr. Vijay Kelkar

(Padmavibhushan Awardee)
Hon'ble Chancellor, PIMS (DU)

Dr. Rajendra Vikhe Patil

Hon'ble Pro Chancellor, PIMS (DU) &
Chief Executive Officer, PMT/PIMS-DU, Loni

Patrons

Dr. Y. M. Jayaraj

Hon'ble Vice Chancellor, PIMS (DU), Loni

Course Director

Dr. Christina Opava

Professor, Ph.D., RPT
Director, Strategic Research Area Health Care Science
Karolinska Institutet, Sweden

Organizing Advisor

Dr. Subhash Khatri

Professor

Organizing Secretary

Dr. Keerthi Rao

Principal,

Dr. A. P. J. Abdul Kalam College of Physiotherapy

Treasurer

Dr. Neha Naik

Scientific Committee

Dr. Deepali Hande Dr. D. V. Prasad

Registration/ Reception Committee

Dr. Priti Baikar Dr. Girija Murugan

Catering Committee

Dr. Sukhpreet Pabla

Transport & Accommodation Committee

Dr. Sahil Ghorpade Dr. Vaishali Kale

Dr. Geetanjali Jethliya Dr. Pranav Gune



Dr. Subhash Khatri
Patron, Bhaskar - Awardee
(1992-2001)

International Faculty Members

- Dr. Christina Helging Opava, Ph.D.**
Professor,
Department of Neurobiology, Care Sciences and Society Division of Physiotherapy, Karolinska Institutet (KI), Huddinge, Sweden.
- Dr. Przemyslaw Tomasz Paradowski**
University Lecturer,
Department of Surgical and Perioperative Sciences, Division of Orthopaedics, Sunderby Research Unit, Umea University, Sweden.
- Ms. Beryl Svanberg**
Patient Representative,
The Swedish Rheumatism Association, Stockholm, Sweden.
- Dr. Carina Thorstensson**
CEO at C Thorstensson Rorelse AB, Angsbackevagen, Stravalla, Sweden.
- Dr. Kristin Wetterling**
Physiotherapist,
BOA Registry,
Registercentrum Västra Götaland, Gothenburg, Sweden.

Venue



Registration Form

Name : _____

Category: Student/Clinician/Patient

Name of the Institute: _____

Address : _____

Mobile:

Email : _____

Paid by NEFT**/Cash/D.D./ Cheque

NEFT/D.D./ Cheque No. _____

Bank : _____

DD /Cheque drawn on - Branch _____

Bank _____

* PG Student must submit Certificate from HOD

** NEFT Receipt should be sent

- Registration form should be emailed to

E-Mail ID : principal.cpt@pmtpims.org

Postal Address :

Dr. Keerthi Rao

Organising Secretary

Department of Orthopedic Physiotherapy,

Dr. A. P. J. Abdul Kalam College of Physiotherapy

Pravara Institute of Medical Sciences

(Deemed to be University)

Loni Bk, Tal. Rahata, Dist. Ahmednagar, India

Pin - 413 736.

Registration Details

■ Registration Fee : Rs.1500/-

■ Payment should be by online transfer through NEFT/DD / At par cheque

■ For NEFT :

Account Name : Dr. A. P. J. Abdul Kalam College of Physiotherapy

Type of Account : Current

Account No. : **1680930125**

Bank Name : **Central Bank of India,
PMT Loni Branch**

IFSC Code : **CBIN0283278**

■ Registration fees include Certificate, Course Material, Breakfast, Lunch and Tea for both days.

Contact No. for Inquiry

Dr. Subhash Khatri (91) 9527747915

Dr. Keerthi Rao (91) 9049913244

College Office (02422) 271304, 271489

Salient features of

Dr. A. P. J. Abdul Kalam College of Physiotherapy

■ Linnaeus Palme Collaboration with Karolinska Institutet, Sweden.

■ Seven Speciality Physiotherapy OPDs (Orthopedic, Neurology, Cardio-Respiratory, Community, Pediatric, Sports and Geriatrics) with ultramodern new building infrastructure offering BPT, MPT & Ph.D. academic programs.

■ Pravara Spinal Cord Injury Rehabilitation Centre.

■ Multi-Purpose Gymnasium.

■ Community Extension Activities.



**PRAVARA INSTITUTE OF MEDICAL SCIENCES
DEEMED TO BE UNIVERSITY (PIMS-DU)**

Loni - 413 736, Dist. Ahmednagar, Maharashtra State, India



**Dr. A. P. J. Abdul Kalam
College of Physiotherapy, Loni**

Orthopedic Physiotherapy Department

Presents

**"International Course on BOA Concept for
Evidence Based Osteoarthritis
Management"**

Date: 15 & 16 November 2018

• Venue •

Saraswati Hall

Padmabhushan Dr. Balasaheb Vikhe Patil
Lecture Hall Complex, PIMS-DU Campus, Loni.

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