



ORTHOCARE SERIES

Advances in Osteoarthritis and Musculoskeletal Pain Management

Contemporary Evidence for Preserving Mobility, Relieving Pain and Improving Quality of Life

A Continuing Professional Development (CPD) Initiative



24th October 2026



**Surat Marriott Hotel
Surat, Gujarat**

Welcome Letter

Dear Doctor,

Warm greetings from **CCEP**.

We are pleased to welcome you to the **OrthoCare Series, Advances in Osteoarthritis and Musculoskeletal Pain Management**, a Continuing Professional Development (CPD) initiative dedicated to strengthening evidence-based musculoskeletal care.

Osteoarthritis and chronic musculoskeletal pain remain among the most common reasons for outpatient consultations, significantly impacting mobility, productivity, and quality of life. Advances in disease understanding, imaging techniques, pharmacological therapies, regenerative medicine, rehabilitation, and multidisciplinary care continue to reshape contemporary orthopaedic practice. Staying updated with these developments is essential for delivering personalised, effective, and patient-centred treatment.

This programme has been designed to provide comprehensive scientific updates through expert-led lectures, practical case discussions, guideline-based recommendations, and real-world clinical perspectives relevant to daily orthopaedic and musculoskeletal practice.

What Sets This CPD Programme Apart

- Evidence-based osteoarthritis management
- Practical musculoskeletal pain strategies
- Guideline-directed clinical updates
- Interactive case-based discussions
- Multidisciplinary faculty perspectives
- Real-world clinical applications

We look forward to your participation in this scientific initiative and to a rewarding academic experience.

Warm regards,



Dr. Heman Gupta

President

Centre For Clinical Excellence Among Practising Physicians

About the CPD Initiative

The OrthoCare Series has been developed to bridge the gap between emerging scientific evidence and everyday musculoskeletal practice. The programme focuses on practical approaches to diagnosing and managing osteoarthritis, chronic musculoskeletal pain, tendinopathies, osteoporosis, periarticular disorders, and age-related degenerative joint disease.

Participants will gain clinically relevant insights into pharmacological therapy, rehabilitation strategies, regenerative medicine, imaging, multimodal pain management, and evidence-based treatment pathways that support improved patient outcomes and long-term functional independence.

CPD Overview

This one-day scientific programme offers expert-led discussions, contemporary clinical updates, and practical learning across the spectrum of osteoarthritis and musculoskeletal disorders encountered in routine orthopaedic practice.

Scientific Highlights

- Osteoarthritis Pathophysiology
- Guideline-Based Osteoarthritis Management
- Rational NSAID Therapy
- SYSADOAs
- Intra-Articular Therapies
- Musculoskeletal Pain Evaluation
- Regenerative Medicine
- Rehabilitation Strategies
- Exercise Prescription
- Osteoporosis Management
- Imaging Advances
- Tendinopathies
- Multimodal Pain Management
- Difficult Clinical Cases
- Future Therapeutic Innovations

Agenda

24th October, 2026

09:00 AM – 05:35 PM

09:00–09:20	The Evolving Burden of Osteoarthritis in India
09:20–09:50	Pathophysiology of Osteoarthritis: From Cartilage Degeneration to Whole-Joint Disease
09:50–10:20	Evidence-Based Pharmacological Management of Osteoarthritis
10:20–10:50	Rational Use of NSAIDs and Gastroprotection
10:50–11:20	Role of SYSADOAs in Long-Term Osteoarthritis Management
11:20–11:45	Intra-Articular Therapies: Corticosteroids, Hyaluronic Acid and Emerging Options
11:45–12:15	Musculoskeletal Pain: Practical Diagnostic Approach
12:15–12:45	Regenerative Medicine in Orthopaedics: Current Evidence
12:45–01:15	When Should Patients Be Referred for Joint Replacement?
01:15–01:50	Group Photograph & Lunch
01:50–02:10	Exercise Prescription and Rehabilitation Strategies
02:10–03:05	Expert Panel: Difficult Cases in Chronic Musculoskeletal Pain
03:05–03:35	Imaging in Osteoarthritis: Clinical Utility Beyond X-ray
03:35–04:05	Management of Tendinopathies and Periarticular Disorders
04:05–04:25	Osteoporosis and Fragility Fracture Prevention
04:25–04:45	Multimodal Pain Management Strategies
04:45–05:10	Future Therapies in Osteoarthritis
05:10–05:35	Panel Discussion: Personalising Musculoskeletal Care in Clinical Practice

Target Audience

- Orthopaedic Surgeons
- Rheumatologists
- Internal Medicine Physicians
- Family Physicians
- General Physicians
- Pain Medicine Specialists
- Sports Medicine Specialists
- Physical Medicine & Rehabilitation Specialists
- Physiotherapists
- Postgraduate Trainees

Why Attend?

- Learn from experienced orthopaedic and musculoskeletal experts.
- Review the latest evidence and international guideline recommendations.
- Strengthen clinical decision-making in osteoarthritis management.
- Participate in interactive case-based discussions.
- Gain practical approaches to chronic musculoskeletal pain.
- Understand emerging regenerative therapies.
- Network with specialists and peers.
- Apply evidence-based strategies directly to routine clinical practice.

Limited Seats – Book Early!

Registrations will be accepted on a **first-come, first-served** basis. Early registration ensures participation privileges.

Registration Fees		
Category	Up to 10 th October, 2026	Spot
Delegate	INR 2,000 inclusive of GST	INR 2,500 inclusive of GST
PG Student	INR 900 inclusive of GST	INR 1,000 inclusive of GST

Registration Includes

- Access to all scientific sessions
- Delegate kit
- Lunch and refreshments during the programme
- Scientific programme material
- Faculty interaction and discussions

ABOUT CCEP

Centre For Clinical Excellence Among Practising Physicians (CCEP) is an independent academic and professional development platform committed to advancing clinical excellence, evidence-based practice, and lifelong learning among healthcare professionals.

CCEP serves as a collaborative forum where practising physicians, specialists, surgeons, academicians, researchers, and healthcare leaders come together to exchange knowledge, discuss emerging evidence, and strengthen patient-centred clinical decision-making.

Through Continuing Professional Development (CPD) programs, scientific meetings, expert roundtables, masterclasses, surveys, publications, and healthcare leadership initiatives, CCEP aims to bridge the gap between evolving medical evidence and real-world clinical practice.

Our mission is to support doctors in delivering better patient outcomes through continuous learning, professional networking, interdisciplinary collaboration, and the adoption of contemporary standards of care.

CCEP believes that clinical excellence extends beyond medical knowledge and includes leadership, communication, ethical practice, innovation, and a commitment to improving healthcare delivery.

For inquiries and registration, please contact:

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