

Continuous Medical Education (CME) held at SCMCH

The Department of Anatomy successfully conducted a Continuing Medical Education (CME) programme titled **“The Knee – Enigma Demystified”** on Thursday, 19th February 2026, from 9:00 AM to 2:00 PM. The programme was co-organized in collaboration with the Departments of Radiology and Orthopaedics.

The CME aimed to refresh and enrich the medical knowledge of faculty members across departments. First-year MBBS students also actively participated as part of the Vertical Integration Teaching Programme, enhancing their clinical correlation and applied understanding.

The scientific sessions focused on revisiting the detailed anatomy of the knee joint, with special emphasis on applied anatomical knowledge in understanding diseases, injuries, and recent advances in management. The programme also covered interpretation of radiographs and MRI of the knee, clinical examination techniques, and management strategies.

The event commenced with a warm welcome address by Dr. N. M. Suresh, Professor & Head, Department of Anatomy.

Highlights of the CME

- **Anatomy of the Knee Joint** – Dr. Supriya, Professor of Anatomy
She elaborated on the articular surfaces of the knee joint and the factors contributing to its stability. She emphasized the attachments of ligaments and bursae surrounding the knee, the movements of the joint, and the clinical significance of the “locking and unlocking” mechanism.

- **Applied Radiology** – Dr. Pravin G. U, Principal, SCMCH&RI
He discussed various imaging modalities including X-rays, ultrasound, CT scan, and MRI. He highlighted the importance of different X-ray views such as skyline and notch views, identification of bony landmarks, and emphasized MRI as the primary modality for detecting meniscal and ligament tears, synovial effusion, and neuromuscular structures around the knee.

- **Examination of the Knee Joint** – Dr. Yoganand G. H, Assistant Professor, Orthopaedics

He revisited the anatomy of knee ligaments and provided insights into patient complaints and systematic clinical examination. He demonstrated clinical tests such as the anterior and posterior drawer tests and correlated clinical signs with symptoms to arrive at a provisional diagnosis, supported by instructional videos.

- **Clinical Application of Anatomy** – Dr. Nithin, Senior Resident, Orthopaedics

He discussed identification of post-traumatic injuries and degenerative conditions associated with aging. He explained various ligament and meniscal tears, their management approaches including reconstruction and grafting techniques, supported by operative videos. He concluded with both non-surgical and surgical management strategies.

The programme concluded with words of appreciation and gratitude delivered by Dr. Mahesh Kulkarni, Professor & Head, Department of Orthopaedics.

The Karnataka Medical Council awarded **1 credit hour** to all registered delegates who attended the CME.

The Departments of Anatomy, Radiology and Orthopaedics deserve commendation for organizing a highly informative and successful CME programme. The institution looks forward to many more such academic initiatives that promote excellence, integration, and professional growth.