



MEPOS
Middle East Pediatric Orthopaedic Society
رابطة الشرق الأوسط لجراحة عظام الأطفال

12TH ANNUAL MEPOS CONFERENCE DUBAI 2025

HOLIDAY INN AND SUITES DUBAI SCIENCE PARK

14-16 NOVEMBER, 2025



Smith+Nephew





CARLA BALDRIGHI
HOST MEPOS DUBAI
2025



JENNIFER WALSH
CO-HOST MEPOS
DUBAI 2025

WELCOME MESSAGE

Dear Colleagues and Friends,

It's a real pleasure to welcome you to Dubai to the 12th Annual Middle East Orthopaedic Paediatric Society (MEPOS) Conference. The 2025 annual meeting brings together the experience of surgeons, allied health professionals, and researchers from across the region and around the world. The invited Speakers will share their unique and remarkable expertise in the fields of congenital, acquired, and neuromuscular paediatric orthopaedic conditions.

Over the next few days, we'll explore an exciting program covering neuromuscular orthopaedics, gait analysis, congenital limb differences, spine deformities, and advanced reconstructive surgery. The contribution of free paper sessions showcase the rich diversity of ideas and experiences that make our community so driven by the highest standard of care.

This year's hands-on workshops promise to be especially engaging featuring sessions on gait analysis, surgical techniques on dry bone, and the first dedicated paediatric hand splinting workshop in the region. These practical learning opportunities embody the spirit of MEPOS: collaboration, innovation, and shared growth.

Beyond the lectures and discussions, MEPOS continues to serve as a true community of purpose, a place where mentorship, friendship, and professional exchange come together to advance our shared mission. Together, we continue to raise the standard of care for the children and families we serve. We hope these days in Dubai leave you inspired, connected, and re-energized for the work ahead.

Welcome to MEPOS 2025!

Warm regards,

Carla Baldrighi

Consultant Pediatric Hand and Microsurgeon
Al Jalila Children's Specialty Hospital
Dubai, United Arab Emirates

Jennifer Walsh

Gait Lab Director
Al Jalila Children's Specialty Hospital
Dubai, United Arab Emirates

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SATURDAY – NOVEMBER 15, 2025

	NEWTON ROOM ALLIED HEALTH CONFERENCE
14:00 – 16:00	INTRODUCTION
	MODERATORS: TAHANI ALI AND DONNA WICKS
14:00 – 14:25	Prematurity and Neurodevelopment Outcomes: An update Zeinab Ibrahim Alloub – UAE
14:25 – 14:50	Selecting Patients for Tone Management: Holistic Parameters for High Tone Patients (S Selection Criteria, IGA, Tendon Lengthening, Transfers, and Non-Surgical Procedures) for Allied Health Audience Christine Goodbody – USA
14:50 – 15:05	Gait-Related Talks on Foot Posture Analysis: Using Foot Posture Index and Zebris Walkway Veronika Vasilcova – KSA
15:05 – 15:20	Clubfoot and Bracing: The Importance of Family Engagement Tahani Ali – UAE
15:20 – 15:35	Wound Care and Pressure Sores, Casting and Splinting in Neuromuscular Patients Rawan Shadouhi – UAE
15:35 – 16:00	FREE PAPERS
15:35 – 15:45	Physio and Gait Analysis Freddy Krishnan – UAE
15: 45 – 15:55	Emirati Normal Gait Pattern Mahmoud Elshafey, Ahmed Aldhaheri, Hamad Alhammadi – UAE
15:55 – 16:00	DISCUSSION
16:00 – 16:15	COFFEE BREAK
16:15 – 16:45	SPONSOR PANEL
	
16:45 – 18:00	COLLABORATIVE WORKING
	MODERATORS: MOHAMED TALEB, RAWAN SHADOUHI
16:45 – 17:15	Occupational Therapy and Physio – Goal setting and Functional assessments. How we implement tools in our daily clinical practice. Donna Wicks, Ruth Mckenna – UAE
17:15 – 17:45	MDT Working – Gait Analysis a case study. A joint PT (Donna Wicks), OT (Ruth Mckenna), Orthotist (Advance Orthotics), Orthopedic Surgeon (Ibrar Majid) Gait Analyst (Jennifer Walsh) and wound care nurse (Rawan Shadhoi) presentation with an example of MDT working. – UAE
17:45 – 18:00	Q&A SESSION
18:15 – 19:15	MEPOS AGM MEETING
19:30	GALA DINNER

SATURDAY – NOVEMBER 15, 2025

08:30 – 18:00

EINSTEIN ROOM

WORKSHOP: PAEDIATRIC UPPER LIMB SPLINTING FOR CONGENITAL AND TRAUMATIC CONDITIONS



AMY LAKE



LINDSAY WILLIAMS



SARAH ARMITRAGE



KEY LEARNING OBJECTIVES

By the end of this workshop, Participants will be able to:

1. Identify the key congenital hand diagnoses and their implications for splinting
2. Understand selected trauma-related hand injuries and appropriate splinting protocols
3. Create patterns for 6 common splints used in Paediatric Hand Therapy
4. Fabricate at least 2 splints during Hands-on Sessions
5. Apply clinical reasoning to select appropriate splints based on diagnosis and functional goals
6. Access to take-home resources, including splinting videos and pattern templates

MATERIAL INCLUDED

- Splinting pattern templates for 6 splints
- Access to instructional videos for each splint
- Handouts summarising diagnosis-specific splinting strategies

08:30 – 13:00

SESSION 1

08:30 – 10:10

Didactic Session: Congenital Diagnosis and Splinting Overview:

- Syndactyly: post op care, scar management, splinting needs
- Amniotic Band Sequence: ADL adaptations, splinting considerations
- Radial Dysplasia: thumb hypoplasia, pollicization, opponensplasty
- Arthrogryposis: splinting strategies, surgical implications

10:15 – 10:30

COFFEE BREAK

10:30 – 11:00

Splints Discussed:

- Resting hand
- Thumb spica
- Elbow flexion

11:00 – 13:00

Hands-on Splinting Congenital Cases:

- Participants choose and fabricate one congenital-related splint discussed
- Guided pattern creation and fabrication

13:00 – 14:00

LUNCH

14:00 – 18:00

SESSION 2

14:00 – 16:00

Didactic Session: Trauma Diagnosis and Splinting Overview:

- Flexor Tendon Injuries: dorsal blocking splints, protocols
- Finger fractures: mallet finger splints, thumb UCL/RCL sprains

Splints discussed:

- Dorsal blocking
- Mallet finger

16:00 – 16:15

COFFEE BREAK

16:15 – 17:15

Hands-on splinting Trauma Cases:

- Participants choose and fabricate one trauma-related splint discussed
- Guided pattern creation and fabrication

17:15 – 18:00

Demo AND Discussion:

- "Serial Casting" for congenital elbow contractures: techniques, indications, and therapist role
- Question and Answers & Wrap-up

18:15 – 19:15

MEPOS AGM MEETING

19:30

SPEAKERS DINNER

