



Under the Aegis of Society of Trauma Anaesthesia and Critical Care

4th Annual Conference of Society of Trauma Anaesthesia and Critical Care

Theme : Strengthening Trauma Systems : From First Response to Full Recovery

18th September, 2026 | SKICC, Srinagar, Jammu & Kashmir, India

CHRONIC PAIN AFTER TRAUMA WORKSHOP ON SOLUTIONS

From Injury to Recovery: Targeted Interventions for Persistent Pain



National Lead Coordinators

- Dr. Jeetinder Kaur Makkar
- Dr. Ankita Goyal
- Dr. Kanika Gupta



Local Coordinators

- Dr. Shahina Parveen
- Dr. Nusrat Jehan
- Dr. Mubasher Ahmed
- Dr. Samiullah Mujoo



WHY ATTEND?



Bridge the gap between
acute trauma care and
chronic pain management



Learn ultrasound-guided
targeted interventions



Hands-on training with
real-case simulation approach

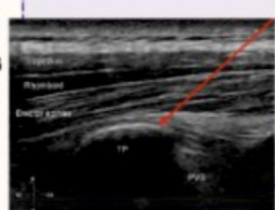
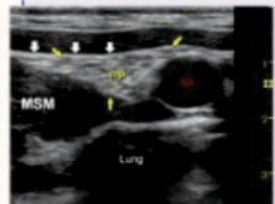
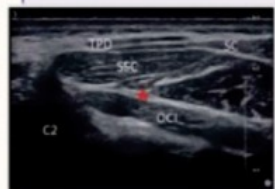
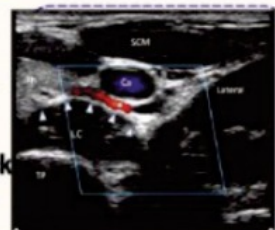


Essential skill for
anaesthesiologists, pain physicians
and **trauma care specialists**



WORKSHOP HIGHLIGHTS

- 01 Stellate Ganglion Block
- 02 Occipital Nerve Block for Whiplash Injuries & Cervical Median Branch Block
- 03 Upper Limb Nerve Scan & Brachial Plexus Injury
- 04 Lower Limb Nerve Scan
- 05 Tracing of Individual Nerves for Neuropathic Pain Involving Deep Cuts
- 06 Nerve Entrapment & 5-in-1 Trigger Point Injection
- 07 Sphenopalatine Block
- 08 Post-Amputation Pain: Phantom Limb Pain & Residual Limb Pain
- 09 Pain After Spinal Cord Injury: Spinal Cord Stimulator



LIMITED SEATS
HANDS-ON SLOTS FILLING FAST !

SCAN THE QR CODE TO REGISTER

stacc2026.secretariat@gmail.com

WHO SHOULD ATTEND?

- Anaesthesiologists
- Critical Care Specialists
- Pain Physicians
- Trauma Residents & Fellows

Organised by

Department of Anesthesiology, Critical Care, Pain and Palliative Medicine, GMC SRINAGAR

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PROGRAM

Time	Module	Case Scenario	Demonstration
09:00–09:10	Introduction	Overview of chronic post-trauma pain	Dr Jeetinder kaur
(09:10–09:40) UPPER LIMB			
5 min	POST AMPUTATION PAIN- CAUSES & MANAGEMENT		Dr Nusrat Jehan
5 min	Complex regional pain syndrome		Dr Mubasher Ahmad
5 min	Brachial plexus injury		Dr Kanika Gupta
10 min	Stellate Ganglion Block, Cervical Selective Nerve Root Block MASTER DEMO		Dr Jeetinder Kaur
(09:40–10:00) NECK PAIN			
5 min	WHIPLASH INJURIES/MYOFASCIAL PAIN		Dr Jyoti Sakral
15 min	Cervical MBB, GON BLOCK –MASTER DEMO		Dr Gauri Khanna
5-in-1 block Dr Nandita Mehta			
(10:00–10:30) Tea Break			
(10:30–10:50) SHOULDER PAIN			
10 min	Approach to Traumatic Shoulder Pain		Dr Syed Arif
MASTER DEMO 10 min	USG demonstration of Glenohumeral Joint , Suprascapular nerve, axillary nerve (technique)		Dr Vanita Ahuja
10:50– 11:15 – OROFACIAL PAIN			
10 min	Diagnostic Approach & Management		
MASTER DEMO 15 min	Sphenopalatine, Maxillary, Mandibular blocks, infra-orbital, supra-orbital, supra-trochlear nerve block		Dr Varun Singla
(11:15–11:40) THIGH AND KNEE PAIN			
10 min	Chronic Thigh and Knee pain after Trauma – Causes & Management		Dr Nitika Goyal
MASTER DEMO 15 min	Adductor Canal Block, LFCN block, Femoral Nerve block, Fascia Iliaca, Knee Joint		Dr Ankita Goyal

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Time	Module	Case Scenario	Demonstration
(11:40–12:00) HIP PAIN			
10 min	Persistent Hip Pain After Trauma		Dr Tariq Tramboob
MASTER DEMO 10 min	PENG block, Hip denervation		Dr Vivek
12:00 – 12:15	Neuromodulation in pain after trauma		Dr Preeti Doshi
(12:15–12:35) LOWER LIMB PAIN			
10 min	PAINFUL LOWER LIMB AFTER TRAUMA – LOOKING BEYOND INJURY		Dr Kanika Gupta
MASTER DEMO 10 min	Pop–Sciatic nerve Block, Lumbar Sympathectomy, Sural nerve block, Posterior tibial Nerve block		Dr Ankita Goyal
(13:00–14:00) Lunch Break			
14:00–16:30	HANDS ON USG WORKSHOP		
(16:30–17:00) QUIZ			

Hands-On Stations with Clues

Case	Station	Task
Case scenario 1: A 45-year-old male patient presenting post RTA with brachial plexopathy and sharp pain in forearm and hand since 1 year – Brachial Plexopathy (Causes and Management)	Ultrasound station 1	Stellate, Cervical SNRB
Case scenario 2: 45-year-old male presenting with chief complaint of neck pain radiating to the occiput, with H/o whiplash injury following a road traffic accident 1 year back.	Ultrasound station 2	GON, Cervical MBBB, TRIGGER POINT INJECTIONS, 5-in-1 block, Trapezius & Rhomboides TPI, dorsal Scapular nerve injection, Spinal Accessory Nerve injection.

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Case	Station	Task
Case scenario 3: A 60-year-old male with chronic shoulder pain after fall on outstretched hand while bathing 1 month back, Clue – ROTATOR CUFF INJURY?	Ultrasound station 3	Suprascapular nerve injection, Lateral Pectoral nerve injection, Axillary nerve injection, PEC 1& PEC 2 blocks, Glenohumeral joint injection.
Case scenario 4: 30-year-old male with right sided facial pain following Lefort fracture fixation after having a bike accident 6 months back–Orofacial Pain	Ultrasound station 4	Sphenopalantine, maxillary, mandibular, Supra-orbital, supra-trochlear, infra-orbital nerve block
Case scenario 5: 40-year-old male with proximal tibia and distal femur fracture, with Illizarov in situ, presenting with persistent Anterior & lateral thigh pain radiating to the knee – diagnosis – CLUE – LFCN neuralgia/ CRPS lower limb?	Ultrasound station 5	Adductor Canal block, Femoral Nerve Block, LFCN block
Case Scenario 6: 60-year-old Male patient with slip and fall in bathroom with neck of femur fracture but inoperable due to multiple comorbidities	Ultrasound station 6	Hip Denervation, PENG block
Case Scenario 7: A 13-year-old boy with history of ankle fracture presenting with severe foot pain and redness, swelling of the foot – CRPS lower limb	Ultrasound station 7	Pop sciatic block, Lumbar Sympathectomy.