

# SOARCON 2026

8<sup>th</sup> National Conference of Osteoarthritis

**31 July – 2 August 2026**

Conference Dates

**The Westin Hotel, HITECH City**

Hyderabad, Telangana

**soarcon2026@gmail.com**

+91 70757 60640

## PRE-CONFERENCE WORKSHOP

31 July 2026

Sindhu Hospitals, HITECH City, Hyderabad, Telangana

**2:00 – 3:00 PM** Emerging pain management techniques in OA

**3:00 – 6:00 PM** Live demonstration: PRP / BMAC / GFC

**01**

DAY ONE

**Saturday, 1 August 2026**

The Westin Hotel, HITECH City, Hyderabad

**SESSION 1**

### Pearls & Perspectives

**08:30 – 09:15** Pearls & Perspectives – Emerging experts in conversation with Master Clinicians

**09:15 – 09:30** OA 2026 Unpacked: Indian Research, Real-World Data and Advances

**09:30 – 09:45** Global Advances and Epidemiology of Osteoarthritis: 2026 Year in Review

**SESSION 2**

### Molecular & Genetic Frontiers

**09:45 – 10:00** Epigenetic Mechanisms in Osteoarthritis: Pathogenic Insights and Therapeutic Implications

**10:00 – 10:15** Integrative Multiomics in Osteoarthritis

**SESSION 3**

### Perspectives from APLAR Nations

**10:15 – 10:35** Management of OA – Paradigm Shift from Degenerative to Metabolic Disease

**10:35 – 10:55** Osteoarthritis in Central Asia – Challenges and Opportunities

**10:55 – 11:15** Role of NSAIDs in Osteoarthritis – Are All NSAIDs the Same?

**11:15 – 11:30** **Panel Discussion**

**11:30 – 11:45** **Inauguration Ceremony**

**11:45 – 12:00** **Tea Break**

**KEYNOTE LECTURE** 12:00 – 12:30

*Osteoarthritis – New Hope for an Old Disease*

<b>SESSION 4</b>	<b>Systemic Perspectives</b>
12:30 – 12:45	Is Osteoarthritis a Systemic Disease? Expanding Beyond the Joint Paradigm
12:45 – 13:00	Osteoarthritis in Younger Patients: Evolving Epidemiology and Management Challenges
13:00 – 14:00	<b>Lunch Break</b>
<b>SESSION 5</b>	<b>Regenerative Medicine</b>
14:00 – 14:15	Tailoring Prescription to Best Fit the Pain Type in OA
14:15 – 15:15	Regenerative Medicine – Advances in Stem Cell Therapies and Cartilage Repair Mesenchymal Stem Cells Therapy for Knee OA (MSC) Genicular Artery Embolisation for Chronic Pain in Knee OA Low-Dose Radiotherapy in the Management of Osteoarthritis
15:15 – 15:30	Immunosenescence and OA: Is Reversal of Aging the Future of OA?
15:30 – 15:45	DMOADs in OA and Hypertrophic Chondrocytes
15:45 – 16:00	<b>Tea Break</b>
<b>SESSION 6</b>	<b>Comorbidities in OA</b>
16:00 – 16:15	Osteoporosis and OA
16:15 – 16:30	Fibromyalgia and OA
<b>SESSION 7</b>	<b>Imaging &amp; AI Diagnostics</b>
16:30 – 16:45	What to Look for on MRI in OA Knee and Hand
16:45 – 17:00	AI-Based Imaging Analysis for Early Diagnosis and Progression Prediction
<b>02</b>	<b>DAY TWO</b> <b>Sunday, 2 August 2026</b> The Westin Hotel, HITECH City, Hyderabad
<b>OPENING</b>	<b>Pearls &amp; Perspectives</b>
08:30 – 09:15	Pearls & Perspectives – Emerging Experts in Conversation with Master Clinicians
09:15 – 09:30	From Phenotypes to Endotypes in Osteoarthritis
09:30 – 09:45	The Gut–Joint Axis in Osteoarthritis
09:45 – 10:00	Sarcopenia in OA: The Neglected Dimension
10:00 – 10:15	Sleep in Osteoarthritis Management

<b>REHAB</b>	<b>Physical Medicine &amp; Rehabilitation</b>
<b>10:15 – 10:30</b>	Can Disability be Prevented in OA? The Rehabilitation Perspective
<b>10:30 – 10:45</b>	Exercise Prescription in Osteoarthritis – What Actually Works?
<b>10:45 – 11:00</b>	Braces, Orthoses, and Assistive Devices in Knee Osteoarthritis
<b>11:00 – 11:15</b>	<b>Tea Break</b>
<b>MEDICAL</b>	<b>Disease Modification &amp; Pharmacology</b>
<b>11:15 – 11:30</b>	Early Osteoarthritis Clinics
<b>11:30 – 11:45</b>	Disease Modification in OA – Critical Appraisal of Current Evidence
<b>11:45 – 12:00</b>	Disease Modification in OA: Emerging Biologic Strategies
<b>12:00 – 12:15</b>	GLP-1 in Osteoarthritis – Hype or Hope?
<b>12:15 – 12:45</b>	Alternate Medicine in OA: From Ancient Wisdom to Evidence – Ayurvedic Research in OA Management
<b>DEBATE</b>	<b>Critical Appraisal</b>
<b>12:45 – 13:00</b>	<b>OA Drug Failures: Flawed Molecules or Flawed Trial Design?</b>
<b>SURGICAL</b>	<b>Surgical Perspectives of OA</b>
<b>13:00 – 13:15</b>	Rise and Decline of Arthroscopic Lavage in OA Management
<b>13:15 – 13:30</b>	When Medicines Meet Metal: Arthroplasty in Inflammatory Arthritis
<b>QUIZ</b>	<b>13:30 onwards</b> <b>Scientific Quiz – Audience Participation</b>

\*\*\* Program is subject to change. Please refer to the conference website / updates for the final schedule.

**Organized by**  
**Hyderabad Chapter Rheumatology in Association with SOAR**

<b>Dr Rajkiran Dudam</b> Organising Chairman SOARCON 2026	<b>Dr Shiva Shankar Challa</b> Organising Secretary SOARCON 2026	<b>Dr I. Rajendra Vara Prasad</b> Scientific Chairman SOARCON 2026
---	--	--

<b>Email :</b> soarcon2026@gmail.com	<b>Queries :</b> +917075760640	<b>Web :</b> www.soarcon2026.com
---	--------------------------------	----------------------------------