

SOARCON 2026

8th National Conference of Osteoarthritis

31 July – 2 August 2026

Conference Dates

The Westin Hotel, HITECH City

Hyderabad, Telangana

soarcon2026@gmail.com

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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

SESSION 4	Systemic Perspectives
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	Lunch Break
SESSION 5	Regenerative Medicine
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	Tea Break
SESSION 6	Comorbidities in OA
16:00 – 16:15	Osteoporosis and OA
16:15 – 16:30	Fibromyalgia and OA
SESSION 7	Imaging & AI Diagnostics
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
02	DAY TWO Sunday, 2 August 2026 The Westin Hotel, HITECH City, Hyderabad
OPENING	Pearls & Perspectives
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

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

*** 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

Dr Rajkiran Dudam Organising Chairman SOARCON 2026	Dr Shiva Shankar Challa Organising Secretary SOARCON 2026	Dr I. Rajendra Vara Prasad Scientific Chairman SOARCON 2026
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