



Kerala Chapter
Presents



IAPMR

CON 26

Feb 11-14
2026
KOCHI

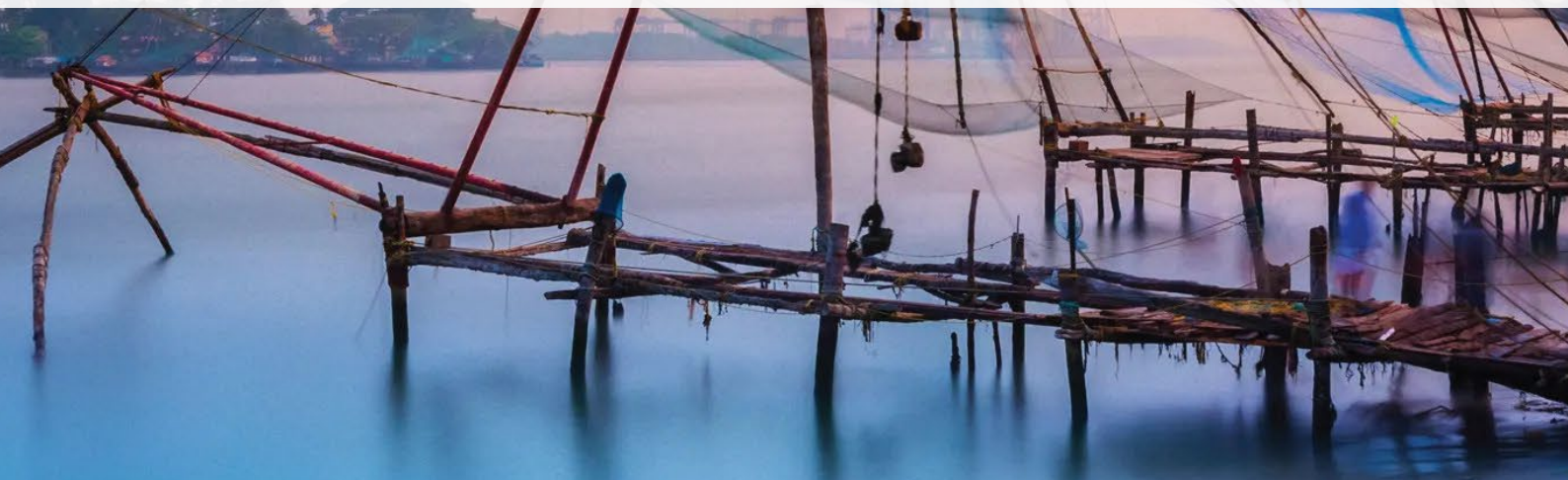


54th Annual Conference of

Indian Association of Physical Medicine and Rehabilitation

THEME: Showcasing Excellence Across All Fields of Physiatry In India

11- 14 February, 2026



Pre Event Brochure

54th Annual Conference of
Indian Association of
Physical Medicine and Rehabilitation



www.iapmrcon2026.com

Welcome to Kochi

The Queen of Arabian Sea

The "Gateway of Kerala," Kochi offers a blend of historical charm, vibrant culture, and natural beauty. Explore Fort Kochi's colonial architecture, experience the unique Chinese fishing nets, and enjoy the delicious flavors of Kerala cuisine.

From the bustling markets to the tranquil backwaters, Kochi promises an unforgettable journey.

Join us in Kochi for a conference experience that combines meaningful conversations with the unique warmth and natural beauty of Kerala—where professional growth meets cultural richness.



About the Event

Welcome to the IAPMRCON2026!

The 54th Annual Conference of the Indian Association of Physical Medicine and Rehabilitation (IAPMR) will be hosted by the Kerala Chapter of IAPMR (Indian Association of Physical Medicine and Rehabilitation). The annual conference will bring to light both established and advanced rehabilitation management protocols in a variety of disorders. The pre-conference workshops conducted by experienced faculty are diverse. The scientific program will consist of lectures on a broad range of topics of interest to rehabilitation physicians, paper presentation and discussions which aim to enhance our understanding of rehabilitation and promote collaboration.

The organising team takes immense pleasure in welcoming all delegates to Kochi.



11th February 2026 - Pre Conference Workshop

12th - 14th February 2026 - Main Conference

www.iapmrcon2026.com

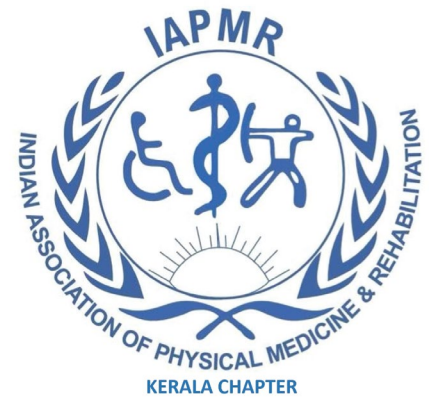


About the Organiser

Indian Association of Physical Medicine and Rehabilitation

Indian Association of Physical Medicine and Rehabilitation that is IAPMR, is an apex body of medical doctors having a specialization in Physical Medicine and Rehabilitation (PMR). As an association, it has played a major role in providing PMR related medical education in the form of CME, Workshops, fellowships, and national conferences to the physiatrists of country. IAPMR has contributed immensely to the formulation of various government policies, rules, and regulations for the disabled population of the country.

The association was formed way back on 14th April 1972 in New Delhi. The association was founded as a professional Society of physicians and surgeons to diagnose treat and rehabilitate patients with illness and physical disabilities.



Kerala Chapter of IAPMR

The Kerala Chapter of the Indian Association of Physical Medicine and Rehabilitation (IAPMR) is a registered organization of Physiatrists dedicated to the field of Physical Medicine and Rehabilitation (PMR) in Kerala. Our association comprises Modern Medicine doctors who have specialized in PMR through postgraduate qualifications. We are committed to advancing the specialty through education, research, and advocacy, ensuring the best possible care and rehabilitation for patients with musculo-skeletal ailments and locomotor disabilities.



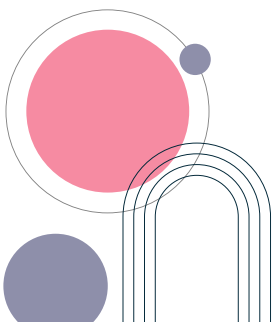
Event Patron

Dr. Azad Moopen

Chairman, Aster DM Healthcare

Azad Moopen is an Indian healthcare entrepreneur. He is the developer of many healthcare facilities in Asia-Pacific. He is also the chairman and managing director of Aster DM Healthcare, a healthcare conglomerate in the Middle East and India founded in 1987. Starting with a single-doctor clinic in Dubai in 1987, Aster DM Healthcare grew into a global healthcare conglomerate of more than 377 facilities spread across eight countries[7] in a span of 34 years.

Aster DM Healthcare is one of the largest integrated healthcare service providers in the GCC and India. Along with providing medical care to millions across many countries, Aster DM Healthcare now provides direct employment to more than 20,500 people which includes approximately 2,998 doctors and counting.



Organising Committee

Meet the Organising Committee of IAPMR 2026



Dr. K M Mathew

President

Senior Consultant –
Physical Medicine &
Rehabilitation,
Aster Medcity, Kochi



Dr. Sasikumar

Secretary

Senior Consultant –
Kumar Centre For
Stroke And Neuro
Rehabilitation, Kochi



Dr. Ravi Sankaran

**Chairman
Scientific Committee**

Clinical Professor &
Head of Dept. –
Physical Medicine and
Rehabilitation



Dr. Rajesh. B. Nair

Treasurer

Senior Consultant
Intervention Rehabili-
tation & Pain Physician



Dr. Muralidharan P C

National President – IAPMR

Prof. Dept. of PMR
Govt. Medical College,
Kottayam



Dr. Selvan P

State President – IAPMR

Prof. Dept. of PMR
Govt. Medical College
Trivandrum

The Venue

IMA House, Kochi

IMA House Cochin is an elegant property inaugurated in the year of 2009. It is the largest of its kind in the entire country, located behind Jawaharlal Nehru International Stadium in Palarivattom Cochin. This 1,50,000 sqft hotel is more than your usual hotel. They offer 85 fully furnished and aesthetically designed studio apartments that are outfitted with all modern amenities and come with a drawing cum dining room, one bedroom and a kitchen. Their 550 sqft rooms are suitable for families and business travellers. Apart from the rooms they have everything under our roof which includes – restaurant, banquet & conference halls, auditorium, board room, gymnasium, Swimming pool, travel desk, in-house catering services and more.

IMA House, Kochi
Feb, 11 - 14, 2026



Registration

Tariffs for Delegates, Students & Accompanions

The tariff for registering the IAPMRCON2026 is scheduled in three categories for IAPMR members, PG Students and International Delegates. The detailed tariffs are as follows.

CONFERENCE REGISTRATION TARIFF

IAPMR Members

EARLY BIRD

₹ 12000 + Gst

FOR IAPMR MEMBERS

- ✓ Access to all Events & Venues
- ✓ Access to all Events
- ✓ Nefretiti Cruise on Day 0
- ✓ Gala Dinner + Exclusive Events

REGULAR

₹ 15000 + Gst

FOR IAPMR MEMBERS

- ✓ Access to all Events & Venues
- ✓ Access to all Events
- ✓ Nefretiti Cruise on Day 0
- ✓ Gala Dinner + Exclusive Events

SPOT REGN

₹ 18000 + Gst

FOR IAPMR MEMBERS

- ✓ Access to all Events & Venues
- ✓ Access to all Events
- ✓ Nefretiti Cruise on Day 0
- ✓ Gala Dinner + Exclusive Events

ACCOMPANION

₹ 6000 + Gst

FOR ACCOMPANIONS ONLY

- ✓ Access to all Events & Venues
- ✓ Access to all Tour Events
- ✓ Nefretiti Cruise on Day 0
- ✓ Gala Dinner + Exclusive Events

International Delegates

EARLY BIRD

\$ 300 + Gst

INTERNATIONAL DELEGATES

- ✓ Access to all Events & Venues
- ✓ Access to all Events
- ✓ Nefretiti Cruise on Day 0
- ✓ Gala Dinner + Exclusive Events

STANDARD

\$ 500 + Gst

INTERNATIONAL DELEGATES

- ✓ Access to all Events & Venues
- ✓ Access to all Events
- ✓ Nefretiti Cruise on Day 0
- ✓ Gala Dinner + Exclusive Events

**Workshop Regn
Only for Students
Registered**

Price - ₹6000/-

PG STUDENTS

₹ 10000 + Gst

PG STUDENTS

- ✓ Access to all Events & Venues
- ✓ Access to all Events
- ✓ Nefretiti Cruise on Day 0
- ✓ Gala Dinner + Exclusive Events

Pg Students

Once registration is over, registered persons can download our app from the play store or apple store and install it to their mobile devices. All future communications will be through this app.

All academic sessions are handled by eminent faculties who have done their research on that particular topic and published it. All sessions are focused on real practical experiences than test book knowledge.

Conference Layout

IMA House, Kochi

The annual conference will bring to light both established and advanced rehabilitation management protocols in a variety of disorders. The pre-conference workshops conducted by experienced faculty are diverse. The scientific program will consist of lectures on a broad range of topics of interest to rehabilitation physicians, paper presentation and discussions which aim to enhance our understanding of rehabilitation and promote collaboration.

CONFERENCE LAYOUT

DAY - 0 WEDNESDAY	11	9.00 AM - 3.00 PM 4.00 PM ONWARDS	Pre conference workshop Sea Cruise & Dinner
DAY - 1 THURSDAY	12	8.00 AM - 8.30 AM 8.30 AM - 1.00 PM 1.00 PM - 1.30 PM 1.30 PM - 5.30 PM 6.00 PM - 7.00 PM 7.30 PM ONWARDS	Conference Registration Academic Sessions Lunch Academic Sessions Inauguration Ceremony Mini Gala Dinner and Cultural Events.
DAY - 2 FRIDAY	13	8.30 AM - 1.00 PM 1.00 PM - 1.30 PM 1.30 PM - 4.30 PM 4.03 PM - 6.30 PM 7.30 PM ONWARDS	Academic Sessions Lunch Academic Sessions General Body Meeting Mini Gala Dinner and Cultural Events.
DAY - 3 SATURDAY	14	8.00 AM - 12.00 PM 12.00 PM - 12.45 PM 1.00 PM ONWARDS	Academic Sessions Quiz Session Closing ceremony and Lunch

All academic sessions are handled by eminent faculties who have done their research on that particular topic and published it. All sessions are focused on real practical experiences than test book knowledge.

Pre-conference Workshop Schedule

Day – 0 (Preconference workshop) -- 11/02/2026

Pre conference workshops will be conducted on 11/02/2026 at three locations in and around Kochi. Those who have registered for the IAPMRCON 2026 can apply for the workshops. All workshops start at 9.00 am and ends by 3.00 pm. Lunch and high tea will be provided at the venue. Transportation will be provided from designated locations to the venue at 8. 00 am and will be returned at 3 pm. All workshops are designed to provide hands on experience; hence the seats are limited. There will be a free cruise dinner and entertainments in the afternoon.

Venues of Pre-conference Workshops



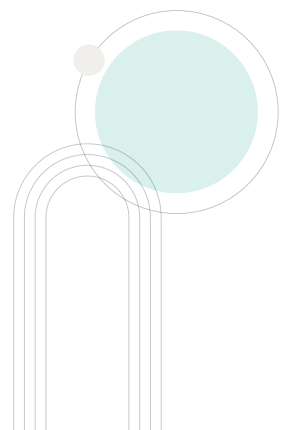
Aster Medcity, Kochi



Kumar International
Specialty Centre for
Back and Neck Pain



Amritha Institute of
Medical Sciences, Kochi



Pre-conference Workshop Schedule

Day – 0 (Preconference workshop) -- 11/02/2026

SI No	Workshop Topic	Resource Persons	Venue	Total Seats
1	Prolotherapy	Dr. Dean Reeves Dr. Sasikumar N Panicker Dr. Unnikrishnan R	Kumar International Specialty Centre for Back and Neck Pain	15
2	NCS/EMG	Dr. Mohanraj M Dr. Nithin Menon Dr. Judie Ann John	Kumar International Specialty Centre for Back and Neck Pain	15
3	Sono anatomy and Diagnostic USG in PMR	Dr. Shehadad K	Aster Medcity, Kochi	15
4	Developing a Quality Improvement Project in medicine	Dr. Venugopal Kochiyil	Aster Medcity, Kochi	15
5	Systematic Reviews and Meta analysis	Dr. Pradeep Thumbikat	Aster Medcity, Kochi	15
6	Botox Injections in Spasticity	Dr. Karthik Mani	Aster Medcity, Kochi	15
7	Tetraplegic hand Surgeries in Rehabilitation	Dr. Carina Reinholdt & Team	Amritha Institute of Medical Sciences, Kochi	15
8	Lower limb surgeries in Rehabilitation	Dr. Anil Gaur Dr. Pabitra Sahoo Dr. A K Joy Singh	Amritha Institute of Medical Sciences, Kochi	15
9	Advanced Interventions Under USG Guidance	Dr. Sreejith K Dr. Navita Vyas Dr. Sanjay Panday	Amritha Institute of Medical Sciences, Kochi	15
10	Posture and Ergonomics in Rehabilitation	Dr. Feroz Khan Dr. Sunder S Dr. Ravi Sakaran	Amritha Institute of Medical Sciences, Kochi	15

Meet Our Speakers

Key Note Speakers

Here is a glimpse of our keynote speakers for the event. *Final confirmation awaiting.



Dr Elizabeth Bradbury

Professor of Regenerative Medicine & Neuroplasticity

My lab is developing regenerative therapies to restore function following devastating injuries to the nervous system, such as a spinal cord injury. We work with gene therapies that break down scar tissue and enable new growth and connections to be made between the spinal cord and muscles that control motor movements.



Dr. Pradeep Thumbikat

Clinical Director of Sheffield Spinal Unit

Pradeep is a Consultant Surgeon in Spinal Cord Injury Rehabilitation at STEPS Rehabilitation and the Princess Royal Spinal Injuries Centre, which is based at the Northern General Hospital, a part of the Sheffield Teaching Hospitals Trust. His work encompasses all aspects of spinal cord injury management.



Dr Ram Hariharan

Consultant, Yorkshire regional spinal injuries centre, Wakefield

Involved in developing Rehabilitation services in Madagascar, particularly in Spinal Injuries by facilitating setting up 2 specialist centres including at HJRA, Tana



Dr. Maya R Therattil

Assistant Professor at Drexel University College of Medicine, USA

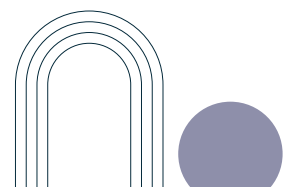
Trained at Montefiore Medical Centre in PM&R, further specialized in Spinal Cord Injury and Brain Injury at Kessler Institute for Rehab and hold board certifications in these areas. She also has a Masters in Medical Education Leadership. Presently Chair, of the PMR Department at Penn Medicine Princeton Health.



Dr. Raju Dhakal

Medical director and Consultant Physiatrist at Spinal Injury Rehabilitation center, Nepal

Dr. Raju Dhakal is a member of ISPRM 2025 and the first Physiatrist from Nepal. He awarded with many national and international prestigious award in the field of disability and rehabilitation. He has more than 100 paper presented in national and international conferences, 15 article published in international journal.





Dr. Matthew Bartel

**Professor, Physical Medicine and Rehabilitation,
Albert Einstein College of Medicine, USA.**

Dr. Bartels received his MD and MPH degrees from Columbia University College of Physicians & Surgeons and completed an internship and internal medicine and rehabilitation residencies at New York-Presbyterian/Columbia University Medical Center in New York.



Dr. Nandita S Keole

Cancer rehabilitation physician at Mayo Clinic, Arizona, USA

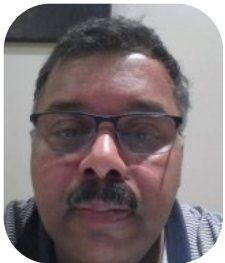
Dr. Keole is a cancer rehabilitation physician at Mayo Clinic Arizona. She completed her medical training at Seth G.S. Medical College in India and PM&R residency at the Rehabilitation Institution of Michigan/Wayne State University. She is passionate about cancer rehabilitation and was instrumental in starting cancer rehabilitation programs at the Integris Cancer Institute in Oklahoma and at the Phoenix VAMC in Arizona.



Dr. Swatee Jena

Consultant Rehabilitation Physician at Griffith Rehabilitation Hospital, Australia.

Dr. Swatee Jena is a Rehabilitation Physician with a specialized focus on Cancer Rehabilitation. With a primary commitment to the public healthcare sector at Flinders Medical Centre, South Australia she is involved with clinical service, teaching and clinical research. She also holds a fractional position in the private sector with the Day Rehabilitation Program at Griffith Rehabilitation Hospital.



Dr. Venu Kochiyil

Consultant Rehabilitation and pain Physician, Adelaide, Australia

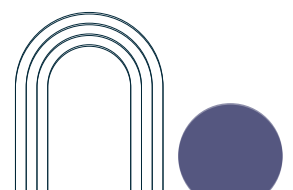
Dr Venugopal Kochiyil is a Rehabilitation Medicine and Pain Medicine Specialist trained both in India and Australia. He has an interest and training in medical administration, safety and quality in medicine. He works for a publically funded Health Network based in Northern suburbs of Adelaide, South Australia, Australia.



Dr. Deen Reeves

Physical medicine and Rehabilitation specialist from Kansas City, USA

Dr. Reeves is a physical medicine and rehabilitation specialist in the Greater Kansas City area. He is a research scientist and pain treatment physician who learned of dextrose prolotherapy in 1990 and began prolotherapy research in 1995. Since then, his research areas have expanded to include perineural injection treatment and perineural hydrodissection with ultrasound guidance.



Conference Note

12 - 14 February | 2026

From Day – 0 (Pre conference workshop) onwards, all evenings are packed with cultural events, food and beverages. Apart from that the accompanying persons will be given guided tour to Kochi – Muziris Biennale, Duch heritages, beaches, shopping destinations and a lavish lunch in a hybrid air-conditioned boat on Vembanad Lake.



Prize Money

First time in the history of IAPMRCON with an exclusive Prize Money of Rs.5,15,000/-

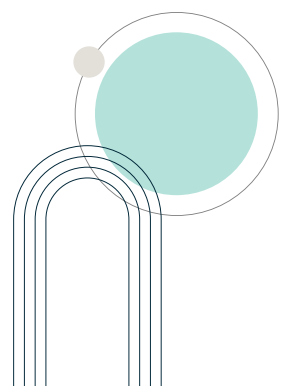
An additional exclusive one time gift of Rs. 50,000 for the first prize winners, Rs. 30,000 for the second prize winners and Rs. 20,000 for the third prize winners of different competitions held as part of the conference along with a surprise gift for the best couple dancers on 13th February eve.

Event Podcast

A unique podcast table for those who wish to share something on Physical Medicine and Rehabilitation will be arranged at conference venue.



There will be three one day charity events at Trivandrum, Kochi and Kozhikode to spread awareness about Physical Medicine and Rehabilitation among public. This will be held by the month of November, December and January.



The Conference Manager

Anquist Business Consulting Pvt Ltd

Anquist is a business turn around service agency specialized in crafting and activating brands through strategic storytelling, design, and marketing.

An unprecedented level of change and require a new thinking and transformative approaches. From purpose to product, brand to experience, customers to operations, we bring in the insight, sustained and expertise needed to reveal and realize transformative opportunities.

Our mode of operations are distinctive from that of other consultancies in terms of blending creativity, data and technology with an optimistic yet pragmatic approach to help our clients not just transform, but thrive. Our unique team work in a collaborative, multidisciplinary way to bridge the gap between strategy and execution.

Unique experiences are a reflection of your brand, and experiences give the opportunity to leave a lasting and impactful impression on those who experience your brand.

And this is what we do !!



Corp. Office

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Seaport - Airport Rd, near Sunrise Hospital Road
Kakkanad, Kochi, Kerala 682030

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STRATEGY | BRANDING | MARKETING



AN EVENT AS BENCHMARK !!





www.iapmrcon2026.com



Join us in Kochi for a conference experience
that combines meaningful conversations
with the unique warmth and natural beauty of Kerala—where
professional growth meets cultural richness.