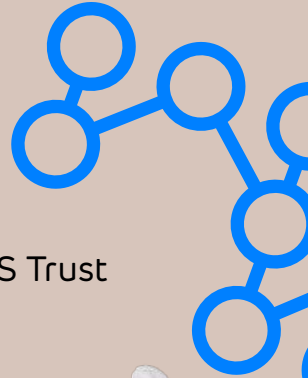



# The lower limb and paediatric **FRCS (Tr & Orth)** revision course

**Date:** 1–2 September 2023  
**Location:** Lewisham and Greenwich NHS Trust



# The Lower Limb & Paediatric (Tr & Orth) Revision Course

 Friday—Saturday, 1—2 September 2023

 Venue day 1: Queen Elizabeth Hospital

 Venue day 2: University Hospital Lewisham

## Course convenor

**Mr Sunil Bajaj**, Consultant Orthopaedic Surgeon, [Lewisham and Greenwich NHS Trust](#)

## Registration fees

**Lectures, vivas & clinicals:** ..... £375

**Lectures only:**..... £150

We only have 18 spaces available for the full course, so please ensure you book early to avoid disappointment.

Book your space here: <https://tinyurl.com/3u63sjjv>

## Educational aims and objectives

The course consists of a mixture of lectures and vivas for both days. Aimed at candidates appearing for the FRCS (Orth) examinations, the course will cover both lower limb and paediatric orthopaedics. Lectures will highlight the salient features in every topic and will enable candidates to enrich their answers with the right “buzz words”.

The first day consists entirely of lectures, and the second day will consist of vivas in the morning and clinicals in the afternoon, whereby you will be examining both adult and paediatric patients. There will be interactive discussions, clinical case presentations that emphasize the tips and tricks of correct examination techniques, and a mock exam consisting of vivas in real exam style. Instant feedback will be provided to candidates at the end of each session.

Candidates will have ample opportunities throughout the course to put questions to our faculty, comprising of consultants (lower limb and paediatric orthopaedic surgeons) and senior trainees (who have recently cleared the exams and are impatient to share their exam secrets).

# Course programme (day 1)

Friday 1 September 2023

08:30	Registration and refreshments
	<b>PAEDIATRICS</b>
09:00	DDH
09:20	SUFE
09:40	Perthes
10:00	Disorders of the foot / CTEV
10:20	Miscellaneous
10:40	Questions
10:50	Refreshments
	<b>KNEE</b>
11:10	Anatomy and biomechanics
11:30	Soft tissue and ligament injuries
11:50	TKR / revision TKR
12:10	HTO / unicompartmental knee replacement
12:30	Questions
12:40	Lunch
	<b>FOOT AND ANKLE</b>
13:40	Forefoot disorders
14:00	Cavus foot
14:10	Orthotics / gait and prosthetics



## Course programme (day 1 continued)

14:25	Ankle arthritis-ankle fusion/ankle replacement
14:45	Flat foot- TPPD
14:55	Questions
15:05	Refreshments
	HIP
15:25	Avascular necrosis of the hip
15:40	Hip biomechanics and THR tribology
16:00	Revision THR
16:20	NJR & GIRFT
16:40	THR
17:00	Young adult hip
17:20	Questions
18:00	Close of day



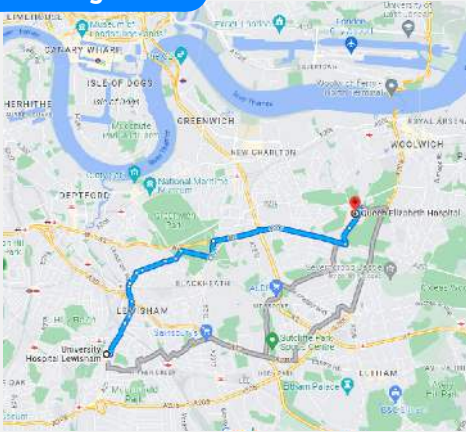
# Course programme (day 2)

Saturday 2 September 2023

09:10	Refreshments
09:30	Vivas
11:10	Refreshments
11:20	Vivas
13:00	Lunch
14:00	Clinicals
15:30	Refreshments
15:50	Clinicals
17:20	Close of day



## How to get here



### Venue address (day 1)

Queen Elizabeth Hospital  
Stadium Road  
Woolwich  
London SE18 4QH

### Travelling by train

Charlton, Woolwich Dockyard, and Woolwich Arsenal stations are only a short bus ride away from the hospital.

### Travelling by bus

A number of buses stop outside or close to the hospital, including: 161, 178, 244, 291,

386, 469, 486. By car: There are pay and display car parks at the hospital. If you have a sat nav, you can enter the postcode SE18 4QH

### Travelling by car

There are pay and display car parks at the hospital.

### Venue address (day 2)

University Hospital Lewisham  
Lewisham High Street  
London SE13 6LH

### Travelling by train

Ladywell Station is a 5-10 minute walk from the hospital. Lewisham, Catford, and Catford Bridge stations are all approximately 1 mile from the hospital.

### Travelling by bus

A number of buses stop outside or close to the hospital, including: 47, 54, 75 (24 hour service), 122, 136, 185, 199, 208, 284, 484, P4, N36 and N47.

### Travelling by car

There is limited parking at the hospital, and you should allow plenty of time to find a parking space.



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