

# LSM2024



## London shoulder meeting 2024



**Date:** 17–18 May 2024

**Venue:** The Royal Society of Medicine, London

**CPD:** 11.5 credits

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The Princess Grace Hospital  
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## London shoulder meeting

📅 Friday 17—Saturday 18 May 2024

📍 Location: Royal Society of Medicine, 1 Wimpole Street, London, W1G 0AE

#### Educational aims and objectives

The London shoulder meeting returns for its 10th successive year with a focus on trauma, arthroplasty, soft tissue and sports injuries and rehabilitation in relation to the shoulder and/or elbow. Day 1 will consist of lectures and day 2 will be workshop based. (You can attend just 1 or both days.) There will be a complimentary networking drinks reception at the end of day 1.

The meeting will include presentations, panel discussions, re-live surgery, masterclasses and hands-on sawbone workshops. The convening panel from The Shoulder Practice are joined this year by a guest convenor, Prof Mathew Wilson, and an expert invited multidisciplinary international faculty.

Based on feedback from previous meetings, we will continue to have plenty of time for panel discussions, giving the chance for all delegates to interact and get involved in the lively debates.

By the end of the meeting, participants should come away with a greater understanding of a broad range of topics on shoulder and elbow sports and soft tissue injuries, useful practical surgical tips and tricks, and up-to-date strategies for rehabilitation.

#### Meeting convenors:

**Mr Carlos Cobiella**  
Consultant Orthopaedic Surgeon  
[University College London Hospitals](#)

**Mr Henry Colaço**  
Consultant Orthopaedic Surgeon  
[Royal Hampshire County Hospital](#)

**Mr Simon Lambert**  
Consultant Orthopaedic Surgeon  
[University College London Hospitals](#)

**Mr Jae Rhee**  
Consultant Orthopaedic Surgeon  
[Princess Royal Hospital, West Midlands](#)

**Professor Mathew Wilson**  
Head of Sport and Exercise Medicine  
[Institute of Sport, Exercise and Health](#)

#### Registration fees

##### 1 day:

**Company Representative:** £200

**Consultant:** £150

**Trainee:** £125

**Allied Health Professional:** £90 (Includes Physiotherapists)

##### 2 days:

**Company Representative:** £400

**Consultant:** £300

**Trainee:** £250

**Allied Health Professional:** £180 (Includes Physiotherapists)

Click here to register: <https://bit.ly/LSM2024>

# Programme day 1 - Friday 17 May 2024

<b>08:00</b>	<b>Registration and refreshments</b>	
<b>08:30</b>	<b>Introduction and welcome</b> Mr Carlos Cobiella, Consultant Orthopaedic Surgeon, University College London Hospitals	
	<b>CUFF HEALING</b>	Chair: TBC
<b>08:40</b>	<b>What is tendinopathy?</b> Mr Joydeep Sinha, Consultant Orthopaedic Surgeon and Honorary Senior Lecturer, King's College London	
<b>08:48</b>	<b>Biology of cuff healing</b> Mr Tan Thangarajah, Consultant Shoulder & Elbow Surgeon, University College London Hospitals NHS Foundation Trust	
<b>09:15</b>	<b>Can we improve healing through surgery and orthobiologics?</b> Professor Fernando Marco, Head of the Unit of Shoulder and Elbow Service of Orthopedics and Traumatology, Clinico San Carlos, Madrid, Spain	
<b>09:23</b>	<b>Early rehabilitation, does it improve healing?</b> Dr Sam Botchey, Consultant in Sport, Exercise & Musculoskeletal Medicine, Frimley ICB	
<b>09:31</b>	<b>Late rehabilitation, pathway and monitoring</b> Mr Ben Ashworth, Director, Athletic Shoulder and Consultant Shoulder Specialist, Institute of Sport, Exercise and Health (ISEH)	
<b>09:39</b>	<b>Discussion</b>	
<b>10:00</b>	<b>Refreshments and exhibition</b>	
	<b>CUFF AUGMENTATION</b>	Chair: TBC
<b>10:30</b>	<b>Principles of augmentation</b> Professor Emilio Calvo, Director of the Shoulder and Elbow Reconstructive Surgery Unit, Fundacion Jimenez Diaz, Madrid, Spain	
<b>10:38</b>	<b>Dermal allografts</b> Mr Harvinder Singh, Consultant Orthopaedic Surgeon, University Hospitals of Leicester NHS Trust	
<b>10:46</b>	<b>Biceps smash</b> Mr Alvaro Minuesa, Consultant Orthopaedic Surgeon, Head of Trauma Service, Fraternidad-Muprespa, Madrid, Spain	
<b>10:54</b>	<b>SCR: how and why I use the fascia lata autograft</b> Dr Clara Azevedo, Consultant Orthopaedic Surgeon, Hospital CUF Tejo, and Head of the Shoulder and Elbow Unit, SAMS Hospital, Lisbon, Portugal	
<b>11:02</b>	<b>Functional augmentation</b> Dr Jean Kany, Consultant Orthopaedic Surgeon, Shoulder Unit, Clinique de l'Union, Toulouse, France	

<b>11:10</b>	<b>Beyond surgery</b> Speaker to be confirmed	
<b>11:18</b>	<b>Discussion</b>	
	<b>ELBOW STIFFNESS</b>	Chair: TBC
<b>11:40</b>	<b>How forgiving is the elbow</b> Mr Lee Van Rensburg, Consultant Trauma and Orthopaedic Surgeon, Addenbrooke's Hospital	
<b>11:48</b>	<b>Is arthroscopy enough?</b> Mr Joideep Phadnis, Consultant Orthopaedic Surgeon, Brighton & Sussex University Hospitals	
<b>11:56</b>	<b>Rehabilitation techniques</b> Speaker to be confirmed	
<b>12:04</b>	<b>Discussion</b>	
<b>12:30</b>	<b>Lunch and exhibition</b>	
	<b>SUPERIOR LABRUM</b>	Chair: TBC
<b>13:30</b>	<b>Superior labral tear on throwing athletes</b> Mr Rod Whiteley, Assistant Director of Clinical Projects & Quality, Aspetar Sports Medicine Hospital, Doha, Qatar	
<b>13:38</b>	<b>Conservative management framework</b> Dr Richard Seah, Consultant in Sport & Exercise Medicine, Institute of Sport, Exercise and Health	
<b>13:46</b>	<b>Is surgical management appropriate?</b> Dr Cecilie Schrøder, Consultant Orthopaedic Surgeon, Lovisenberg Diakonale Hospital, Oslo, Norway	
<b>13:54</b>	<b>Discussion</b>	
	<b>INSTABILITY</b>	Chair: TBC
<b>14:15</b>	<b>Is there still a place for isolated Bankart repair?</b> Dr Bastian Scheiderer, Senior Physician, Department of Sports Orthopaedics, Technical University of Munich, Germany	
<b>14:23</b>	<b>Glenoid augmentation, current state</b> Mr Graham Tytherleigh-Strong, Consultant Orthopaedic Surgeon, Addenbrooke's Hospital	
<b>14:31</b>	<b>Latarjet versus remplissage</b> Speaker to be confirmed	
<b>14:38</b>	<b>Is post-operative rehabilitation necessary?</b> Ms Emma Redfern, Clinical Lead and Specialist Physiotherapist, London Bridge Hospital	

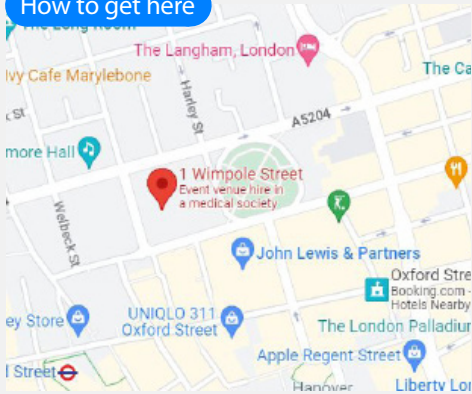
14:46	<b>Atraumatic instability</b> Dr Dorien Borms, Postdoctoral Researcher, University of Gent, Belgium
14:54	<b>The shoulder pacemaker</b> Dr Kirsten Lundgreen, Consultant Orthopaedic Surgeon, Lovisenberg Diaconal Hospital, Oslo, Norway
15:05	<b>Discussion</b>
15:25	<b>Refreshments and exhibition</b>
	<b>Do all bone defects need a Latarjet?</b>
16:00	<b>For:</b> Dr Olivier Verborgt, Shoulder Surgery Antwerp Orthopedic Center AZ Monica & University Hospital of Antwerp and Chairman Antwerp Orthopedic Center AZ Monica, Belgium
16:10	<b>Against:</b> Mr Graham Tytherleigh-Strong, Consultant Orthopaedic Surgeon, Addenbrooke's Hospital
16:20	<b>Discussion</b>
16:30	<b>Case presentations</b>
17:00	<b>Networking drinks reception and exhibition</b>
18:00	<b>Close of day 1</b>

## Workshops day 2 - Saturday 18 May 2024

09:30	<b>Registration and refreshments</b>
	<b>SURGICAL WORKSHOPS</b>
10:00	<b>Anterior compartment</b>  <b>a) Introduction to the anterior compartment, anatomy and access</b> Mr Graham Tytherleigh-Strong, Consultant Orthopaedic Surgeon, Addenbrooke's Hospital  <b>b) Subscapularis repair</b> Mr Carlos Cobiella, Consultant Orthopaedic Surgeon University College London Hospitals
11:00	<b>Elbow stiffness</b> Mr Joideep Phadnis, Consultant Orthopaedic Surgeon, Brighton & Sussex University Hospitals Mr Lee Van Rensburg, Consultant Trauma and Orthopaedic Surgeon, Addenbrooke's Hospital
12:00	<b>Refreshments and exhibition</b>
12:30	<b>Remplissage</b> Mr Henry Colaço, Consultant Orthopaedic Surgeon, Royal Hampshire County Hospital
13:30	<b>Lunch and exhibition</b>
	<b>THERAPY WORKSHOPS</b>
10:00	<b>Superior labrum</b> Mr Rod Whiteley, Assistant Director of Clinical Projects & Quality, Aspetar Sports Medicine Hospital, Doha, Qatar
11:00	<b>Assessment</b> Mr Ben Ashworth, Director, Athletic Shoulder and Consultant Shoulder Specialist, Institute of Sport, Exercise and Health (ISEH)
12:00	<b>Refreshments and exhibition</b>
12:30	<b>Topic to be confirmed</b>
13:30	<b>Lunch and exhibition</b>
	<b>COMBINED WORKSHOPS</b>
14:00	<b>Ultrasound</b> Mr Chris Myers, Clinical Director, Complete Physio
15:00	<b>Close of meeting</b>

Please note this programme may be subject to change.

## How to get here



## Venue address

Royal Society of Medicine,  
1 Wimpole Street,  
London, W1G 0AE

## Travelling by tube

Oxford Circus station (Victoria, Bakerloo, Central lines) 4 minutes' walk

Bond street (Central, Jubilee lines) 5 minutes' walk

Great Portland Street (Hammersmith & City, Circle lines) 15 minutes' walk

## Travelling by train

London Victoria Station (Gatwick Express)  
2 stops on the Victoria line to Oxford Circus  
10 minutes by taxi

London Charing Cross  
2 stops on the Bakerloo line to Oxford Circus  
10 minutes by taxi

London Euston Station  
2 stops on the Victoria line to Oxford Circus  
10 minutes by taxi

London King's Cross & St Pancras Station  
(Eurostar)  
3 stops on the Victoria line to Oxford Circus



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