

LSM2024

Orthopaedic
Research UK 

London shoulder meeting 2024



Date: 17–18 May 2024

Venue: The Royal Society of Medicine, London

CPD: 10 credits (applied for)

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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

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

11:18	Discussion
	ELBOW STIFFNESS Chair: TBC
11:40	How forgiving is the elbow Mr Lee Van Rensburg, Consultant Trauma and Orthopaedic Surgeon, Addenbrooke's Hospital
11:48	Is arthroscopy enough? Mr Joideep Phadnis, Consultant Orthopaedic Surgeon, Brighton & Sussex University Hospitals
11:56	Rehabilitation techniques Speaker to be confirmed
12:04	Discussion
12:30	Lunch and exhibition
	SUPERIOR LABRUM Chair: TBC
13:30	Superior labral tear on throwing athletes Mr Rod Whiteley, Assistant Director of Clinical Projects & Quality, Aspetar Sports Medicine Hospital
13:38	Conservative management framework Speaker to be confirmed
13:46	Is surgical management appropriate? Dr Cecilie Schrøder, Consultant Orthopaedic Surgeon, Lovisenberg Diakonale Hospital, Oslo
13:54	Discussion
	INSTABILITY Chair: TBC
14:15	Is there still a place for isolated Bankart repair? Dr Bastian Scheiderer, Senior Physician Department and Polyclinic for Sports Orthopedics, Rechts der Isar Hospital, Technical University of Munich
14:23	Glenoid augmentation, current state Mr Graham Tytherleigh-Strong, Consultant Orthopaedic Surgeon, Addenbrooke's Hospital
14:31	Latarjet versus remplissage Speaker to be confirmed
14:38	Is post-operative rehabilitation necessary? Speaker to be confirmed
14:46	Atraumatic instability Dr Dorien Borms, Postdoctoral Researcher, University of Gent

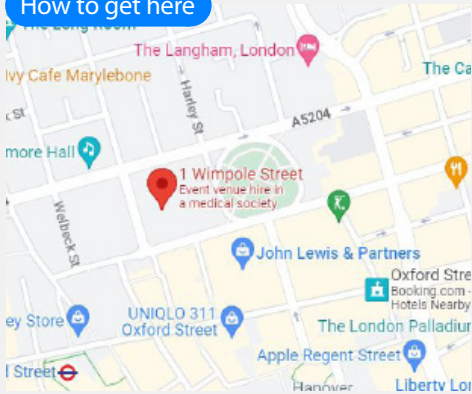
14:54	The shoulder pace maker Dr Kirsten Lundgreen, Consultant Orthopaedic Surgeon, Lovisenberg Diaconal Hospital, Oslo
15:05	Discussion
15:25	Refreshments and exhibition
	Do all bone defects need a Latarjet?
16:00	For: Dr Olivier Verborgt, Shoulder Surgery Antwerp Orthopedic Center AZ Monica & University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

Please note this programme may be subject to change.

Workshops day 2 - Saturday 18 May 2024

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

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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