



# London Upper Limb FRCS (Tr&Orth) Revision Course

<b>Date:</b>	<b>6-8 March 2024</b>
<b>Location:</b>	<b>Virtual - Zoom</b>
<b>CPD:</b>	<b>Applied for 14.5 credits</b>

# Upper Limb FRCS (Tr&Orth) Revision Course

 6-8 March 2024  
 Virtual: Zoom

## Course convenors:

Mr Peter Domos MD FRCS

Shoulder & Elbow Consultant

[Barnet General Hospital: Royal Free London NHS Foundation Trust](#)

Mr Kishan Gokaraju BMedSci FRCS MSc

Consultant Upper Limb Surgeon

[Princess Royal University Hospital: King's College Hospital NHS Foundation Trust](#)

## Registration fees

Lectures and vivas:.....£250

Lectures only:..... £200

## Educational aims and objectives

This course is designed for candidates preparing for the FRCS (Tr & Orth) examinations or equivalent, and trainees who are in their earlier years of training (ST3 – ST8).

This course has leading experts in elbow and shoulder surgery and includes teaching on upper limb anatomy, biomechanics, conditions and management. There will be 3 days of individual lecture sessions on each topic (including discussion and Q&A) followed by half a day of 'with FRCS(Tr&Orth) mock viva sessions focused on upper limb

## What delegates say about this course

"Really great experience, absolutely vital exam preparation. Excellent feedback given, great teaching from examiners" (delegate, 2022)

"Really helpful. very clear lectures" (delegate, 2022)

"It has helped my understanding of shoulder and elbow conditions which I enjoy. Very useful as traditionally I believe most exam prep courses focused on everything" (delegate, 2021)

"It has really helped me. I feel much more confident and would now look forward to getting a shoulder/ upper limb station in the exam!" (delegate, 2021)

# Course programme

## Wednesday 6 March 2024 (Day 1)

### Shoulder

08:10 Arrive

08:15 Welcome and Introductions

08:30 **Shoulder Anatomy, Biomechanics & Approaches**  
Mr Delukshan Srikantharajah, Upper Limb Senior Fellow  
St George's University Hospitals NHS Foundation Trust

09:20 **Clavicle Fractures, ACJ & SCJ Injuries**  
Mr Philip Ahrens, Consultant Shoulder & Elbow Surgeon  
Royal Free London NHS Foundation Trust

10:00 Break

10:15 **Proximal Humerus Fractures & Management**  
Mr Andrew Sankey, Consultant Shoulder & Elbow Surgeon  
Chelsea & Westminster Hospital NHS Foundation Trust

11:00 **Humerus Shaft and Distal Humerus Fractures**  
Mr Andrew White, Consultant Shoulder & Elbow Surgeon  
North West Anglia NHS Foundation Trust

11:45 Lunch

12:30 **Shoulder Instability**  
Mr Henry Colaco, Consultant Shoulder & Elbow Surgeon  
Hampshire Hospitals NHS Foundation Trust

13:20 **Impingement Syndrome & Rotator Cuff Disorders**  
Mr Rupen Dattani, Consultant Shoulder & Elbow Surgeon  
Chelsea and Westminster Hospital NHS Foundation Trust

14:20 Break

14:35 **Painful and/or Stiff Shoulder**  
Mr Abhinav Gulihar, Consultant Upper Limb Surgeon  
Princess Royal University Hospital, King's College Hospital NHS Foundation Trust

15:25 **Principles of Shoulder Arthroplasty in Elective and Trauma Surgery**  
Ms Rachael Fisher, Upper Limb Fellow  
Royal London Hospital, Barts Health NHS Trust

16:15 Discussion / Q&A

16:30 Close of Day

# Course programme

## Thursday 7 March 2024 (Day 2)

### Elbow

08:40	Arrive
08:45	Welcome and Introductions
09:00	<b>Elbow Anatomy, Biomechanics &amp; Approaches</b> Mr Simon Booker, Consultant Shoulder & Elbow Surgeon Sheffield Teaching Hospitals NHS Foundation Trust
09:50	<b>Elbow Fractures</b> Ms Margo Dirckx, Consultant Shoulder & Elbow Surgeon Barnsley Hospital
10:35	Break
10:50	<b>Elbow Instability</b> Mr Aziz Haque, Consultant Shoulder & Elbow Surgeon, University Hospitals of Leicester NHS Trust
11:35	<b>Common Elbow Conditions 1 – Soft Tissue Conditions</b> Mr Joideep Phadnis, Consultant Elbow & Shoulder Surgeon University Hospitals Sussex NHS Foundation Trust
12:15	Lunch
13:00	<b>Common Elbow Conditions 2 – Elbow Joint &amp; Arthroplasty</b> Mr David Butt, Consultant Shoulder & Elbow Surgeon Royal National Orthopaedic Hospital NHS Trust
13:45	<b>Shoulder &amp; Elbow History &amp; Exam</b> Mr Paul Robinson, Consultant Shoulder & Elbow Surgeon North West Anglia NHS Foundation Trust
14:45	Break
14:55	Viva Practice: Intro
15:05	Viva Practice: Shoulder
16:35	Break
16:45	Viva Practice: Elbow
18:15	Feedback / Q&A
18:30	Close of Day

# Course programme

## Friday 8 March 2024 (Day 3)

### Hand & Wrist

08:10	Arrive
08:15	Welcome and Introductions
08:30	<b>Forearm, Hand &amp; Wrist Anatomy &amp; Approaches</b> Kalpesh Vaghela, Hand & Wrist Consultant Barts Health NHS Trust
09:15	<b>Forearm &amp; Distal Radius Fractures, Carpal Injuries &amp; Carpal Instability</b> Rupert Wharton, Hand & Wrist Consultant Kingston Hospital
09:45	Break
10:00	<b>Carpal Biomechanics</b> Daniel Williams, Upper Limb Consultant Barts Health NHS Trust
10:45	<b>Hand fractures</b> Dafydd 'Taff' Edwards, Hand Wrist & Elbow Consultant Barts Health NHS Trust
11:25	<b>Hand &amp; Wrist Tendon Injuries</b> Simon Bellringer, Hand & Wrist Consultant University Hospitals Sussex NHS Foundation Trust
11:55	Lunch
12:25	<b>Hand &amp; Wrist Soft Tissue Conditions</b> Kunal Kulkarni, Hand & Wrist Consultant University Hospitals of Leicester NHS Trust
13:05	<b>Hand &amp; Wrist Degenerative &amp; Inflammatory Arthritis</b> Mr Alistair Hunter, Consultant orthopaedic surgeon University College London Hospitals NHS Foundation Trust
13:50	Break
14:05	<b>Hand Infections and Emergencies</b> Shamim Umarji, Hand & Wrist Consultant St George's University Hospitals NHS Foundation Trust
14:35	<b>Hand &amp; Wrist History &amp; Examination</b> Aanchal Jain, Hand & Wrist Consultant Princess Royal University Hospital, King's College Hospital NHS Trust
15:20	Break
15:25	Viva Practice: Intro
15:30	Viva Practice: Hand & Wrist
17:00	Feedback / Q&A
17:10	Close of Day