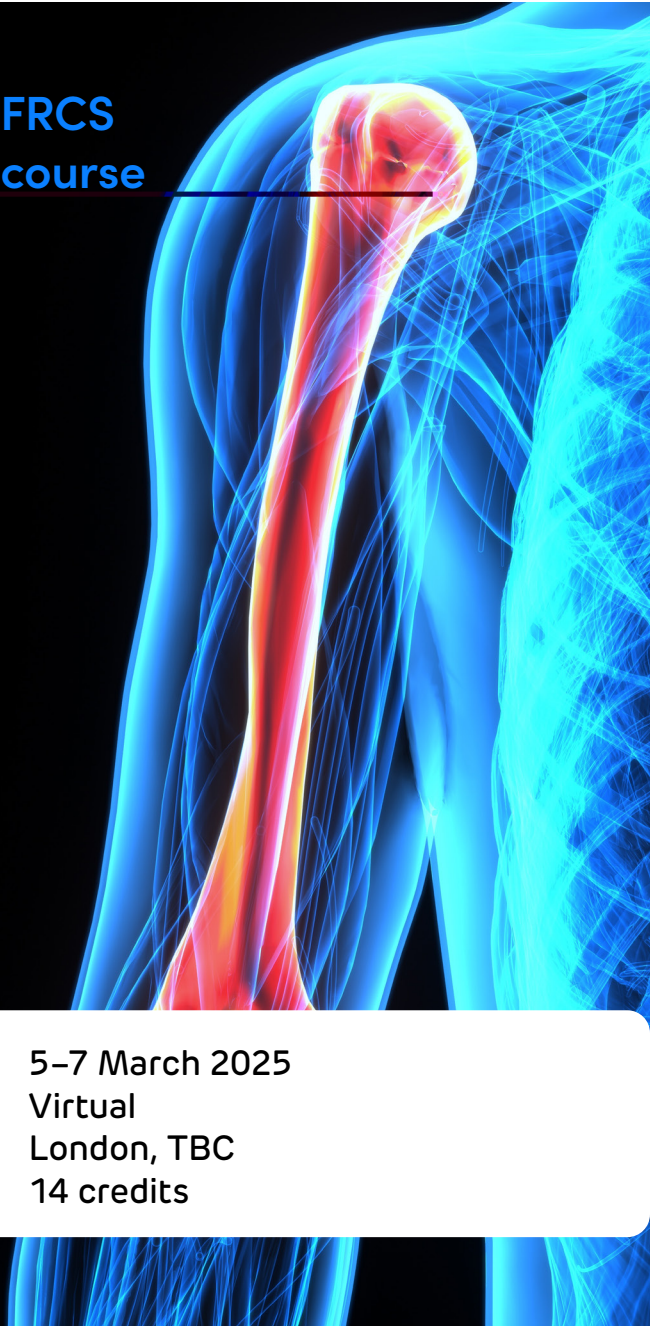
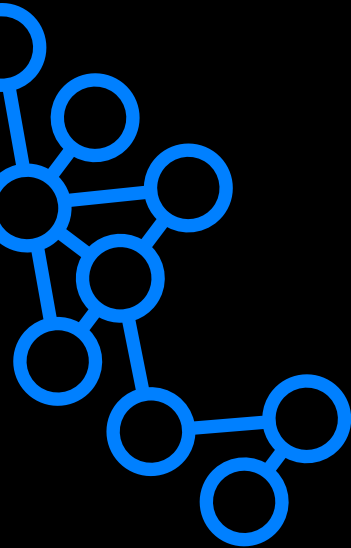






London upper limb FRCS (Tr & Orth) revision course



Date:	5–7 March 2025
Location day 1:	Virtual
Location day 2–3:	London, TBC
CPD:	14 credits

London upper limb FRCS (Tr & Orth) revision course

 5–7 March 2025
 Day 1 online
Day 2 & 3 in London, TBC

Convenors:

Mr Peter Domos
Shoulder and Elbow Consultant
[Royal Free London NHS Foundation Trust](#)

Mr Kishan Gokaraju
Upper Limb Consultant
[Princess Royal University Hospital](#)

Registration fees

Lectures and viva participant: £250

Lectures and viva observer: £200

Register here:

<https://bit.ly/3APfcM4>

Educational aims and objectives

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

The programme features leading specialists in elbow, hand, and shoulder surgery, providing in-depth instruction on the anatomy, biomechanics, conditions, and treatment of the upper limb. It includes three days of dedicated lecture sessions for each topic, with interactive discussions and Q&A sessions. Participants will also engage in mock viva questions specifically focused on upper limb subjects.

What delegates say about this course

“Really great experience, absolutely vital exam preparation. Excellent feedback given, great teaching from examiners”

“Really helpful. Very clear lectures”

Programme: Hand and wrist

Wednesday 5 March 2025

08:10	Delegates log in
08:15	Welcome and introduction
08:30	Hand and wrist anatomy and approaches Mr Kalpesh Vaghela, Hand and Wrist Consultant, Barts Health NHS Trust
09:00	Carpal anatomy and biomechanics Mr Philip Matthew, Consultant Hand Surgeon, Chelsea and Westminster Hospital NHS Foundation Trust
09:30	Carpal injuries and instability Mr Harry Benjamin-Laing, Consultant Hand Surgeon, Milton Keynes University Hospital NHS Foundation Trust
10:10	Refreshments
10:25	Hand fractures Mr Rupert Wharton, Hand and Wrist Consultant, Kingston Hospital
11:00	Hand and wrist tendon injuries Mr Simon Bellringer, Hand and Wrist Consultant, University Hospitals Sussex NHS Foundation Trust
11:30	Hand and wrist soft tissue conditions Mr Kunal Kulkarni, Hand and Wrist Consultant, University Hospitals of Leicester NHS Trust
12:15	Lunch
13:00	Hand and wrist degenerative and inflammatory arthritis Mr Ramon Tahmassebi, Hand, Wrist and Elbow Surgeon, Kings College Hospital NHS Foundation Trust
13:45	Hand and wrist history and examination Mrs Aanchal Jain, Hand and Wrist Consultant, Princess Royal University Hospital
14:30	Discussions / Q&A
14:45	Refreshments
15:00	Viva practice: Intro
15:10	Viva practice: Hand and wrist
16:40	Feedback / Q&A
17:00	Close of day

Programme: Shoulder

Thursday 6 March 2025

08:00	Registration and refreshments
08:25	Welcome and introduction
08:30	Shoulder anatomy, biomechanics and approaches Mr Delukshan Srikantharajah, Consultant Shoulder and Elbow Surgeon, South Eastern Health and Social Care Trust
09:30	Clavicle fractures, ACJ and SCJ injuries Mr Karthik Karuppaiah, Consultant Upper Limb Surgeon, King's College Hospitals NHS Foundation Trust
10:00	Refreshments
10:30	Proximal humerus fractures and management Mr Shahbaz Malik, Consultant Orthopaedic Surgeon, Worcestershire Acute Hospitals NHS Trust
11:15	Humerus shaft and distal humerus fractures Mr Abhinav Gulihar, Consultant Upper Limb Surgeon, Princess Royal University Hospital
12:00	Lunch
13:00	Shoulder instability Mr Henry Colaco, Consultant Shoulder and Elbow Surgeon, Hampshire Hospitals NHS Foundation Trust
13:45	Impingement syndrome and rotator cuff disorders Mr Rupen Dattani, Consultant Shoulder and Elbow Surgeon, Chelsea and Westminster Hospitals NHS Foundation Trust
14:45	Refreshments
15:15	Painful and/or stiff shoulder Mr Neil Kang, Consultant Shoulder and Elbow Surgeon, Addenbrookes Hospital
16:00	Principles of shoulder arthroplasty in elective and trauma surgery Mr Nick Little, Consultant Shoulder and Elbow Surgeon, Epsom & St Hillier Hospitals
16:45	Feedback / Q&A
17:00	Close of day

Programme: Elbow

Friday 7 March 2025

08:00	Registration
08:25	Welcome and introduction
08:30	Elbow anatomy, biomechanics and approaches Mr Simon Booker, Consultant Shoulder and Elbow Surgeon, Sheffield Teaching Hospitals NHS Foundation Trust
09:20	Elbow fractures Ms Margo Dirckx, Consultant Shoulder and Elbow Surgeon, Barnsley Hospital
10:00	Refreshments
10:30	Elbow instability Mr Aziz Haque, Consultant Shoulder and Elbow Surgeon, University Hospitals of Leicester NHS Trust
11:15	Elbow soft tissue disorders Mr Toby Baring, Consultant Shoulder and Elbow Surgeon, Homerton University Hospital
11:45	Lunch
12:45	Elbow joint arthritis and arthroplasty Miss Debbie Higgs, Consultant Shoulder and Elbow Surgeon, Royal National Orthopaedic Hospital NHS Trust
13:30	Shoulder and elbow history and exam Mr Paul Robinson, Consultant Shoulder and Elbow Surgeon, North West Anglia NHS Foundation Trust
14:30	Refreshments
15:00	Viva practice: Intro
15:10	Viva practice: Shoulder and elbow
16:40	Feedback / Q&A
17:00	Close of event

