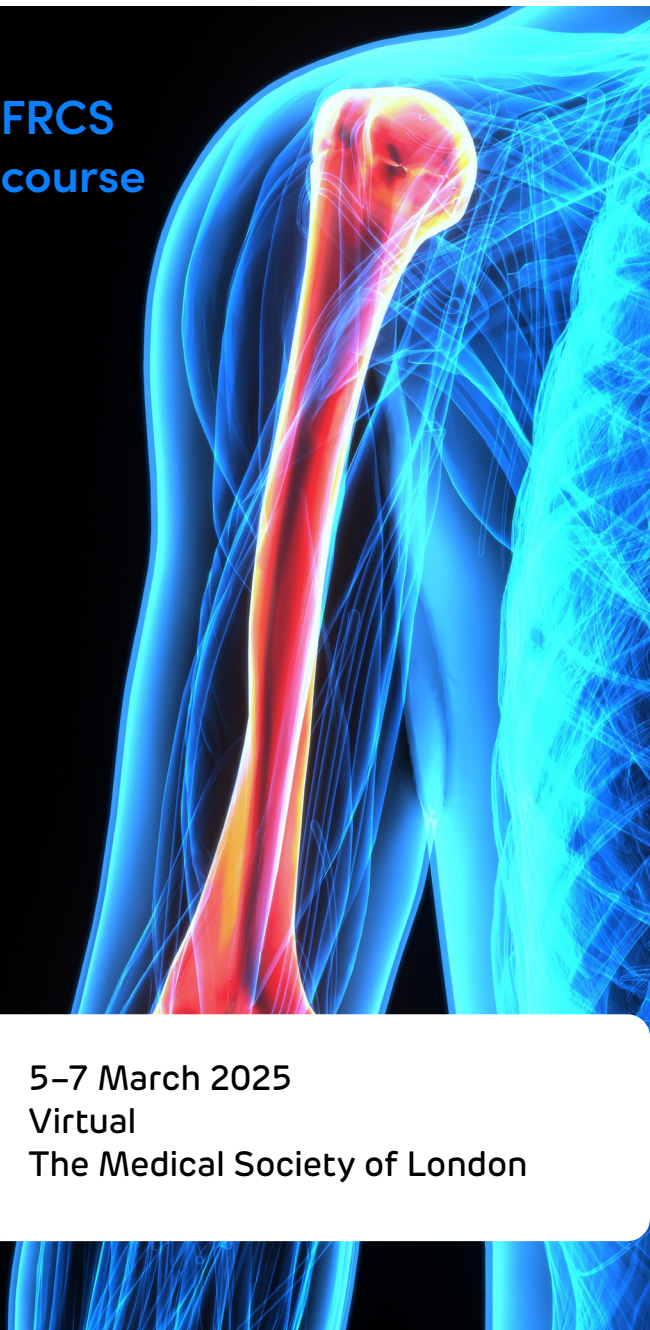
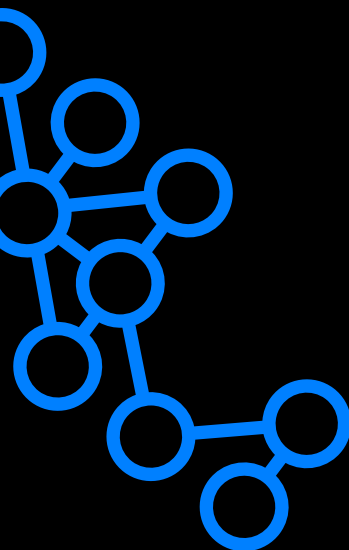




**London upper limb FRCS
(Tr & Orth) revision course**



Date:

5-7 March 2025

Location day 1:

Virtual

Location day 2-3:

The Medical Society of London

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Programme: Hand and wrist

Wednesday 5 March 2025, Online

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, The Medical Society of London

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, The Medical Society of London

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



Faculty biographies (where supplied)

Mr Harry Benjamin-Laing

Consultant Hand and Wrist Surgeon, Milton Keynes University Hospital NHS Foundation Trust

Mr Harry Benjamin-Laing is a Consultant Hand and Wrist Surgeon at Milton Keynes University Teaching Hospital, with extensive experience in trauma and orthopaedic surgery. He completed his specialist training on the NorthWest Mersey Rotation, obtaining his CCT in 2022, followed by advanced fellowships at Wrightington Hospital, focusing on complex hand and wrist procedures such as carpectomies, arthroplasties, and peripheral nerve decompressions.

Mr Benjamin-Laing has a strong interest in medical education, contributing to peer-reviewed publications, textbooks, and presentations at national and international conferences. He founded the Orthom8 Orthopaedic Education YouTube channel, supporting FRCS Orth exam candidates and trainees. His leadership potential has been recognized through his selection as a British Orthopaedic Association Future Leader candidate and awards like the Frostick Foundation Grant.

Committed to patient-centered care, Mr. Benjamin-Laing combines clinical expertise, research, and education to enhance outcomes in both elective and trauma-related hand and wrist surgery.

Mr Simon Booker, Consultant Shoulder and Elbow Surgeon, Sheffield Teaching Hospitals NHS Foundation Trust

Mr Simon Booker graduated from Nottingham Medical school in 2005 and completed his Orthopaedic training on the regarded East Midlands rotation. He undertook specialist Shoulder and Elbow Fellowships in Exeter and Derby.

He was appointed as a Consultant in Sheffield in 2017. He offers a full elective shoulder and elbow service. He also enjoys the challenge of caring for patients with complex shoulder and elbow injuries as part of his role at Sheffield Major Trauma Centre.

Mr Booker is actively involved in research with numerous publications in peer reviewed journals, has co-authored book chapters, and enjoys presenting his work both nationally and internationally. He has a keen interest in training the next generation of surgeons, supervising both senior trainees on the Sheffield Shoulder and Elbow Fellowship, and more junior surgeons starting out in their career. He is a faculty member on courses to teach and assess Orthopaedic knowledge and clinical examination skills.

Mr Peter Domos MD, FRCS (Tr&Orth)

Consultant Trauma and Orthopaedic Surgeon, Barnet Hospital, Royal Free London NHS Foundation Trust

Mr Peter Domos is double-fellowship trained (United Kingdom and France) Consultant Trauma and Orthopaedic Surgeon with subspecialty interest in shoulder and elbow surgery. He is the clinical lead for the Virtual Fracture Clinic (VFC) and the Shoulder and Elbow unit at Barnet Hospital, Royal Free London NHS Foundation Trust in London, United Kingdom.

Mr Domos provides general trauma and full comprehensive shoulder and elbow services for degenerative disorders, sport injuries and complex trauma. His specialist interests are in shoulder and elbow arthroscopy, open joint reconstruction and joint replacement.

In addition to his year-long fellowship in France, he has also visited several other leading shoulder and elbow surgeons in Europe (18 surgeons across 6 countries).

In recognition of his clinical and research contributions he was elected several times as a Member of the Committee of the prestigious European Society for Surgery of the Shoulder and the Elbow, alongside world-renowned surgeons. He is an active British Elbow and Shoulder Society (BESS), European Society for Shoulder and Elbow Surgery (SECEC/ESSSE) and American Shoulder and Elbow Society (ASES) member. He was awarded winner of the BESS Travelling Fellowship 2014, as well as the Paul Calvert Research Paper Prize, the best BESS Poster Prize in 2022 and the best EFORT Poster Prize in 2023 as well as the ISAKOS Upper Limb Travelling Fellowship 2016 and several other international and national awards.

Mr Domos is a keen teacher and trainer of GPs, physiotherapists, junior doctors and orthopaedic trainees. He was recently awarded twice as Trainer of the Year of the prestigious Middlesex and UCLH Orthopaedic Deanery and Society in 2021 then of the Royal National Orthopaedic Hospital Stanmore Training Rotation and Seddon Society in 2022. He is also a member of the Watanabe Club, which is a group of shoulder surgeons with unified interest in sharing experiences and techniques to the next generation. He is consistently involved in research (which has led to an MD degree), with several publications in peer-review journals, book chapters and annual presentations at various scientific meetings. To maintain his professional development, he regularly attends and teaches (as Faculty member) at national and international courses, to keep his knowledge and skills up-to-date.

Mr Kishan Gokaraju

Consultant Upper Limb Surgeon, King's College Hospitals NHS Foundation Trust

Mr Kishan Gokaraju is a fellowship-trained consultant in trauma & orthopaedics with a specialist interest in upper limb surgery working in the King's College Hospitals NHS Foundation Trust.

He was a Sheffield University graduate and went on to complete his consultant training on the prestigious Royal National Orthopaedic Hospital (Stanmore) rotation. During training, he gained valuable experience in general orthopaedics, major trauma and upper limb surgery, working with some of London's leading upper limb surgeons. He has completed three internationally renowned upper limb fellowships in Brisbane, Sheffield and Coventry, developing skills in complex shoulder-to-hand trauma, including microsurgery, and upper limb elective surgery.

This has been augmented by completing further award-winning travelling fellowships in Europe and North America. Following visits to Pascal Boileau in Nice and both Lionel Neyton and Giles Walch in Lyon, he spent time with Peter Millet at the famous Steadman Clinic in Vail, Colorado, and with George Athwal and Graham King in London, Ontario. More recent visits include the Addenbrookes shoulder and elbow teams (Cambridge), the internationally renowned Wrightington Upper Limb Unit and the Fortius Clinic (London). Prizes include the travelling fellowship awards from Seddon Society, Royal Society of Medicine, British Elbow and Shoulder Society (BESS) and the Watanabe Club.

Academically, he has presented work nationally and internationally and has written both a book chapter and several published articles. He continues to be highly active in upper limb research but has a primary focus in orthopaedic education, having developed a significant educational portfolio which includes being an ATLS instructor and teaching on several ST3 Interview and FRCS (Orth) courses. Following leading and organising the Stanmore Rotation Targeted FRCS (Orth) Teaching Program for 2 years, it has given Kishan great pride to have been able to transition these skills towards initiating and organising this focused and comprehensive upper limb FRCS course that has been running successfully now for a number of years.

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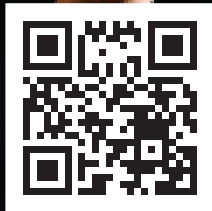
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