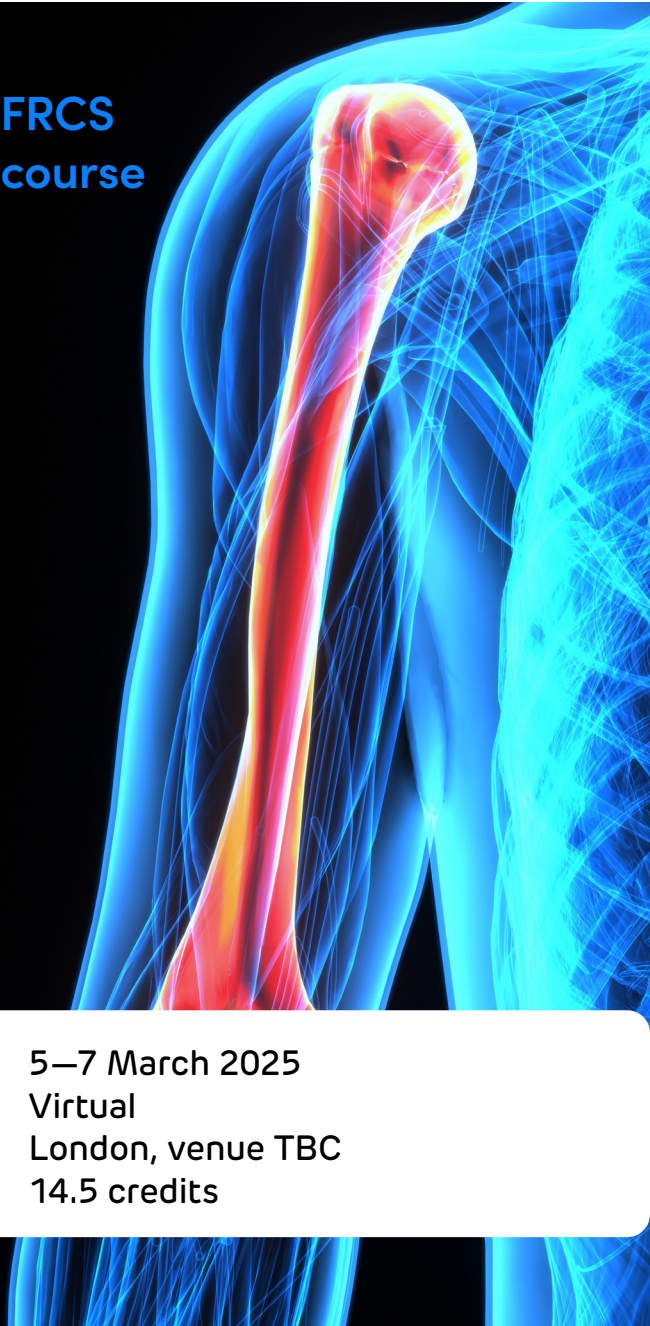
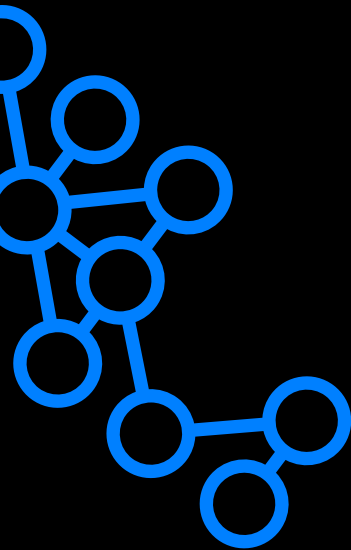




London upper limb FRCS (Tr & Orth) revision course



Date:

5–7 March 2025

Location day 1:

Virtual

Location day 2–3:


London, venue TBC

CPD:

14.5 credits

London upper limb FRCS (Tr & Orth) revision course

 5–7 March 2025

 1 day online

2 days in London, venue TBC

Convenors:

Mr Peter Domos

Shoulder and Elbow Consultant
[Royal Free London NHS Trust](#)

Mr Kishan Gokaraju

Consultant Upper Limb Surgeon
[King's College Hospital NHS Foundation Trust](#)

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

Wednesday 5 March 2025

08:15	Welcome and introduction
08:30	Forearm, hand and wrist, and approaches
09:15	Forearm and distal radius fractures, carpal injuries and carpal instability
09:45	Refreshments
10:00	Carpal biomechanics
10:45	Hand fractures
11:25	Hand and wrist tendon injuries
11:55	Lunch
12:25	Hand and wrist soft tissue conditions
13:05	Hand and wrist degenerative and inflammatory arthritis
13:50	Refreshments
14:05	Hand infections and emergencies
14:35	Hand and wrist history and examination
15:20	Refreshments
15:25	Viva practice: Intro
15:30	Viva practice: Hand and wrist
17:00	Feedback and Q&A
17:10	Close of day



Programme

Thursday 6 March 2025

08:15	Welcome and introduction
08:30	Shoulder anatomy, biomechanics and approaches
09:20	Clavicle fractures, ACJ and SCJ injuries
10:00	Refreshments
10:15	Proximal humerus fractures and management
11:00	Humerus shaft and distal humerus fractures
11:45	Lunch
12:30	Shoulder instability
13:20	Impingement syndrome and rotator cuff disorders
14:20	Refreshments
14:35	Painful and/or stiff shoulder
15:25	Principles of shoulder arthroplasty in elective and trauma surgery
16:15	Discussions and Q&A
16:30	Close of day



Programme

Friday 7 March 2025

08:45	Welcome and introduction
09:00	Elbow anatomy, biomechanics and approaches
09:50	Elbow fractures
10:35	Refreshments
10:50	Elbow instability
11:35	Common elbow conditions 1 – soft tissue conditions
12:15	Lunch
13:00	Common elbow conditions 2 – elbow joint and arthroplasty
13:45	Shoulder and elbow history and exam
14:45	Refreshments
14:55	Viva practice: Intro
15:05	Viva practice: Shoulder
16:35	Refreshments
16:45	Viva practice: Elbow
18:15	Feedback and Q&A
18:30	Close of event

