

Upper limb musculoskeletal masterclass



Date: 5 July 2025

Venue: Queen's Hospital, Education Center, Romford

CPD: 6.5 credits (applied for)

Upper limb musculoskeletal masterclass



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Queen's Hospital, Romford

Registration fees

Participant: £150

Book here: <https://bit.ly/3CMkI2G>

Convenors: Upper limb specialists (Orthopaedic and therapist department at Queens Hospital)

Ms Eskarlett Pereira,

Barking, Havering and Redbridge University Hospitals NHS Trust

Mr Karam Altawil,

Barking, Havering and Redbridge University Hospitals NHS Trust

Mr Dimitrios Tsekis,

Barking, Havering and Redbridge University Hospitals NHS Trust

Educational aims and objectives

This course is an intermediate-level, one-day course specifically designed for healthcare professionals managing musculoskeletal (MSK) conditions in their practice. It is ideal for First Contact Physiotherapists, General Practitioners (GPs), Advanced Nurse Practitioners (ANPs), and Paramedics/Emergency Care Practitioners who regularly assess and treat MSK problems.

By the end of the course participants will be able to:

1. Enhance Clinical Expertise- Develop advanced skills in the assessment, diagnosis, and management of upper limb musculoskeletal (MSK) conditions.
2. Hands-On Experience- Gain practical experience with evidence-based examination and treatment techniques for upper limb care.
3. Improve Patient Outcomes- Acquire the latest knowledge to optimize patient outcomes in managing upper limb conditions.
4. Clinical Examination and Diagnosis- Learn to perform comprehensive clinical examinations and understand diagnostic approaches for osteoarthritis (OA) and rheumatoid arthritis (RA).
5. Imaging Interpretation- Develop proficiency in interpreting imaging modalities, including X-rays and ultrasound, for accurate diagnosis and treatment planning.
6. Ultrasound-Guided Interventions- Understand the principles and applications of ultrasound-guided injections to enhance therapeutic outcomes.

Programme

Saturday 5 July

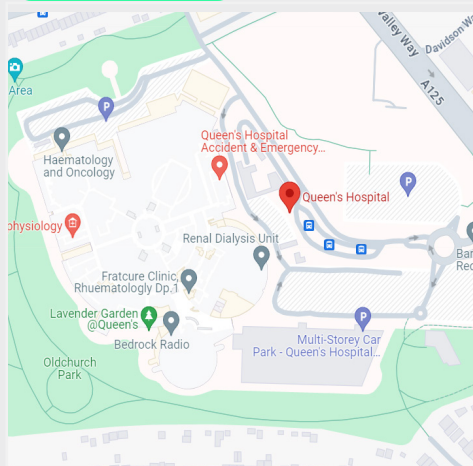
08:00	Registration
08:15	Welcome and introduction Mr Karam Al-Tawil, Consultant Trauma and Orthopaedic Surgeon, Barking, Havering and Redbridge University Hospitals NHS Trust; and Ms Eskarlett Pereira, Consultant Hand Therapist and Extended Scope Practitioner and Clinical Lead Hand Therapy Team, Barking, Havering and Redbridge University Hospitals NHS Trust
08:30	Neuropathies, carpal tunnel, cubital nerve, radial nerve and conservative management Ms Mei-Mei Tang, Hand Therapist, Barking, Havering and Redbridge University Hospitals NHS Trust; and Miss Rumina Begum, Consultant Orthopaedic Hand and Wrist Surgeon, Mid and South Essex NHS Foundation Trust
09:00	Introduction to osteoarthritis (OA) and rheumatoid arthritis (RA) Dr Dondorebarwe Sakutombo, Emergency Medicine Doctor, NHS
09:30	Overview of ultrasound imaging in the upper limb and ultrasound injection Dr Sofia Vrizidou, Clinical Radiologist, Barking, Havering and Redbridge University Hospitals NHS Trust; and Dr Mohamed Elsayad, Consultant Radiologist, Barking, Havering and Redbridge University Hospitals NHS Trust
10:00	Q&A
10:15	Refreshments
10:35	OA of the hand and conservative management Mr Pouya Akhbari, Consultant Upper Limb Surgeon, Barking, Havering and Redbridge University Hospitals NHS Trust
10:50	OA of the thumb and conservative management Ms Angeliki Vervainioti, Hand Therapist, Barking, Havering and Redbridge University Hospitals NHS Trust
11:05	Conservative management of wrist pain Mr Karam Al-Tawil, Consultant Trauma and Orthopaedic Surgeon, Barking, Havering and Redbridge University Hospitals NHS Trust; and Miss Simi Jagun, Hand Therapist, Barking, Havering and Redbridge University Hospitals NHS Trust
11:25	Conservative management of elbow pain Mr Steven Kyriacou, Consultant Orthopaedic Surgeon, Barking, Havering and Redbridge University Hospitals NHS Trust
11:45	Conservative management of shoulder pain Mr George Mazis, Consultant Trauma and Orthopaedic Surgeon, Barking, Havering and Redbridge University Hospitals NHS Trust
12:05	Q&A
12:20	Lunch
13:00	Surgical options for shoulder pain Mr Dimitrios Tsekas, Consultant Orthopaedic Surgeon, Barking, Havering and Redbridge University Hospitals NHS Trust

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13:20	Surgical options for the hand Mr Manu Sood, Consultant Plastic Surgeon, Mid and South Essex NHS Foundation Trust
13:40	Surgical options for the wrist Mr Philip Mathew, Consultant Orthopaedic Surgeon, Chelsea and Westminster NHS Foundation Trust
14:00	Surgical options for the thumb Mr Mark Phillips, Consultant Orthopaedic Surgeon, London Sports Orthopaedics
14:20	Surgical options for the elbow Mr Keun Chin, Consultant Orthopaedic Upper Limb Surgeon, Barking, Havering, Redbridge University Hospitals NHS Trust
14:40	Surgical options for common tendonitis in the hand Mr George Mazis, Consultant Trauma and Orthopaedic Surgeon, Barking, Havering and Redbridge University Hospitals NHS Trust
14:55	Q&A
15:10	Refreshments
15:25	Practical sessions – 45 minutes on each station Splint practical session Ms Mei-Mei Tang and the hand therapist team from Barking, Havering and Redbridge University Hospitals NHS Trust Ultrasound demonstration Dr Dondorebarwe Sakutombo, Emergency Medicine Doctor, NHS; and Mr Joseph Ssemanda, Ultrasound Advanced Practitioner, Barking, Havering, Redbridge University Hospitals NHS Trust
16:55	Close of course

How to get here



Venue address

Queen's Hospital, Rom Valley Way,
Romford, RM7 0AG

Travelling by tube or train

Romford Railway - 15 min walk

Elizabeth line

Travelling by bus

The main routes include:

Rom Valley Way, (Stop HE) - 9 min walk

5 **103** **165**

Norwood Avenue (Stop H) - 11 min walk

103 **174**

Roneo Corner (Stop RA) - 9 min walk

248 **252** **365**

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