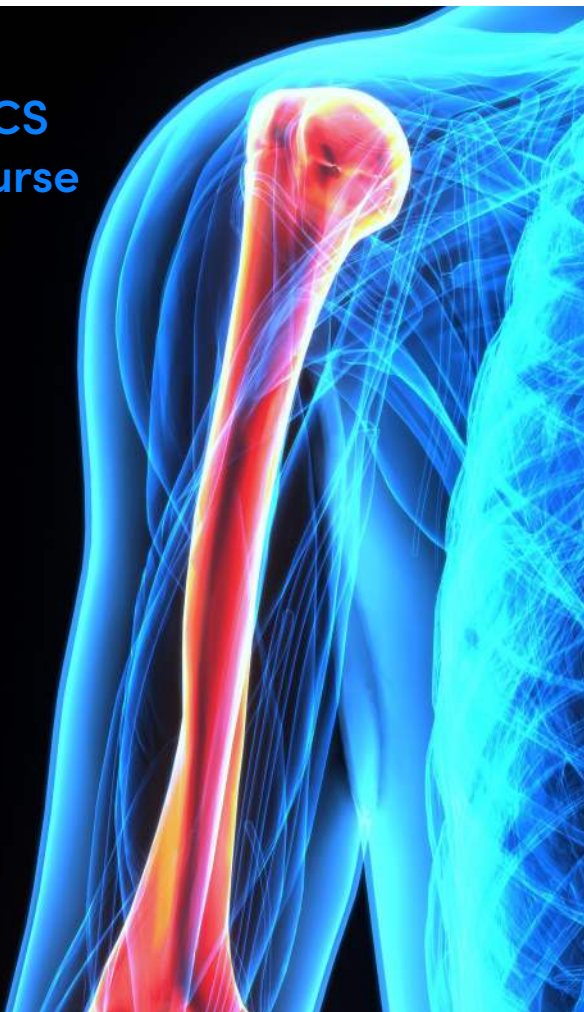
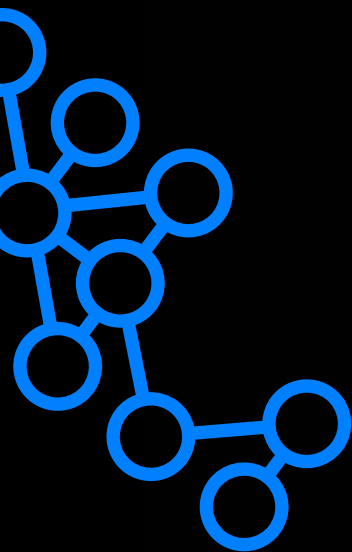




London upper limb FRCS
(Tr & Orth) revision course



Date:

4–6 March 2026

Location day 1:

Virtual

Location day 2–3:

London, TBC

Programme: Hand and wrist

Wednesday 4 March 2026, Online

08:10	Delegates log in
08:15	Welcome and introduction
08:30	Hand and wrist anatomy and approaches
09:00	Carpal anatomy and biomechanics
09:30	Carpal injuries and instability
10:10	Refreshments
10:25	Hand fractures
11:00	Hand and wrist tendon injuries
11:30	Hand and wrist soft tissue conditions
12:15	Lunch
13:00	Hand and wrist degenerative and inflammatory arthritis
13:45	Hand and wrist history and examination
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 5 March 2026, London, TBC

08:00	Registration and refreshments
08:25	Welcome and introduction
08:30	Shoulder anatomy, biomechanics and approaches
09:30	Clavicle fractures, ACJ and SCJ injuries
10:00	Refreshments
10:30	Proximal humerus fractures and management
11:15	Humerus shaft and distal humerus fractures
12:00	Lunch
13:00	Shoulder instability
13:45	Impingement syndrome and rotator cuff disorders
14:45	Refreshments
15:15	Painful and/or stiff shoulder
16:00	Principles of shoulder arthroplasty in elective and trauma surgery
16:45	Feedback / Q&A
17:00	Close of day



Programme: Elbow

Friday 6 March 2026, London, TBC

08:00	Registration
08:25	Welcome and introduction
08:30	Elbow anatomy, biomechanics and approaches
09:20	Elbow fractures
10:00	Refreshments
10:30	Elbow instability
11:15	Elbow soft tissue disorders
11:45	Lunch
12:45	Elbow joint arthritis and arthroplasty
13:30	Shoulder and elbow history and exam
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

