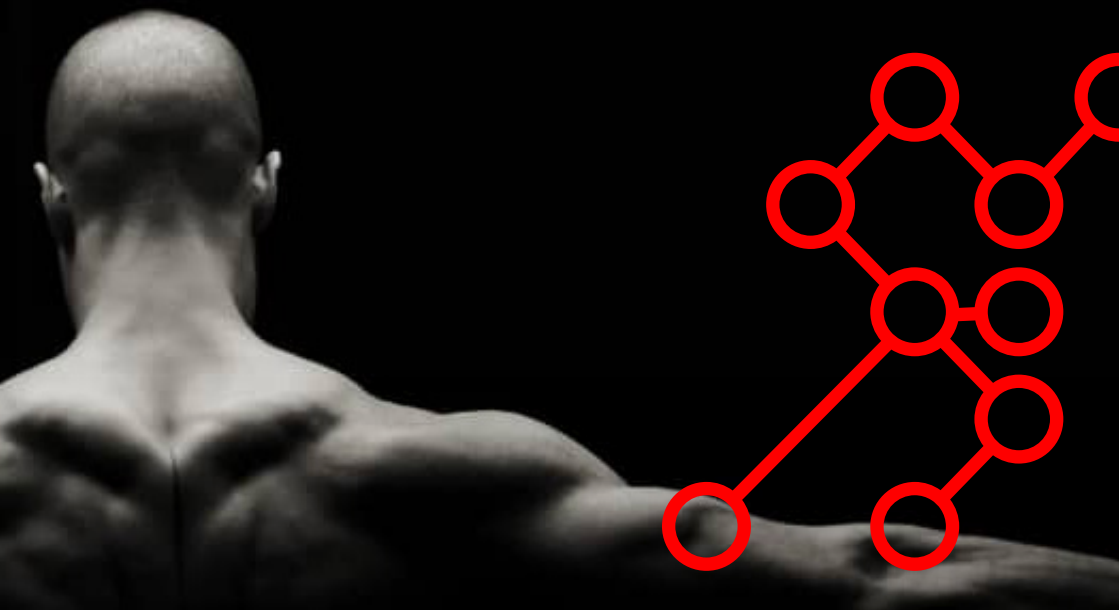


LSM2026



London shoulder meeting 2026



Date: 15–16 May 2026

Venue: The Minster Building, London

CPD: 10 credits (applied for)

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London shoulder meeting

 Friday 15—Saturday 16 May
2026

 Location: The Minster
Building, 21 Mincing Lane,
London EC3R 7AG

Educational aims and objectives

The London shoulder meeting returns for its 12th successive year.

This two-day event will focus on evidence, techniques and rehabilitation in shoulder and elbow trauma and arthroplasty. Day 1 will consist of lectures and focused breakout sessions. Day 2 will be workshop based. (You can attend just one or both days.) There will be a complimentary networking drinks reception at the end of day 1.

The meeting will include presentations, panel discussions, re-live surgery, masterclasses, surgical techniques and hands-on workshops. The convening panel from The Shoulder Practice are joined this year by a guest convener, Dimitri Karadaglis, and an expert invited multidisciplinary international faculty.

Based on feedback from previous meetings, we will continue to have plenty of time for panel discussions, giving the chance for all delegates to interact and get involved in the lively debates.

By the end of the meeting, participants should come away with a greater understanding of a broad range of topics on shoulder and elbow, useful practical surgical tips and tricks, and up-to-date strategies for rehabilitation.

THE SHOULDER PRACTICE

Meeting convenors:

Mr Carlos Cobiella
Consultant Orthopaedic Surgeon
[University College London Hospitals](#)

Mr Henry Colaço
Consultant Orthopaedic Surgeon
[Royal Hampshire County Hospital](#)

Mr Dimitrios Karadaglis
Consultant Orthopaedic Surgeon
[Queen Elizabeth Hospital, London](#)

Mr Simon Lambert
Consultant Orthopaedic Surgeon
[University College London Hospitals](#)

Mr Jae Rhee
Consultant Orthopaedic Surgeon
[Princess Royal Hospital, West Midlands](#)

*Registration fees

1 day:

***Allied Health Professional:** £100

Trainee: £125

Consultant: £150

Company Representative: £300

*Please note that only day 1 is applicable to AHPs.

2 days:

Trainee: £250

Consultant: £300

Company Representative: £500

Click here to register: <https://bit.ly/4q7kllw>

Programme day 1 - Friday 15 May 2026

08:00 Registration and refreshments

08:30 Welcome and introduction

Mr Carlos Cobiella, Consultant Orthopaedic Surgeon, University College London Hospitals

LONG HEAD BICEPS

Chair: Mr Carlos Cobiella

08:40 What does the long head of the biceps even do?

Mr Simon Lambert, Consultant Orthopaedic Surgeon, University College London Hospitals

08:50 Reinforcing cuff repair- biceps SMASH

Mr Alvaro Minuesa, Consultant Orthopaedic Surgeon, Head of Trauma Service, Fraternidad-Muprespa, Madrid, Spain

09:00 Long head of biceps- a versatile graft

Dr Alex Lädermann, Shoulder and Elbow Surgeon, University of Geneva

09:10 Discussion

ANTERIOR SHOULDER INSTABILITY

Chair: Mr Dimitri Karadaglis

09:20 Remplissage + DAS

Dr Clara Azevedo, Consultant Orthopaedic Surgeon, Joaquim Chaves Saúde, and Head of the Shoulder and Elbow Unit, SAMS Hospital

09:30 Options for revision surgery in shoulder instability

Ms Ruth Delaney, Consultant Orthopaedic Surgeon, Sports Surgery Clinic

09:40 Bone block' glenoid augmentation

Mr Dan Henderson, Consultant Orthopaedic Surgeon, Leeds Upper Limb Unit, Leeds Teaching Hospitals NHS Trust & the University of Leeds

09:50 Return to contact sport post stabilisation - Where are we now?

Edel Fanning, Consultant Shoulder Physiotherapist, Sport Shoulder Performance Rehab, Dublin

10:00 Discussion

10:30 Refreshments and exhibition

POSTERIOR SHOULDER INSTABILITY/CARTILAGE

Chair: Mr Henry Colaço

11:00 Arthroscopic posterior stabilisation, when and how?

Mr Jamie Candal-Couto, Consultant Orthopaedic Surgeon, Wansbeck Hospital, Northumbria

11:10 Posterior glenoid overload- the tipping point

Mr Simon Lambert, Consultant Orthopaedic Surgeon, University College London Hospitals

11:20 Does cartilage regeneration work in the shoulder?

Mr Matt Ravenscroft, Consultant Orthopaedic Surgeon, Spire Manchester Hospital

11:30 Return to play following posterior labral and SLAP repairs

Mr Tilemachos Pissas, Physiotherapist, Technique Health and Fitness

11:40 Discussion

CUFF

Chair: Mr Simon Lambert

12:00 Rotator cuff augmentation- in primary and revision repair

Mr Graham Tytherleigh-Strong, Consultant Orthopaedic Surgeon, Addenbrooke's Hospital

12:10 Dermal allograft augmentation- from idea to outcome data

Mr Matt Ravenscroft, Consultant Orthopaedic Surgeon, Spire Manchester Hospital

12:20 Superior capsular reconstruction or tendon transfer

Mr Alvaro Minuesa, Consultant Orthopaedic Surgeon, Head of Trauma Service, Fraternidad-Muprespa, Madrid, Spain

12:30 Return to play after rotator cuff surgery

Mr Gus Morrison, Lead Physiotherapist, Athletic Shoulder

12:40 Discussion

13:00 Lunch and exhibition

Parallel workshops

BREAKOUT SESSION (Surgeons)

Elbow instability

Chair: Ms Anna Bridgens (Main lecture theatre)

- 14:00** **Traumatic elbow instability in children**
Mr Joideep Phandis, Consultant Orthopaedic Surgeon, Brighton & Sussex University Hospitals
- 14:15** **Traumatic elbow instability in adults**
Mr Lee van Rensburg, Consultant Orthopaedic Surgeon, Addenbrooke's Hospital
- 14:30** **Discussion**

ACJ/SCJ

Chair: Mr Jae Rhee

- 14:45** **ACJ repair- closing the circle**
Dr Clara Azevedo, Consultant Orthopaedic Surgeon, Joaquim Chaves Saúde, and Head of the Shoulder and Elbow Unit, SAMS Hospital
- 14:55** **Sternoclavicular joint stabilisation- from trauma to arthritis**
Mr Graham Tytherleigh-Strong, Consultant Orthopaedic Surgeon, Addenbrooke's Hospital
- 15:05** **Chronic ACJ injuries- how to pick the best option**
Mr Manuel Perez-Espana, Traumatologist, San Rafael University Hospital and Hospital Universitario Infanta Leonor, Madrid
- 15:15** **Discussion**
- 15:45** **Refreshments and exhibition**

BREAKOUT SESSION (Physiotherapists)

Four 45-minute workshops will be offered; participants are invited to select two sessions to attend.

Workshop 1: Upper quadrant performance tests: Biomechanics and application

Edel Fanning, Consultant Shoulder Physiotherapist, Sport Shoulder Performance Rehab, Dublin

Workshop 2: Preparing the shoulder for sport: End-stage exercise selection and coaching

Mr Tilemachos Pissas, Physiotherapist, Technique Health and Fitness

Workshop 3: Principles of training and exercise prescription in a rehabilitation setting

Mr Gus Morrison, Lead Physiotherapist, Athletic Shoulder

Workshop 4: The ASH test

Mr Ben Ashworth Director, Athletic Shoulder and Consultant Shoulder Specialist, Institute of Sport, Exercise and Health (ISEH)

- 15:30** **Discussion**

- 15:45** **Refreshments and exhibition**

AI (All)

Chair: Mr Carlos Cobiella

- 16:15** **Can we use AI to calculate bone loss from MRI in shoulder instability?**
Mr Adam Rumian, Consultant Orthopaedic Surgeon, Lister Hospital
- 16:25** **The integration of AI in rehabilitation benchmarking**
Mr Ben Ashworth, Director, Athletic Shoulder and Consultant Shoulder Specialist, Institute of Sport, Exercise and Health (ISEH)
- 16:35** **Can we use AI to predict rotator cuff re-tear following repair**
Mr Alexandre Ladermann, Shoulder and Elbow Surgeon, University of Geneva
- 16:45** **Clinical cases and poster prize presentation**
- 17:30** **Networking drinks reception and exhibition**
- 18:30** **Close of day 1**

Programme day 2 – Saturday 16 May 2026 (Surgeons only)

09:30 Registration and refreshments

- 09:55** **Introduction to workshops**
Mr Henry Colaço, Consultant Orthopaedic Surgeon, Royal Hampshire County Hospital
- 10:00** **Current trends of shoulder instability surgery**
Mr Jamie Candal-Couto, Consultant Orthopaedic Surgeon, Wansbeck Hospital, Northumbria
- 10:15** **Relive surgery: Latarjet procedure**
Ms Ruth Delaney, Consultant Orthopaedic Surgeon, Sports Surgery Clinic
- 10:25** **Relive surgery: posterior glenoid osteotomy**
Mr Simon Lambert, Consultant Orthopaedic Surgeon, University College London Hospitals
- 10:35** **Relive surgery: Dynamic anterior stabilization**
Mr Alexandre Ladermann, Shoulder and Elbow Surgeon, University of Geneva
- 10:45** **Relive surgery: Arthroscopic anterior BBC (Recorded)**
Dr Abdulilah Hachem, Head of Shoulder Unit, Bellvitge University Hospital

SURGICAL MASTERCLASS 1

- 10:55** **Remplissage and arthroscopic bony Bankart (supported by Arthrex)**
Mr Henry Colaço, Consultant Orthopaedic Surgeon, Royal Hampshire County Hospital

Please note this programme may be subject to change.

11:40 Refreshments and exhibition

SURGICAL MASTERCLASS 2

12:10 ACJ reconstruction – Closing the circle

Dr Clara Azevedo, Consultant Orthopaedic Surgeon, Joaquim Chaves Saúde, and Head of the Shoulder and Elbow Unit, SAMS Hospital

SURGICAL MASTERCLASS 3

12:55 CuffMend: tips and tricks

Mr Matt Ravenscroft, Consultant Orthopaedic Surgeon, Spire Manchester Hospital

13:40 Lunch and exhibition

14:40 Clinical cases

15:10 Close of meeting

Please note this programme may be subject to change.