

# LSM2026



## London shoulder meeting **2026**



**Date:** 15–16 May 2026

**Venue:** London, TBC

**CPD:** 10 credits (Applied for)

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# London shoulder meeting

Friday 15—Saturday 16 May  
2026

Location: London TBC

## 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 Replissage + 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, Orthopaedic Shoulder and Upper Limb Surgeon, Leeds Teaching Hospitals NHS Trust

**09:50 Return to play post-surgery for contact athletes**  
Edel Fanning, Consultant Shoulder Physiotherapist, Sports Surgery Clinic, Dublin

**10:00 Discussion**

## 10:30 Refreshments and exhibition

### POSTERIOR SHOULDER INSTABILITY/CARTILAGE Chair: Mr Henry Colaço

**11:00 Posterior labral repair- when and why?**  
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

<b>BREAKOUT SESSION (Surgeons)</b>	
<b>Elbow instability</b>	
Chair: Ms Anna Bridgens (Main lecture theatre)	
<b>14:00</b>	<b>Traumatic elbow instability in children</b> Mr Joideep Phandis, Consultant Orthopaedic Surgeon, Brighton & Sussex University Hospitals
<b>14:15</b>	<b>Traumatic elbow instability in adults</b> Mr Lee van Rensburg, Consultant Orthopaedic Surgeon, Addenbrooke's Hospital
<b>14:30</b>	<b>Discussion</b>
<b>ACJ/SCJ</b>	
Chair: Mr Jae Rhee	
<b>14:45</b>	<b>ACJ repair- closing the circle</b> Dr Clara Azevedo, Consultant Orthopaedic Surgeon, Joaquim Chaves Saúde, and Head of the Shoulder and Elbow Unit, SAMS Hospital
<b>14:55</b>	<b>Sternoclavicular joint stabilisation- from trauma to arthritis</b> Mr Graham Tytherleigh-Strong, Consultant Orthopaedic Surgeon, Addenbrooke's Hospital
<b>15:05</b>	<b>Chronic ACJ injuries- how to pick the best option</b> Mr Manuel Perez-Espana, Traumatologist, San Rafael University Hospital
<b>15:15</b>	<b>Discussion</b>
<b>15:45</b>	<b>Refreshments and exhibition</b>

<b>BREAKOUT SESSION (Physiotherapists)</b>	
Chair: Mr Ben Ashworth Director, Athletic Shoulder and Consultant Shoulder Specialist, Institute of Sport, Exercise and Health (ISEH)	
Faculty includes;	
Edel Fanning, Consultant Shoulder Physiotherapist, Sports Surgery Clinic, Dublin	
Mr Gus Morrison, Lead Physiotherapist, Athletic Shoulder	
Mr Tilemachos Pissas, Physiotherapist, Technique Health and Fitness	
<b>14:00</b>	<b>Content to be confirmed</b>
<b>15:45</b>	<b>Refreshments and exhibition</b>

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

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

<b>09:30</b>	<b>Registration and refreshments</b>
<b>09:55</b>	<b>Introduction to workshops</b> Mr Henry Colaço, Consultant Orthopaedic Surgeon, Royal Hampshire County Hospital
<b>SURGICAL MASTERCLASSES</b>	
<b>10:00</b>	<b>Content to be confirmed</b>
<b>11:30</b>	<b>Refreshments and exhibition</b>
<b>SURGICAL MASTERCLASSES</b>	
<b>12:00</b>	<b>Content to be confirmed</b>
<b>14:00</b>	<b>Lunch and exhibition</b>
<b>15:00</b>	<b>Clinical cases</b>
<b>15:30</b>	<b>Close of meeting</b>