

LSM2026



London shoulder meeting 2026



Date: 15–16 May 2026

Venue: The Minster Building, London

CPD: 10 credits



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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 Carlos Cobiella

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

BREAKOUT SESSION (Surgeons)

Main lecture theatre

ELBOW INSTABILITY Chair: Ms Anna Bridgens

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 Henry Colaço

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
14:00	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
	Artificial intelligence (AI) Chair: Mr Carlos Cobiella All delegates relocate to the main lecture theatre
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 (Balls Brothers Minster Court)
18:30	Close of day 1

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 Abdullilah Hachem, Head of Shoulder Unit, Bellvitge University Hospital
	SURGICAL MASTERCLASS 1 Delegates will be divided into three groups and will rotate through three parallel 45-minute workshops. Each delegate will attend all three masterclasses.
10:55	Remplissage and arthroscopic bony Bankart (supported by Arthrex) Mr Henry Colaço, Consultant Orthopaedic Surgeon, Royal Hampshire County Hospital
11:40	Refreshments and exhibition
	SURGICAL MASTERCLASS 2 Delegates will be divided into three groups and will rotate through three parallel 45-minute workshops. Each delegate will attend all three masterclasses.
12:10	ACJ reconstruction – Closing the circle (supported by Conmed) Dr Clara Azevedo, Consultant Orthopaedic Surgeon, Joaquim Chaves Saúde, and Head of the Shoulder and Elbow Unit, SAMS Hospital
	SURGICAL MASTERCLASS 3 Delegates will be divided into three groups and will rotate through three parallel 45-minute workshops. Each delegate will attend all three masterclasses.
12:55	CuffMend: tips and tricks (supported by Arthrex) Mr Matt Ravenscroft, Consultant Orthopaedic Surgeon, Spire Manchester Hospital
13:40	Lunch and exhibition
14:40	Clinical cases
15:10	Close of meeting