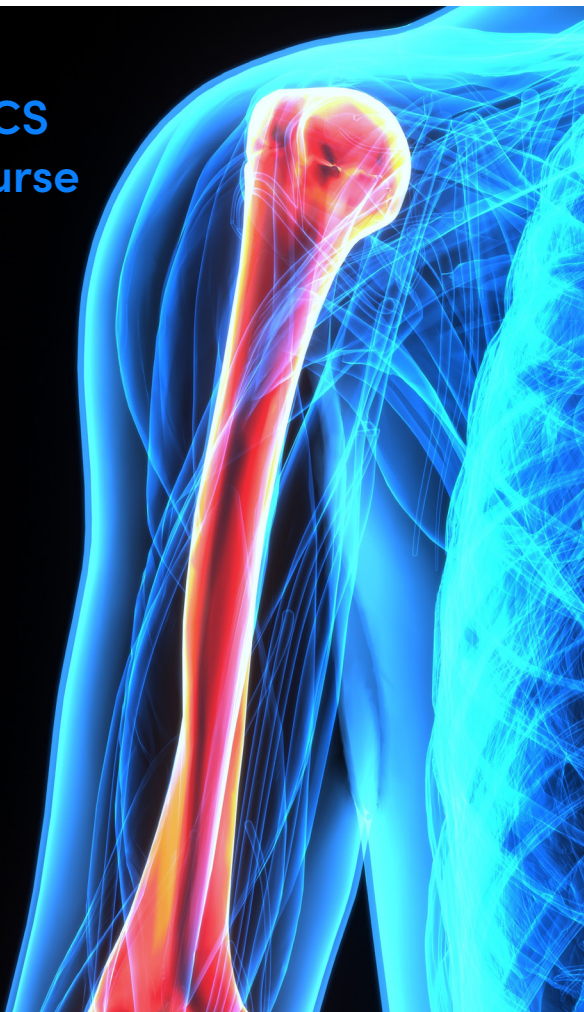
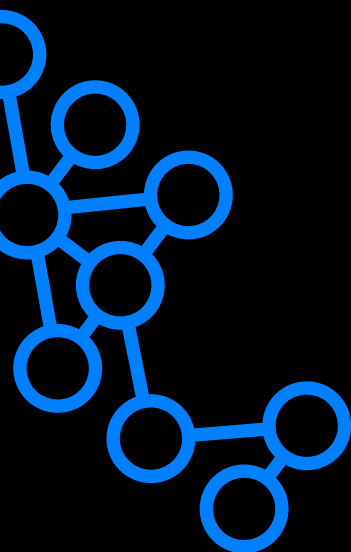




London upper limb FRCS  
(Tr & Orth) revision course



Date:

4–6 March 2026

Location day 1:

Virtual

Location day 2–3:

15 Hatfields London, SE1 8DJ

# London upper limb FRCS (Tr & Orth) revision course

 4–6 March 2026

 **Day 1:** Virtual (Zoom)

&  
**Day 2 & 3:** 15 Hatfields London,  
SE1 8DJ

&

## Registration fees

Lectures and viva participant: £300

Lectures and viva observer: £250

Register here:

<https://bit.ly/LULC2026>

## Convenors:

### Mr Peter Domos

Shoulder and Elbow Consultant

Royal Free London NHS Foundation Trust

### Mr Kishan Gokaraju

Upper Limb Consultant

Princess Royal University Hospital, King's College  
Hospital NHS Foundation Trust

## Educational aims and objectives

This course is tailored for candidates preparing for the FRCS (Tr & Orth) examinations or equivalent, as well as trainees in their earlier years of training (ST3–ST8).

The programme features leading specialists in shoulder, elbow, wrist and hand surgery, providing in-depth instruction on the anatomy, biomechanics, conditions and treatment of the upper limb. It includes three days of dedicated lecture sessions for each topic, with interactive discussions and Q&A sessions. Participants will also engage in mock viva questions specifically focused on upper limb subjects.

## What delegates say about this course

"Really great experience, absolutely vital exam preparation. Excellent feedback given, great teaching from examiners"

"Really helpful. Very clear lectures"

# Programme: Hand and wrist

Wednesday 4 March 2026, Virtual

08:10	<b>Delegates log into Zoom</b>
08:15	<b>Welcome and introduction</b>
08:30	<b>Hand and wrist anatomy and approaches</b> Mr Kalpesh Vaghela, Hand and Wrist Consultant, Barts Health NHS Trust
09:00	<b>Carpal anatomy and biomechanics</b> Mr Philip Matthew, Consultant Hand Surgeon, Chelsea and Westminster Hospital NHS Foundation Trust
09:30	<b>Carpal injuries and instability</b> Mr Harry Benjamin-Laing, Consultant Hand Surgeon, Milton Keynes University Hospital NHS Foundation Trust
10:10	<b>Refreshments</b>
10:25	<b>Hand fractures</b> Mr Rupert Wharton, Hand and Wrist Consultant, Kingston Hospital
11:00	<b>Hand and wrist tendon injuries</b> Ms Anu Vusirikala, Hand and Wrist Fellow, University College London Hospital NHS Foundation Trust
11:30	<b>Hand and wrist soft tissue conditions</b> Mr Kunal Kulkarni, Hand and Wrist Consultant, University Hospitals of Leicester NHS Trust
12:15	<b>Lunch</b>
13:00	<b>Hand and wrist degenerative and inflammatory arthritis</b> Mr Alistair Kiszely, Consultant Hand Surgeon, University Hospitals Bristol and Weston NHS Foundation Trust
13:45	<b>Hand and wrist history and examination</b> Mrs Aanchal Jain, Hand and Wrist Consultant, Princess Royal University Hospital
14:30	<b>Discussions / Q&amp;A</b>
14:45	<b>Refreshments</b>
15:00	<b>Viva practice: Intro</b>
15:10	<b>Viva practice: Hand and wrist</b>
16:40	<b>Feedback / Q&amp;A</b>
17:00	<b>Close of day</b>

# Programme: Shoulder

Thursday 5 March 2026, London, TBC

08:00	<b>Registration and refreshments</b>
08:25	<b>Welcome and introduction</b>
08:30	<b>Shoulder anatomy, biomechanics and approaches</b> Mr Sandeep Nayar, Shoulder and Elbow Fellow, Vancouver
09:30	<b>Clavicle fractures, ACJ and SCJ injuries</b> Mr Chris Jukes, Consultant Shoulder and Elbow, Royal Sussex County Hospital, Brighton
10:00	<b>Refreshments</b>
10:30	<b>Proximal humerus fractures and management</b> Mr Andrew Sankey, Consultant Orthopaedic Surgeon, King Edward VII's Hospital
11:15	<b>Humerus shaft and distal humerus fractures</b> Mr Abhinav Gulihar, Consultant Upper Limb Surgeon, Princess Royal University Hospital
12:00	<b>Lunch</b>
13:00	<b>Shoulder instability</b> Mr Henry Colaco, Consultant Shoulder and Elbow Surgeon, Hampshire Hospitals NHS Foundation Trust
13:45	<b>Impingement syndrome and rotator cuff disorders</b> Mr Rupen Dattani, Consultant Shoulder and Elbow Surgeon, Chelsea and Westminster Hospitals NHS Foundation Trust
14:45	<b>Refreshments</b>
15:15	<b>Painful and/or stiff shoulder</b> Mr Neil Kang, Consultant Shoulder and Elbow Surgeon, Addenbrookes Hospital
16:00	<b>Principles of shoulder arthroplasty in elective and trauma surgery</b> Mr Nick Little, Consultant Shoulder and Elbow Surgeon, Epsom & St Hillier Hospitals
16:45	<b>Feedback / Q&amp;A</b>
17:00	<b>Close of day</b>



# Programme: Elbow

Friday 6 March 2026, London, TBC

08:00	<b>Registration</b>
08:25	<b>Welcome and introduction</b>
08:30	<b>Elbow anatomy, biomechanics and approaches</b> Mr Simon Booker, Consultant Shoulder and Elbow Surgeon, Sheffield Teaching Hospitals NHS Foundation Trust
09:20	<b>Elbow fractures</b> Ms Margo Dirckx, Consultant Shoulder and Elbow Surgeon, Barnsley Hospital
10:00	<b>Refreshments</b>
10:30	<b>Elbow instability</b> Mr Lee van Rensburg, Consultant Orthopaedic Surgeon, Cambridge University Hospitals NHS Foundation Trust
11:15	<b>Elbow soft tissue disorders</b> Mr Toby Baring, Consultant Shoulder and Elbow Surgeon, King Edward VII Hospital
11:45	<b>Lunch</b>
12:45	<b>Elbow joint arthritis and arthroplasty</b> Ms Debbie Higgs, Consultant Shoulder and Elbow Surgeon, Royal National Orthopaedic Hospital NHS Trust
13:30	<b>Shoulder and elbow history and exam</b> Mr Paul Robinson, Consultant Shoulder and Elbow Surgeon, North West Anglia NHS Foundation Trust
14:30	<b>Refreshments</b>
15:00	<b>Viva practice: Intro</b>
15:10	<b>Viva practice: Shoulder and elbow</b>
16:40	<b>Feedback / Q&amp;A</b>
17:00	<b>Close of event</b>



## Faculty biographies (where provided)

### Mr Simon Booker

#### Consultant Shoulder and Elbow Surgeon, Sheffield Teaching Hospitals NHS Foundation Trust

Simon Booker graduated from Nottingham Medical school in 2005 and completed his Orthopaedic training on the regarded East Midlands rotation. He undertook specialist Shoulder and Elbow Fellowships in Exeter and Derby.

Simon was appointed as a Consultant in Sheffield in 2017 with a Shoulder and Elbow subspeciality interest. He offers a full shoulder and elbow service including arthroscopic and open soft tissue reconstructions as well as joint replacement surgery. He also enjoys the challenge of caring for patients with complex shoulder and elbow injuries as part of his role at Sheffield Major Trauma Centre. Simon was appointed Clinical Lead for Shoulder and Elbow surgery in 2020.

He is actively involved in research with numerous publications in peer reviewed journals, has co-authored book chapters, and enjoys presenting his work both nationally and internationally. Simon has a keen interest in training the next generation of surgeons, supervising both senior trainees on the Sheffield Shoulder and Elbow Fellowship, and more junior surgeons starting out in their career. He is a faculty member on courses around the country to teach and assess Orthopaedic knowledge and clinical examination skills.

### Mr Toby Baring

#### Consultant Shoulder and Elbow Surgeon, King Edward VII Hospital

Mr Toby Baring has extensive experience in shoulder replacements, sports injuries, rotator cuff problems and shoulder and elbow fractures; performing 300-400 procedures per year.

Mr Baring practises the most modern techniques, and constantly looks to improve and innovate treatment to enhance his patients' recovery and outcomes.

Mr Toby Baring is a consultant trauma and orthopaedic surgeon and senior honorary lecturer at Imperial NHS Trust. He qualified from Newcastle Medical School. During his specialist training he undertook postgraduate doctorate in 2006 with Professor Roger Emery at Imperial College London, focusing on rotator cuff surgery. His postgraduate orthopaedic training was on the Royal National Orthopaedic Hospital rotation in north London, and he passed the FRCS in 2012. He was fellowship trained in Nice, France with world renowned shoulder specialist, Professor Pascal Boileau.

Mr Baring now practices specialist shoulder and elbow surgery, using the most modern surgical techniques with an emphasis on arthroscopic rotator cuff and shoulder instability surgery and primary and revision shoulder replacement.

### Mr Kunal Kulkarni

#### Hand and Wrist Consultant, University Hospitals of Leicester NHS Trust

Kunal Kulkarni is a Consultant Trauma & Orthopaedic surgeon at University Hospitals of Leicester NHS Trust. He received his medical degree from the University of Oxford and completed his surgical training across the Oxford, London, and Midlands training regions. Mr Kulkarni is fellowship trained, having completed a post-CCT 'Senior Clinical Hand Fellow' post at the Pulvertaft Hand Centre in Derby.

He has also undertaken a 'British Orthopaedic Association Travelling Fellowship' to Ganga Hospital

## Faculty biographies (where provided)

in Coimbatore, India. He is one of only a select few Hand & Wrist surgeons in the UK that is dual certified with both, the British and European Diplomas in Hand Surgery. Mr Kulkarni is an approved tutor for the British Hand Diploma, co-lead of UHL's Hand & Wrist Surgery TIG Fellowship, and current Chair of the Communications Committee of the BSSH. He is an Honorary Senior Lecturer with the School of Healthcare at the University of Leicester, and has an active research portfolio, with multiple ongoing projects. He is current UHL PI (Principal Investigator) for three NIHR-funded national studies.

### Mr Sandeep Nayar

#### Shoulder and Elbow Fellow, Vancouver

Sandeep Nayar graduated from King's College London, where his passion for orthopaedics was sparked during a BSc in Anatomy and further strengthened from time spent at a Major Trauma Centre in Melbourne. He trained on the Percivall Pott orthopaedic rotation, gaining experience across leading units in London, Essex, and Cambridge, and passed his FRCS(Tr&Orth) in February 2025. He will soon begin a 12-month post-CCT fellowship in upper extremity surgery at the University of British Columbia, Vancouver.

Alongside his clinical work, Sandeep is committed to research and education. He has authored over 30 peer-reviewed publications, as well as book chapters and national guidelines, and has received multiple academic awards. He holds a PGCert in Medical Education and a Masters with Distinction in Orthopaedic Trauma Science, with his thesis focusing on primary amputation versus limb salvage in upper limb major trauma. He has also been awarded several prestigious travelling fellowships, including the British Orthopaedic Association, Percivall Pott Club Stephen Copeland, Royal Society of Medicine Ellison-Cliffe, and Watanabe Travelling Fellowship Awards.

