



# BRITISH ELBOW & SHOULDER SOCIETY

## INSTABILITY AND SPORTS INJURY OF THE SHOULDER AND ELBOW PROGRAMME

Leeds @Harrogate, Harrogate Convention Centre, 18 June 2019

TIME	DURATION	LOCATION	TOPIC	LEARNING OBJECTIVES – SURGEONS	LEARNING OBJECTIVES - AHP	MODE OF DELIVERY	SPEAKER
9.00 - 9.25am	25 minutes		Registration and coffee/tea				
<b>Session 1: Traumatic Instability of the Shoulder</b> Session Lead: Cameron Hatrick							
9.25 - 9.30am	5 minutes	Lecture Theatre	Introduction to the BESS Instructional Course				Vijay Bhalai
9.30 - 9.45 am	15 minutes	Lecture Theatre	BESS/BOA Patient Care Pathways	Overview of the BESS/BOA Patient Care Pathways for traumatic anterior instability. Guidelines on treatment and referral, Management of first time dislocators.		Lecture	Peter Brownson
9.45 - 10.00am	15 minutes	Lecture Theatre	Clinical and radiological assessment of bone loss leading to shoulder instability and treatment strategies	Clinical assessment of complex anterior and posterior instability. A video of clinical assessment should be included. Radiological assessment of glenoid bone loss and humeral bone loss. Management strategies and decision making whilst dealing with bone loss and instability (details of operative procedures and techniques will be dealt with in session 2)		Lecture	Len Funk
10.00 - 10.15am	15 minutes	Lecture Theatre	Tips and tricks for the management of traumatic anterior dislocation in elite athletes	Clinical assessment and management strategies whilst dealing with an elite athlete. A video showing the operative techniques and tips should be included.		Lecture	Laurent Lafosse
10.15 - 10.30am	15 minutes	Lecture Theatre	Accelerated rehabilitation of elite athletes	How are elite athletes different? Components and results of an accelerated rehabilitation programme.			Ian Horsley
10.30 - 10.45am	15 minutes	Lecture Theatre	Discussion				
10.45 - 11.15am	30 minutes		Tea & Coffee				
<b>Session 2: Surgical Management of Bony Instability</b> Session Lead: Shantanu Shahane							
11.15-11.35am	20 minutes	Lecture Theatre	Debate: open versus arthroscopic Latarjet procedure Debate Adjudicator: Peter Brownson	Techniques, advantages and complications of open and arthroscopic Latarjet procedures. The role of remplissage in instability.		Debate	Laurent Lafosse: arthroscopic Latarjet procedure Brian Busconi: open Latarjet procedure

11.35 - 11.45am	10 minutes	Lecture Theatre	Management of failed Latarjet and bone loss leading to instability	The role of free bone grafting in managing bone loss and complex instability of the shoulder. Tips and tricks of techniques and results of free bone grafting and the management of failed Latarjet procedure.	Lecture	Bassem Elhassan
11.45am - 12 noon	15 minutes	Lecture Theatre	Discussion		Discussion	

**Session 3: Small Case Based Discussions** Session Lead: Vijay Bhalai

12.00 - 1.00pm	60 minutes: 30 minutes per session. Surgeons to attend 2 sessions in morning and 4 sessions in the afternoon. AHP to choose any 2 sessions in the morning. AHP parallel session 2-4pm.	Room 1	AC and sternoclavicular joints	Small case based discussion dealing with: AC joint and sternoclavicular joint injuries. Management strategies. Selection of patient for surgical intervention. Results of treatment of AC joints. Management of sternoclavicular dislocations.	Small group case based discussion	<b>Lead:</b> Graham Tytherleigh-Strong Len Funk, Radhakant Pandey
		Room 2	Soft tissue instability of the shoulder: anterior and posterior labral tears	Small case based discussion dealing with: instability of the shoulder in an elite athlete. Complex anterior and posterior tears of the labrum. Discussion on SLAP tears and the role of physiotherapy. Bony instability to be discussed in CBD 6.	Small group case based discussion	<b>Lead:</b> Duncan Tennent Brian Busconi Laurent Lafosse Edel Fanning
		Room 3	Lateral elbow pain in athletes	Small case based discussion dealing with: athletes presenting with lateral elbow pain. Cases to be discussed chronic instability of the elbow, tendinopathy and impingement.	Small group case based discussion	<b>Lead:</b> Adam Watts Bassem Elhassan Lee Van Rensburg Val Jones
		Room 4	Acute tendon ruptures in sports	Management of pectoralis major, acute distal biceps rupture, and triceps rupture.	Small group case based discussion	<b>Lead:</b> Shantanu Shahane Joideep Phadnis Roger Hackney
		Room 5	Atraumatic instability of the shoulder	Small case based discussion debating the classification, terminology and clinical presentation of multidimensional instability. Conservative versus surgical management. The importance of recognising psychological factors. BESS Atraumatic Guidelines.	Small group case based discussion	<b>Lead:</b> Marcus Bateman Angu Jaggi Peter Brownson
		Room 6	Bony instability of the shoulder	Small case based discussion dealing with bone loss and instability. Tips and tricks to manage complex shoulder instability and rehabilitation of the shoulder after complex shoulder surgery.	Small group case based discussion	<b>Lead:</b> Mike Walton John Geoghegan Matt Ravenscroft
1.00 - 2.00pm	60 minutes		Lunch			

**Session 4: Clinical Instability of the Elbow** Session Lead: Jaime Candal-Couto

2.00 - 2.15pm	15 minutes		Clinical assessment of elbow instability	Clinical assessment of elbow instability, history taking, varus and valgus instability tests, posterior draw, pivot shift, push up test, milking manoeuvre.	Lecture	Joideep Phadnis
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2.15 - 2.30pm	15 minutes		Role of arthroscopy in elbow instability	Arthroscopic assessment of instability, arthroscopic capsular reefing, arthroscopic stabilisation, outcomes	Lecture	Adam Watts
2.30 - 2.45pm	15 minutes		Valgus instability: treatment and outcomes	Non-surgical treatment, ligament repair, ligament reconstruction, valgus extension overload, outcomes	Lecture	Bassem Elhassan
2.45 - 3.00pm	15 minutes		Posterolateral instability: treatment and outcomes	Non-surgical treatment, ligament repair, ligament reconstruction, outcomes	Lecture	Lee Van Rensburg
3.00 - 3.15 pm	15 minutes		Rehabilitation of the elbow	Non-surgical treatment, rehabilitation after lateral ligament reconstruction, rehabilitation after medial ligament reconstruction		Val Jones
3.15 - 3.30pm	15 minutes		Discussion			
3.30 - 4.00pm	30 minutes		Tea & Coffee			

**Session 5a: Small Group Based Discussions 2 (surgeons) Session Lead: Vijay Bhalaik**

4.00 - 6.00pm	120 minutes. Surgeons to attend the remaining 4 sessions. AHP to attend parallel session.	Room 1	AC and sternoclavicular joints	Small case based discussion dealing with: AC joint and sternoclavicular joint injuries. Management strategies. Selection of patient for surgical intervention. Results of treatment of AC joints. Management of sternoclavicular dislocations.	Small group case based discussion	<b>Lead:</b> Graham Tytherleigh-Strong Len Funk, Radhakant Pandey
		Room 2	Soft tissue Instability of the shoulder: anterior and posterior labral tears	Small case based discussion dealing with: instability of the shoulder in an elite athlete. Complex anterior and posterior tears of the labrum. Discussion on SLAP tears and the role of physiotherapy. Bony instability to be discussed in CBD 6.	Small group case based discussion	<b>Lead:</b> Duncan Tennent Brian Busconi Laurent Lafosse
		Room 3	Lateral elbow pain in athletes	Small case based discussion dealing with: athletes presenting with lateral elbow pain. Cases to be discussed chronic instability of the elbow, tendinopathy and impingement.	Small group case based discussion	<b>Lead:</b> Adam Watts Bassem Elhassan Lee Van Rensburg Val Jones
		Room 4	Acute tendon ruptures in sports	Management of pectoralis major, acute distal biceps rupture, and triceps rupture.	Small group case based discussion	<b>Lead:</b> Shantanu Shahane Joideep Phadnis Roger Hackney
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Room 6	Bony instability of the shoulder	Small case based discussion dealing with bone loss and instability. Tips and tricks to manage complex shoulder instability and rehabilitation of the shoulder after complex shoulder surgery.	Small group case based discussion	<b>Lead:</b> Mike Walton John Geoghegan Matt Ravenscroft
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**Session 5b: Allied Health Professional Parallel Session Session Lead: Anju Jaggi**

4.00 - 6.00 pm	minutes120.	Lecture Theatre	Accelerated rehabilitation of the shoulder	Components and results of an accelerated rehabilitation programme. Case Studies with practical exercise program examples and evidence base discussion around 'safe zones' & loading of muscle activation.	Group discussion	Edel Fleming
			Rehabilitation of elbow instability	Small case base discussions dealing with when to recommend conservative vs surgical management and how this affects rehabilitation.	Group discussion	Jill Thomas Val Jones
			Sports rehabilitation: return to play	Small case base discussions dealing: Predictors for decisions around return to play 'Do we have objective markers?' Also discussion on psychosocial factors.	Group discussion	Ian Horsley
			Atraumatic instability	Small case based discussion: dealing with exercise prescription, scapula dyskinesia, functional movement disorders, psychological disturbances.	Group discussion	Anju Jaggi

6.00 - 6.15pm Refreshments

**Panel discussion: Session Lead: Steve Bale**

6.15 - 6.45 pm			Panel Discussion on interesting cases dealing with instability of the shoulder and elbow and sports injuries.		Panel Discussion	Jaime Candal-Couto Adam Watts Roger Hackney Brian Busconi Laurent Lafosse
6.45 - 7.00pm	15 minutes	Lecture Theatre	Closing remarks			