

# INSTRUCTIONAL COURSE 3: INSTABILITY AND SPORTS INJURY OF THE SHOULDER AND ELBOW



**18 June 2019**

PLEASE NOTE THIS IS A PROVISIONAL PROGRAMME WHICH MAY BE SUBJECT TO CHANGE

Time	Duration	Topic	Mode
<b>Session 1: Traumatic instability of the shoulder</b>			
9.25 - 9.30am	5 mins	Introduction to the BESS Instructional Course	Introduction
9.30 - 9.45 am	15 mins	BESS/BOA Patient care pathways	Lecture
9.45 - 10.00am	15 mins	Clinical and radiological assessment of bone loss leading to shoulder instability and treatment strategies	Lecture
10.00 - 10.15am	15 mins	Tips and tricks for the management of traumatic anterior dislocation in elite athletes	Lecture
10.15 - 10.30am	15 mins	Accelerated rehabilitation of elite athletes	Lecture
10.30 - 10.45am	15 mins	Discussion	Discussion
10.45 - 11.15am	30 mins	Tea/coffee	
<b>Session 2: Surgical management of bony instability</b>			
11.15-11.35am	20 mins	"Debate: open versus arthroscopic Latarjet procedure	Debate
11.35 - 11.45am	10 mins	Management of failed Latarjet and bone loss leading to instability	Lecture
11.45 - 12.00pm	15 mins	Discussion	Discussion
<b>Session 3: Small case based discussions</b>			
12.00 - 1.00pm	60 mins: 30 mins per session.	AC and sternoclavicular joints	Small group case based discussion
		Soft tissue instability of the shoulder: anterior and posterior labral tears	
		Lateral elbow pain in athletes	
		Acute tendon ruptures in sports	
		Atraumatic instability of the shoulder	
		Bony instability of the shoulder	
1.00 - 2.00pm	60 min	Lunch	

#### Session 4: Clinical instability of the elbow

2.00 - 2.15pm	15 mins	Clinical assessment of elbow instability	Lecture
2.15 - 2.30pm	15 mins	Role of arthroscopy in elbow instability	Lecture
2.30 - 2.45pm	15 mins	Valgus instability: treatment and outcomes	Lecture
2.45 - 3.00pm	15 mins	Posterolateral instability: treatment and outcomes	Lecture
3.00 - 3.15 pm	15 mins	Rehabilitation of the elbow	Lecture
3.15 - 3.30pm	15 mins	Discussion	Discussion
3.30 - 4.00pm	30 mins	Tea/Coffee	

#### Session 5a: Small group based discussions 2 (surgeons)

4.00 - 6.00pm	120 mins: 30 mins per session.	AC and sternoclavicular joints	Small group case based discussion
		Soft tissue instability of the shoulder: anterior and posterior labral tears	
		Lateral elbow pain in athletes	
		Acute tendon ruptures in sports	
		Atraumatic instability of the shoulder	
		Bony instability of the shoulder	

#### Session 5b: Allied health professional parallel session

4.00 - 6.00pm	120 mins	Accelerated rehabilitation of the shoulder	Group discussion
		Rehabilitation of elbow instability	
		Sports rehabilitation: return to play	
		Atraumatic instability	

6.00 - 6.15pm Refreshments

#### Panel discussion

6.15 - 6.45 pm	30 mins	Panel discussion on interesting cases dealing with instability of the shoulder and elbow and sports injuries.	Panel discussion
6.45 - 7.00pm	15 mins	Closing remarks	