



BRITISH ELBOW & SHOULDER SOCIETY

INSTRUCTIONAL COURSE 2

MANAGEMENT OF TRAUMA TO THE SHOULDER AND ELBOW

19 June 2018, Crowne Plaza Hotel, Glasgow



DURATION	LOCATION	TOPIC	LEARNING OBJECTIVES	MODE OF DELIVERY	SPEAKER/LEAD
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Registration with tea and coffee
Time: 08:15 08:50

Session 1: CURRENT CONCEPTS AND EVIDENCE BASE FOR TREATMENT OF SHOULDER AND ELBOW TRAUMA					
Chair: Steve Bale					
Time: 08:50 10:30					
10 minutes	Lecture theatre	Introduction to the BESS Instructional Course			Steve Bale
10 minutes	Lecture theatre	Current concepts and evidence base for the management of clavicle	Evidence base and current concepts for treatment of clavicle. Indications, approach, complication rate, rehabilitation and innovation.	Lecture	Mike Robinson
10 minutes	Lecture theatre	Current concepts and evidence base for the management of AC joint injuries	Evidence base and current concepts for treatment of AC joint injuries.	Lecture	Peter Millett
10 minutes	Lecture theatre	Current concepts and evidence base for the management of distal humerus fractures	Evidence base and current concepts for treatment of distal humerus fractures. Indications, approach, complication rate, rehabilitation and innovation.	Lecture	Amjid Ali
15 minutes	Lecture theatre	Discussion			Steve Bale
10 minutes	Lecture theatre	Current concepts and evidence base for the management of elbow dislocations	Evidence base and current concepts for treatment of elbow dislocations. Approach and treatment algorithm.	Lecture	Adam Watts
10 minutes	Lecture theatre	Current concepts and evidence base for the management of proximal humerus fractures	Evidence base and current concepts for treatment of proximal humerus fractures. Indications, approach, complication rate, rehabilitation and innovation.	Lecture	Amar Rangan
10 minutes	Lecture theatre	Current concepts and evidence base for the management of fractures to the humerus and radial nerve injury	Evidence base and current concepts for treatment of fractures to the humerus and radial nerve injury. Rationnale for intervention and results.	Lecture	Shantanu Shahane
15 minutes	Lecture theatre	Discussion			Steve Bale

Tea and coffee
Time: 10:30 11:00

Session 2: Small group casd based discussions 1					
Chair: Vijay Bhalai					
Time: 11:00 13:00					
Notes:		30 minutes at each station (including change over time). Surgeons attend four sessions in the morning and three sessions in the afternoon. AHPs choose any four sessions in the morning and attend a parallel session in the afternoon from 14:00 until 15:30			
120 minutes	Room 1	Fracture to the clavicle and sternoclavicular joint	Small group case based discussion dealing with fractures to the clavicle and sternoclavicular joint.	Small group case based discussion	Mike Robinson; Puneet Monga; Kash Khan; Peter Millett
	Room 2	Fracture to the proximal humerus	Small group based discussion dealing with proximal humerus fracture. When to fix, dealing with comminution, when to replace, outcome and rehabilitation. Rehabilitation post-proximal humerus fractures and strategies to enhance outcomes.	Small group case based discussion	Amar Rangan; Shantanu Shahane; Jaime Candal-Couto; Clare Connor
	Room 3	Fracture to the distal humerus	Small group based discussion dealing with distal humerus fracture. Options of approach, principles of parallel versus 90-90 plating, dealing with bone loss, managing the ulnar nerve.	Small group case based discussion	Amjid Ali; Nick Little; Cormac Kelly

	Room 4	Fracture to the olecranon and radial head	Small group based discussion dealing with fractures of the olecranon and radial head. When to fix and when to treat conservatively. Tension band wiring versus plating. Radial head options of treatment. When to fix and when to replace. Approaches to the radial head. Importance of the coronoid fracture.	Small group case based discussion	Andrew Duckworth; Anthony Hearnden; Tom Lawrence
	Room 5	Fractures of the scapula and AC joint	Small group based discussion dealing with scapular fractures. Which to fix and which to treat conservatively. Approaches to the scapula.	Small group case based discussion	Duncan Tennant; Iain MacLeod; Linda Mercer
	Room 6	Management of elbow dislocation	Small group based discussion dealing with the management of elbow dislocation.	Small group case based discussion	Adam Watts; Lee Van Rensburg; Val Jones
	Room 7	Management of periprosthetic fracture	Small group based discussion dealing with the management of periprosthetic fracture. Discuss the approach, options and strategies to deal with periprosthetic fractures.	Small group case based discussion	Andrew Brooksbank; Mark Falworth; Mark Frankle; Jeff Reid

Lunch
Time: 13:00 14:00

Session 3a:	Small group based case based discussions 2 (for surgeons only)				
Chair:	Vijay Bhalai				
Time:	14:00 15:30				
Notes:	Surgeons to attend the remaining 3 sessions. AHPs to attend the parallel session below.				

90 minutes	Room 1	Fracture to the clavicle and sternoclavicular joint	Small group case based discussion dealing with fractures to the clavicle and sternoclavicular joint.	Small group case based discussion	Mike Robinson; Puneet Monga; Kash Khan
	Room 2	Fracture to the proximal humerus	Small group based discussion dealing with proximal humerus fracture. When to fix, dealing with comminution, when to replace, outcome and rehabilitation. Rehabilitation post-proximal humerus fractures and strategies to enhance outcomes.	Small group case based discussion	Amar Rangan; Shantanu Shahane; Jaime Candal-Couto; Peter Millett
	Room 3	Fracture to the distal humerus	Small group based discussion dealing with distal humerus fracture. Options of approach, principles of parallel versus 90-90 plating, dealing with bone loss, managing the ulnar nerve.	Small group case based discussion	Amjid Ali; Nick Little; Cormac Kelly
	Room 4	Fracture to the olecranon and radial head	Small group based discussion dealing with fractures of the olecranon and radial head. When to fix and when to treat conservatively. Tension band wiring versus plating. Radial head options of treatment. When to fix and when to replace. Approaches to the radial head. Importance of the coronoid fracture. Dealing with instability.	Small group case based discussion	Andrew Duckworth; Anthony Hearnden; Tom Lawrence
	Room 5	Fractures of the scapula and AC joint	Small group based discussion dealing with scapular fractures. Which to fix and which to treat conservatively. Approaches to the scapula.	Small group case based discussion	Duncan Tennant; Iain MacLeod
	Room 6	Management of elbow dislocation	Small group based discussion dealing with the management of elbow dislocation.	Small group case based discussion	Adam Watts; Lee Van Rensburg; Angus Arthur
	Room 7	Management of periprosthetic fracture	Small group based discussion dealing with the management of periprosthetic fracture. Discuss the approach, options and strategies to deal with periprosthetic fractures.	Small group case based discussion	Andrew Brooksbank; Mark Falworth; Mark Frankle; Jeff Reid

Session 3b:	Allied Health Professionals parallel session on shoulder and elbow rehabilitation				
Chair:	Clare Connor				
Time:	14:00 15:30				

90 minutes	Lecture theatre	Rehab following elbow dislocation	Timing of mobilisation. Mobility versus stability. Optimising neuromuscular contribution to stability. Clinical tips from experience. Outcomes we can expect from surgical and conservative management.	Val Jones; Jo Gibson; Clare Connor; Gill Thomas; Linda Mercer
	Lecture theatre	Rehab following elbow trauma	Treatment goals, strategies to restore range of movement in the stiff elbow. Outcome trends. Specific rehab considerations pertinent to the elbow, Discussion about heterotopic ossification and purported associated with passive stretches.	

	Lecture theatre	Proximal humerus fractures	Conservative management and rehab. Relate to PROFHER study. Timing of rehab, modifications associated with fracture classification. When to use manual therapy and mobilisations. PROFHER rehab guidelines.	
	Lecture theatre	Scapular fractures and AC joints	Rehab and progression. Outcomes to expect. Discussion regarding cuff loading with scapular and acromion fractures. Complications to look out for.	

Tea and coffee
Time: 15:30 16:00

Session 4: Tip and tricks to complications in shoulder and elbow trauma surgery						
Chair: Jaime Candal-Couto						
Time: 16:00 17:35						
15 minutes	Lecture theatre	Tips and tricks to avoid neurovascular complications in the fixation of clavicle fractures	Indications, safe zones of plating. Dealing with air embolism and neurovascular injury.	Lecture	Vijay Bhalaik	
15 minutes	Lecture theatre	Tips and tricks for the treatment of paediatric trauma	Supracondylar fracture, medial epicondyle fracture, radial neck fracture.	Lecture	Phil Henman	
15 minutes	Lecture theatre	Tips and tricks for the treatment of sequelae of shoulder trauma	Malunion, nonunion and shoulder stiffness.	Lecture	Andy Brooksbank	
15 minutes	Lecture theatre	Tips and tricks for the treatment of sequelae of elbow trauma	Assessment of persistent instability. Radiological evaluation and management of persistent elbow instability.	Lecture	Jeff Reid	
10 minutes	Lecture theatre	Rehabilitation of the shoulder following trauma	Principles of treatment following shoulder trauma.	Lecture	Jo Gibson	
10 minutes	Lecture theatre	Rehabilitation of the elbow following trauma	Principles of treatment following elbow trauma.	Lecture	Jill Thomas	
15 minutes	Lecture theatre	Discussion				Jaime Candal-Couto

Tea and coffee
Time: 17:35 17:45

Session 5: Panel discussion: controversies in shoulder and elbow trauma						
Chairs: Shantanu Shahane and Duncan Tennant						
Time: 17:45 18:30						
45 minutes	Lecture theatre	Panel discussion and ask the experts				Peter Millett; Amar Rangan; Mike Robinson; Adam Watt; Mark Falworth; Mark Frankle

Closing remarks
Time: 18:30 18:45

15 minutes	Lecture theatre	Closing remarks				Steve Bale
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Faculty dinner
Time: 19:30