

MSK & Sports Medicine Update 2018

LINCOLNSHIRE ELECTIVE ORTHOPAEDIC INSTITUTE IN ASSOCIATION WITH ÖSSUR

8:00	Registration	
Osteoarthritis:		
9:00 - 9:10	<i>My Mum Needs a New Hip:</i> Current Concepts in Hip Replacement: Outcome, Results, Innovation, Rehab, Bilateral	Paul Lee
9:10 - 9:20	<i>My Dad's Knee is Wearing Out:</i> Current concepts in Knee Replacement: Outcome, Results and Innovation, Rehab, Bilateral	Paul Lee
Open floor discussion Q&A		
9:25 - 9:35	<i>My Dad's Shoulder Pain isn't Getting Better:</i> Cuff Tears and OA	George Tamvakopoulos
9:35 - 9:45	<i>My Mum's Elbow Hurts:</i> Latest on Elbow Replacement	Alun Yewlett
Open floor discussion Q&A		
9:50 - 10:20	<i>Not all Lateral Elbow Pain is Golfer's Elbow</i>	Val Jones
10:20 - 10:40	Coffee Break	
The weekend warriors:		
10:40 - 10:55	<i>My Knee Blew Up Last Night During 5 a-side:</i> ACL, PCL, Meniscus, MCL Injuries	Amit Chandratreya
10:55 - 11:10	<i>My Shoulder Popped Out when I was Playing With My Son:</i> Dislocation - GH & ACJ	Alun Yewlett
11:10 - 11:30	<i>European Update from the German Society for OA Management</i>	Axel Schulz
11:30 - 12:00	<i>My Experience with Knee Pain</i>	Sharron Davies
Biological options		
12:00 - 12:20	<i>The LEO Principles:</i> Cells, Scaffolds, Growth Factors, Mechanics	Paul Lee
	1) Mechanics - Medical Bracings - Does the Unloader Work?	
	2) Growth factors - Injections - Is Steroid the Answer?	
	3) Cells - Stem cells, Chondrocytes, Micro Fractures	
	4) Scaffolds - Hydrogel, HA	
12:20 - 12:30	<i>Knee Brace Clinic</i>	Patrick Gavin
12:30 - 13:30	Lunch	
Workshops		
Each candidate can pick 3 workshops out of the 5		
	The Use of Bracing in Conservative Knee OA Management	Giles Leeming
	Injection Therapy (PRP, HA, steroids)	Paul Lee
	Examination: Shoulder and Elbow Masterclass	Val Jones (Alun Yewlett)
	Ultrasound Masterclass	Michael Smith (Alun Yewlett)
	Electrical manual therapy: TECAR Therapy	Paul Donnelly, Coenie de Groot
13:45 - 14:45	Workshops 1 - 5	
14:45 - 15:45	Workshops 1 - 5	
15:45 - 16:00	Coffee Break	
16:00 - 17:00	Workshops 1 - 5	
18:00	Drinks reception	