

THE STIFF SHOULDER AND ELBOW FROM FIRST CONTACT PRACTITIONER AND BEYOND

FRIDAY, 6 OCTOBER 2023

Education Centre, King's Mill Hospital, Sherwood Forest Hospital NHS Trust, NG17 4JL

PROGRAMME*

09.15	09.20	INTRODUCTION	
09.15		Study day – BESS guidelines and the patient journey	James Blacknall
09.20	10.20	THE STIFF ELBOW	
09.20		My elbow's stiff doc, what is it – the radiologists top 10	Ranjeet Jagdale
09.40		Aetiology of elbow stiffness and surgical options – is it just, OK?	Jomy Kurian
09.55		Where does physiotherapy fit in	Nanette Oakes
<i>Panel Q&A</i>			
10.20	11.05	FROZEN SHOULDER 1	
10.20		Are we nearer to understanding the contracted "frozen" shoulder – aetiology insights?	Stephanie Dakin
10.45		If it's not a frozen shoulder, what is it – the radiologists view and differential diagnosis	Ranjeet Jagdale
11.05	11.25	COFFEE BREAK	
11.25	12.25	FROZEN SHOULDER 2	
11.25		Physiotherapy management of the frozen shoulder	Martin Scott
11.40		Surgical interventions – which one, when, the surgeon's perspective	Aveek Mitra
11.55		UKFrost – putting the patient at the centre of the shared decision	Amar Rangan
<i>Panel Q&A</i>			
12.30	13.10	LUNCH	
13.10	14.30	THE OSTEOARTHRITIC SHOULDER	
13.10		Shoulder osteoarthritis – aetiology and surgical options	Amit Bidwai
13.30		Functional outcomes following shoulder arthroplasty – what can patients expect?	James Blacknall
13.45		Is non-operative care an option?	Heather Swaile
14.00		Rehabilitation for cuff arthropathy	James Blacknall
<i>Panel Q&A</i>			
14.30	14.50	COFFEE BREAK	
14.50	16.20	BREAKOUT MASTERCLASS	
		Shoulder USS – POCUS and pitfalls	James Blacknall
		Physiotherapy treatment for frozen shoulder	Martin Scott
		Physiotherapy rehabilitation for cuff arthropathy	Heather Swaile
16.20	16.30	CLOSING REMARKS	

FEES

Non-members: £40 per person, includes lunch and refreshments

BESS Members: Free of charge – you will still need to register online

REGISTRATION

Registration available now at www.bess.ac.uk

ENQUIRIES

education@bess.ac.uk

*Provisional programme subject to change.

