



London Bridge Hospital



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27-29 Tooley Street, London SE1 2PR

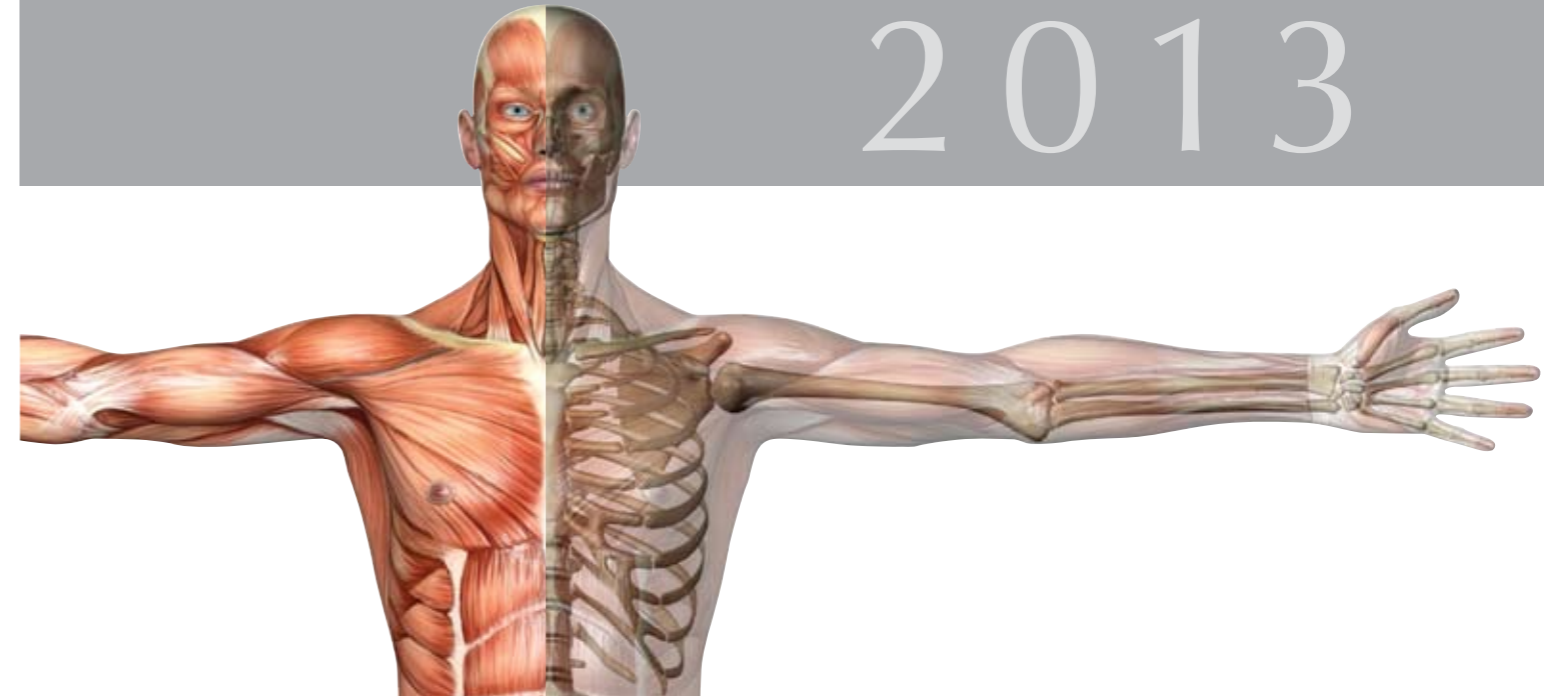
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ORTHOPAEDIC MASTERCLASSES

2013



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V4/11/12



ORTHOPAEDIC MASTERCLASSES 2013

Following on from the hugely successful London Bridge Hospital Orthopaedic Seminars held during 2012, we have great pleasure in announcing our series of Orthopaedic Masterclasses for 2013. Led by our renowned Consultants from London's top teaching hospitals, these Masterclasses will offer interactive updates on a range of topics relevant to physiotherapists.

To apply for any of these dates, or if you need any further assistance or information, please do not hesitate to contact **Deirdre Loon**, GP Liaison Officer, on **020 7234 2572** or email **deirdre.loon@hcahealthcare.co.uk**.

Please Note:
Places are limited
and will be offered
on a first come, first
served basis.*

We look forward to seeing you at these events.

Kind regards,

The GP Liaison Team
London Bridge Hospital

*If you fail to attend two or more events we will be unable to secure you a space at future events.



MASTERCLASS SUMMARY

All Seminars (excluding Spinal Update) will be held at:

Location: London Bridge Hospital, Boardroom, 2nd Floor,
St Olaf House, 27 Tooley Street, London SE1 2PR

The Spinal Update Seminar will be held at:

Location: Boardroom, Glaziers Hall, 9 Montague Close,
London Bridge SE1 9DD



Sports Medicine Update	Thursday 17th January 2013	6
Spinal Update	Thursday 28th February 2013	7
Hand and Wrist Update	Thursday 9th May 2013	8
Foot and Ankle Update	Thursday 12th September 2013	9
Shoulder Update	Thursday 14th November 2013	10
Hip and Knee Update	Thursday 5th December 2013	11



ORTHOPAEDIC
MASTERCLASSES
2013



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MASTERCLASSES
2013

Sports Medicine Update

Thursday 17th January 2013

6.00pm-8.30pm (First speaker at 6.30pm, dinner available at 6.00pm)

Tricky Groins

Speaker: Dr Catherine Spencer-Smith

Overview: This talk will cover the confusion of groin pain in sport and discuss the practical strategies for diagnosing and treating.

Biography: Dr Spencer-Smith is a Physician in Sports and Exercise Medicine, who practises privately. Her special interests are groin/hip/FAL, post-operative hip arthroscopy, persistent ankle, knee and shoulder problems and endurance sports.

Overuse Injuries – The Modern Management of Tendinopathy

Speaker: Dr Jon Houghton

Overview: This talk will focus on the most common group of overuse injuries. It will outline the usual presentation, examination findings and diagnosis. The talk will contrast traditional with modern treatment techniques including exercise therapy, injection therapy, ESWT and surgery.

Biography: Dr Houghton is a Consultant Rheumatologist based at the Defence Medical Rehabilitation Centre, Headley Court. His special interests include medical management of training and overuse injuries, soft tissue rheumatism, injury rehabilitation, tendinopathy and exercise-induced leg pain.

Spinal Update

Thursday 28th February 2013

6.00pm-8.30pm (First speaker at 6.30pm, dinner available at 6.00pm)

The Management and Rehabilitation of Spinal Injuries

Speaker: Mr Jonathan Lucas

Overview: This talk will look at the management and rehabilitation of spinal injuries.

Biography: Mr Lucas is a Consultant Orthopaedic and Spine Surgeon based at Guy's & St Thomas' NHS Foundation Trust. He is also the Lead Clinician for Spinal Surgery at Guy's & St Thomas' and the Evelina Children's Hospitals. His special interests are the management and surgery of paediatric and adult spinal deformity, the management of spinal sepsis, tumours including metastatic disease of the spine, trauma and degenerative conditions of the spine.

Degenerative Conditions of the Spine

Speaker: Mr Bahram Fakouri

Overview: This talk will discuss the management of the various degenerative conditions of the spine and what the future might bring.

Biography: Mr Fakouri is a Consultant Spinal Surgeon based at Guy's & St Thomas' NHS Foundation Trust. His special interests are lumbar disc herniation, lumbar spinal stenosis, cervical disc herniation, cervical spondylotic myelopathy, spondylolisthesis, adult spinal deformity, thoracic disc degeneration, spinal injections, fracture, tumours and infection of the spine.



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Hand and Wrist Update

Thursday 9th May 2013

6.00pm - 8.30pm (First speaker at 6.30pm, dinner available at 6.00pm)

Current Concepts in the Treatment of Arthritis of the Hand and Wrist

Speaker: Mr Sam Gidwani

Overview: This talk will provide an overview of the principles of treatment and more recent developments with regard to osteoarthritis and rheumatoid arthritis.

Biography: Mr Gidwani is a Consultant Hand Surgeon based at Guy's & St Thomas' NHS Foundation Trust. His special interests include all aspects of adult hand and wrist surgery, including elective, trauma and sports injuries.

RSI in the Recession: An Update

Speaker: Professor Tony Kochhar

Overview: This talk will provide an interactive session, covering the assessment of RSIs, their treatment and recent developments.

Biography: Professor Kochhar is a Consultant Shoulder and Upper Limb Surgeon and Professor of Sports Science based at South London Healthcare NHS Trust. His special interests are in shoulder and elbow surgery, keyhole surgery of the shoulder and elbow, wrist and hand surgery, sports injuries and RSIs.

Foot and Ankle Update

Thursday 12th September 2013

6.00pm - 8.30pm (First speaker at 6.30pm, dinner available at 6.00pm)

Ligament Reconstructions

Speaker: Mr Sam Singh

Overview: With an increase in the popularity of activities such as running and dance, the physiotherapist has to deal with a wider spectrum of foot and ankle injuries. This talk will discuss the early and late treatment of ligament problems affecting the athlete.

Biography: Mr Singh is a Senior Consultant Orthopaedic Foot and Ankle Surgeon based at Guy's & St Thomas' NHS Foundation Trust. His special interests are foot and ankle surgery, ankle sports injuries, fractures and arthritis, ligament reconstruction, foot arthritis and disorders of the Achilles.

The Medical Management of a Painful Achilles Tendon

Speaker: Dr Stephen Motto

Overview: This talk will discuss the current treatments available to effectively manage a painful Achilles tendon.

Biography: Dr Motto is a Sports and Musculoskeletal Physician based in private care only. His special interests include back pain, chronic overuse injuries of the lower limbs, anterior knee pain and medical acupuncture.



ORTHOPAEDIC MASTERCLASSES 2013



ORTHOPAEDIC MASTERCLASSES 2013

Shoulder Update

Thursday 14th November 2013

6.00pm - 8.30pm (First speaker at 6.30pm, dinner available at 6.00pm)

Shoulder Instabilities

Speaker: Mr Simon Owen-Johnstone

Overview: The treatment for unstable shoulders ranges from physiotherapy through to keyhole surgery and major open operations. This talk will provide a guide to who requires what treatment, and when.

Biography: Mr Owen-Johnstone is a Consultant Trauma & Orthopaedic Surgeon, who practises privately at London Bridge Hospital. His special interests are in shoulder pain, shoulder dislocation/instability, rotator cuff problems/impingement and shoulder bursitis/tendonitis.

The Rationale for Shoulder Surgery

Speaker: Mr Joydeep Sinha

Overview: This talk will look at the recent advances in the understanding of shoulder disorders and their treatment.

Biography: Mr Sinha is a Consultant Orthopaedic and Trauma Surgeon based at King's College Hospital. His special interests are arthroscopic keyhole shoulder and elbow surgery, shoulder replacement, sports injuries and upper limb trauma.

Hip and Knee Update

Thursday 5th December 2013

6.00pm - 8.30pm (First speaker at 6.30pm, dinner available at 6.00pm)

ACL and PCL: An Update

Speaker: Mr Paul Jairaj

Overview: This talk will cover the latest aspects of the management of cruciate ligament injury and associated pathologies.

Biography: Mr Jairaj is a Consultant Hip and Knee Surgeon, who practises privately at London Bridge Hospital. His special interests are Anatomic ACL reconstruction, custom-designed joint replacement and hip arthroscopy.

Femoro-acetabular Impingement (FAI) – Where Did It Come From and Where Is It Going?

Speaker: Mr Marc George

Overview: This talk will not only explain femoro-acetabular impingement and its management, but also why, as a condition, it appears to have gone from an unknown to an epidemic in only a few years. Questions about FAI will also be discussed.

Biography: Mr George is a Consultant Orthopaedic Hip Surgeon based at Guy's & St Thomas' NHS Foundation Trust. He has special interests in hip surgery, primary and revision hip replacement, hip arthroscopy, femoro-acetabular impingement and orthopaedic trauma.