



EUSSEER

EUROPEAN SOCIETY FOR SHOULDER AND ELBOW REHABILITATION

A ONE-DAY

“INTERNATIONAL SHOULDER SYMPOSIUM”

‘It’s A Fine Balance’

Managing Stability & Function in the Shoulder & Elbow

SATURDAY 18TH OCTOBER 2014

**The British Library Conference Centre
London Euston**

4 CPD points awarded by British Orthopaedic Association (BOA)

Conference organisation: Welbeing CPD Ltd - Professional Health Training www.welbeing-cpd.co.uk

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| HISTORY: | The European Society for Shoulder & Elbow Rehabilitation (EUSSER) |
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The European Society for Shoulder & Elbow Rehabilitation is the only Europe wide society that connects healthcare professionals with an interest in shoulder and elbow dysfunction. The objective of the society is to provide the highest standard of information and education to enhance patient care. The society is supported by other organisations such as BESS (Shoulder & Elbow Society), SECEC/ESSSE (European Society for Surgery of the Shoulder and Elbow) and ESSKA (European Society of Sports Traumatology knee surgery and arthroscopy).

There are over 300 registered members across Europe encompassing physiotherapists, surgeons and physicians.

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| AIM: | ‘It’s a Fine Balance’ Managing Stability & Function in the Shoulder & Elbow |
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10% of athletic injuries are related to the shoulder, with increased participation in sport; prevention, management and enhanced performance for function in the upper limb is increasingly challenging. This conference is a unique opportunity to hear international expert speakers on the topic of instability in the upper limb. The conference aims to explore both surgical and conservative perspectives on how to manage dysfunction in the shoulder and elbow. Clinical cases will be discussed amongst the faculty to generate debate as well as nuggets of advice. This conference is targeted to surgeons, therapists and physicians.

EUSSER MEMBERSHIP – WHY TO APPLY

Since the society formed in 2008, membership has grown across Europe providing an ever expanding network for health professionals to connect with an interest in Shoulder & Elbow dysfunction

Advantages of joining the society:

- First hand access to courses & conferences being held around Europe, discounted rates for some EUSSER organised courses.
- Full membership allows you access to the Shoulder & Elbow Journal.
- Allows you access to fellow members across Europe to exchange information and ideas.
- Allows patients and colleagues to access your details.
- Can become an active member of the society by voting at AGMs and participating on committees.

There are now 4 different levels of EUSSER membership listed below:

- Professional Full membership includes subscription to the Shoulder & Elbow Journal - €80.
- Student Full membership includes subscription to the Shoulder & Elbow Journal - €60.
- Professional Basic membership - €50.
- Student Basic membership - €30.

Note you can get a discounted rate for full EUSSER membership with the conference package, details on application form.

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PROGRAMME

MORNING

| | |
|---------------|---|
| 8.45 – 9.15 | Registration |
| 9.15 – 9.20 | Introduction (President of EUSSER) |
| | Chair of session: Ann Cools & Marco Conti |
| 9.20 – 9.40 | SHOULDER INSTABILITY – BIOMECHANICS/CLASSIFICATION (Olivier Gagey – France) |
| 9:40 – 10:00 | MDI – WHAT IS IT AND SHOULD WE OPERATE? (Len Funk – UK) |
| 10:00 – 10:20 | HOW DO WE REHAB A TRAUMATIC SHOULDER INSTABILITY – DOES IT WORK? - (Anju Jaggi – UK) |
| 10:20 – 10:30 | Discussion |
| 10:30 – 11:00 | Coffee |
| | Chairs of session: Olivier Gagey & Ingrid Hultenheim |
| 11:00 – 11:20 | INSTABILITY TRAUMATIC SHOULDER INSTABILITY – WHEN/HOW & WHY TO REPAIR? – (Pete Brownson – UK) |
| 11:20 – 11:40 | ACCELERATED REHABILITATION POST-SURGERY: A RISKY BUSINESS - (Jo Gibson – UK) |
| 11:40 – 12:00 | STABILISATION SURGERY POST OP MANAGEMENT – WHAT IS THE CONSENSUS? - (Marco Conti – Italy) |
| 12:00 – 1:00 | CLINICAL CASE DISCUSSION/DEBATE ON SHOULDER INSTABILITY (cases will be presented by EUSSER board) |
| 1:00 – 2:15 | Lunch |

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PROGRAMME Continued

AFTERNOON

Chairs of session: Ali Noorani & Ian Horsley

2:15 – 2:40

**ELBOW INSTABILITY – STRUCTURAL ISSUES & WHEN TO OPERATE
(David Stanley – UK)**

2:40 – 3:05

**HOW TO REHAB ELBOW STABILITY – IS IT ALL ABOUT ACONEUS?
(Val Jones – UK)**

3:05 – 3:40

**CLINICAL CASE DISCUSSION
(cases will be presented by EUSSER board)**

3:40 – 4:20

Coffee

Chairs of session: Anju Jaggi & Jo Gibson

4:20 – 4:40

WHAT IS KINETIC CHAIN REHAB? (Ann Cools – Belgium)

4:40 – 5:00

**KINETIC CHAIN REHAB: MOVEMENT MATTERS
(Jo Gibson - UK)**

5:00 – 5:30

Discussion & close of meeting

SPEAKERS

Professor Ann Cools, PhD PT,(Belgium)

***Department of Rehabilitation Sciences and Physiotherapy, Ghent University Belgium
Board Member, Scientific Committee EUSSEER***

Ann Cools is a physiotherapist, working as an associate professor at the Department of Rehabilitation Sciences and Physiotherapy at Ghent University, Belgium. Her topic of research, teaching expertise and clinical work is shoulder rehabilitation more specifically sport related problems and scapular dysfunction. She finished her PhD in 2003, debating scapular involvement in sports related shoulder pain in the overhead athlete, and has published numerous papers in peer-reviewed international journals, wrote contributions and chapters in several international recognized books, and gives courses on a national and international level. She is at present head of the Physical Therapy Education at Ghent University, and was founding member and president of the European Society of Shoulder and Elbow Rehabilitation (EUSSEER) 2008-2012. She is a member of the editorial board of the British Journal of Sports Medicine and the Journal of Orthopedic and Sports Physical Therapy.

Mr Peter Brownson DM FRCS (Ed) FRCS (Tr & Orth) (UK)

The Royal Liverpool and Broadgreen University Hospitals NHS Trust

Mr Brownson is recognised nationally and internationally for his expertise in arthroscopic shoulder surgery. He is regularly invited to lecture and carry out live surgical demonstrations at courses across Europe. He is the Upper Limb Surgeon to Liverpool Football Club and in addition treats players from 3 other Premiership Football Clubs. He is regularly asked to provide articles for the National Press.

He studied at Liverpool University and qualified in 1986 (MB ChB). He was elected a Fellow of the Royal College of Surgeons of Edinburgh in 1991 (FRCS Ed), after which he undertook a period of orthopaedic research at Nottingham University. This research involved impact biomechanics as applied to aircraft passenger safety. It culminated in the submission of his doctoral thesis and the award of a DM (the medical equivalent of a PhD). Mr Brownson continued his orthopaedic training in Nottingham, during which time he acquired extensive experience in trauma surgery working at the Queens Medical Centre. He completed his training with his appointment as the Shoulder Fellow in the Nottingham Shoulder and Elbow Unit where he acquired sub specialist skills in all aspects of shoulder and elbow surgery. In 1998 Mr Brownson was appointed as a Consultant Orthopaedic Surgeon in Liverpool. Mr Brownson is married with two children. He enjoys sailing, cycling and skiing.

Marco Conti MD, PhD

***Consultant for Shoulder Rehab at the Rehabilitation unit of the Humanitas Hospital Milano
Alex Castagna senior assistant - EUSSEER Treasurer - SECEC Rehab Committee Chairman***

Marco completed his medical degree from Milan University in 1991 and went on to complete his PhD in Human Physiology in 1996. Specialist in Sports Medicine since 1997 and since that time he has worked closely with Dr Alessandro Castagna, internationally recognised shoulder surgeon. He has completed his training in shoulder arthroscopy and rehabilitation at the Southern California Orthopedic Institute (SCOI) with SJS Snyder from 1997-1999 and at the Orange County Orthopedic Speciality institute with B Rubin in 2002. Marco's main interests are in shoulder evaluation, arthroscopic surgery and rehabilitation.

Professor Lennard Funk BSc MBBCh MSc FRCS(Tr&Orth)FFSEM(UK)

***Shoulder Surgeon, Wrightington Hospital
Professor of Orthopaedics & Sports Science, Salford University***

Lennard Funk works as Shoulder Surgeon at Wrightington Hospital, Wigan and in Manchester, UK. Len specialises in arthroscopic and minimally invasive surgery of the shoulder and elbow. He routinely treats elite and professional athletes, with particular interest in shoulder and elbow injuries in Rugby and contact sports. Academically, Len is a Professor at Salford University, where he is clinical lead for the MSc Programme in Orthopaedics and Postgraduate Upper Limb programme. He is involved in a number of research projects and regularly teaches both undergraduate and postgraduate medical, sports therapy and sports medicine students. In addition to his surgical qualifications, he is a Fellow of the Faculty of Sports & Exercise Medicine UK and holds a BSc in Sports Physiology and an MSc in Orthopaedic Engineering. Len lectures nationally and internationally on Shoulder Surgery, Sports Injuries and Medical Informatics. He is published widely in medical journals and a member of many international and national professional organisations.

Jo Gibson MCSP MSc - Clinical Physiotherapy Specialist (UK)

Vice-President EUSSEER - Education Committee EUSSEER

Jo Gibson is a **Clinical Physiotherapy Specialist based at the Liverpool Upper Limb Unit at the Royal Liverpool Hospital** and a Partner in private practice. She is also an associate Lecturer at the University of Liverpool and has co-developed Upper Limb Masters Modules. She lectures Nationally and Internationally about assessment and rehabilitation of the shoulder complex and has published in peer reviewed journals and written several book chapters. Jo is currently a member of the EUSSEER board (European Society of Shoulder & Elbow Rehabilitation) and a co-founder of the International Congress of Shoulder and Elbow Therapists which now runs tri-annually. Jo worked as Squad Physiotherapist for the GB Endurance Riding Team for six years and now works on a consultancy basis with several elite sports teams regarding shoulder rehabilitation

Olivier Gagey, MD PhD, Head of the Orthopaedic Dept, University Hospital of Bicêtre (France) Board Member - Scientific Committee EUSSEER

Professor Olivier Gagey MD, PhD is currently head of the orthopaedic department at University Hospital of Bicetre, Professor of anatomy at the Paris South Medical School and Scientific director of the Anatomy Institute of Paris. He was one of the founding members of EUSSEER and is a big advocate for rehabilitation in shoulder dysfunction. He has over 90 publications and is on the scientific editorial committee for several international journals including the Journal of Shoulder & elbow surgery. He has attended several international meetings as an invited speaker and is well respected for his contribution to shoulder & elbow dysfunction and management.

Anju Jaggi, BSc (Hons) MCSP (UK)

Consultant Physiotherapist, Royal National Orthopaedic Hospital Trust (UK)

A Jaggi Physio Consultancy Ltd - President of EUSSEER

Anju qualified from the University of East London in 1992 with a honors degree in Physiotherapy. She started at the Royal National Orthopaedic Hospital, Stanmore in 1996 and developed an interest & passion for the shoulder. She has over 17 years experience of managing patients with complex shoulder dysfunction both with respect to physiotherapy and surgical management having worked closely with Senior Orthopaedic Consultants specialising in the Shoulder & Elbow. She lectures internationally and has a particular interest in shoulder instability with published work. She is currently leading on a multi-centre randomized clinical trial (Does Surgery have any added value in **atraumatic** shoulder instability vs physio alone) as well as sitting on the British Shoulder & Elbow Society (BESS) sub-committee looking at National guidelines for management of shoulder instability. As part of her role at the RNOHT she is helping to lead on research & development in shoulder dysfunction. She sits on the education committee of the BESS and is currently President of the European Society of Elbow & Shoulder Rehabilitation (EUSSEER), invited on to the European Society of Shoulder & Elbow Surgery (SECEC/ESSSE) as a member of the SECEC/Rehab committee.

Val Jones MCSP MSc (UK)

Physiotherapy Practitioner Sheffield Shoulder and Elbow Unit

AHP representative for BESS, national delegate (UK) EUSSEER

Val Jones is a Clinical Physiotherapy Specialist working at the Sheffield Shoulder and Elbow Unit at the Sheffield Teaching Hospital Foundation Trust and also woks in private practice. She lectures nationally and internationally about assessment and rehabilitation of the elbow joint. Val has published in peer reviewed journals and is currently the AHP representative on the British Elbow and Shoulder Society Council, as well as being the UK national delegate for EUSSEER. She has organised and presented upon the highly successful Sheffield Elbow course for Physiotherapists for the last 8 years

Mr David Stanley MB,BS BSc (1st Class Hons) FRCS The Northern General Hospital Sheffield (UK)

Mr David Stanley is a Consultant Orthopaedic Surgeon with a clinical practice exclusively devoted to shoulder and elbow surgery. He has an NHS base at Sheffield Teaching Hospitals where he is the Senior Shoulder and Elbow Surgeon. He treats most shoulder conditions and all elbow disorders. He has a particular interest in complex elbow problems receiving referrals from all over the United Kingdom. He has more than 50 peer reviewed publications and his results of treatment are consistent with the best published results from around the world. In addition to his commitment to provide the highest quality of patient care, he is also passionate about training future Orthopaedic Surgeons. He has edited and written two textbooks on the elbow and for the last 10 years has organised an International Elbow Meeting in Sheffield with speakers participating from America, Australia and Europe. He is currently Chairman of the Intercollegiate Examination Board in Trauma and Orthopaedic Surgery which has responsibility for examining Orthopaedic Surgeons in training prior to them becoming consultants.

Conference organisation: Welbeing CPD Ltd - Professional Health Training www.welbeing-cpd.co.uk

EUSSER BOARD COMMITTEE

Edwin Deijun

Chair of Web Committee (Belgium)

Edwin graduated in 1998 as a physiotherapist with a special interest in shoulder related pain. He decided to learn more about the spine and extremities. In 2005 Edwin graduated as a manual therapist (SOMT). To be able to do scientific research he followed a master after master in Brussels, Belgium (VUB) graduated in 2009 (manama MT). Currently working as a PT/MT in his own practice and as a researcher at the Erasmus University, Rotterdam on the shocodip-project (www.shocodip.nl) focusing on shoulder related pain in primary care, in the Netherlands, with a special interest in (diagnostic) musculo-skeletal ultrasonography (MSU).

Suzanne Gard

Board Member (Switzerland)

Suzanne Gard, is a physiotherapist specialised in sports physiotherapy (MSc in Sports Physiotherapy, Bath, UK) and with a special interest in the athletes shoulder and scapular dyskinesis. She is working in the Swiss Olympic Medical Centre in Geneva, Switzerland, which is part of the Sport's Injury Clinic (UOTS) of the University Hospital of Geneva (HUG). She is a clinician and participates in clinical research in her department. She is also in the Scientific Committee of ESSKA, for the PT programme organisation. She is also the Swiss National delegate for EUSSER.

Dr Ian Horsley PhD, MCSP Dr Ian Horsley PhD, MSc, MCSP, CSCS

Committee Member - Co Chair (UK)

Ian has been a physiotherapist for over twenty years. He worked as a physiotherapist for England Rugby Union, for 14 years, in with various teams, and spent the last 6 years working with the Elite Playing squad, as physiotherapist to England 'A'. Currently Ian is Lead Physiotherapist and Technical Lead in the North West for the English Institute of Sport, clinical director of Back In Action Rehabilitation, in Wakefield, West Yorkshire, and associate lecturer at Salford University. He has just concluded his PhD around the issue of shoulder injuries in professional rugby, and has published several articles in peer reviewed journals on the subject of musculoskeletal injury management, and contributed chapters to several books on sports injury management. He worked as part of the HQ medical team for Team England at the 2010 Commonwealth Games was a member of the Team GB HQ medical team at the 2012 Olympic Games, and is to work with Team England at the 2014 Commonwealth Games. He is a Certified Strength and Conditioning Specialist, qualified as an injection therapist and Supplementary Prescriber, a Member of the Manipulative Association of Chartered Physiotherapists, and a Level 3 member of the Association of Chartered Physiotherapist in Sports Medicine

Ingrid Hultenheim Klintberg

Chair of Scientific Committee - (Sweden)

Ingrid Hultenheim Klintberg is a clinical physiotherapy specialist at the Sahlgrenska University Hospital, Gothenburg, Sweden. She is mainly working with patients who have undergone shoulder surgery, either after a major trauma or patients selected for surgery after longstanding shoulder dysfunctions. Since 1994 she has been involved in the development of post-operative clinical guidelines at the Sahlgrenska University hospital together with, among others, Mr Jön Karlsson. Ingrid finished her PhD project in 2010, entitled "Physiotherapy after surgery in patients with subacromial pain". Ingrid is an associate lecturer at Sahlgrenska Academy, Institution of Neurology and Physiology/Physiotherapy. She is involved in research projects concerning shoulder function and physiotherapy for the shoulder as well as for the elbow. Together with Ann-Christine Gunnarsson Holzhausen she is the author of book regarding physical examination and physiotherapy for the shoulder (in Swedish) that will be available during spring 2013. She lectures both nationally and internationally.

Mr Ali Noorani MBBS BSc (Hons) MRCS FRCS (Trauma & Orth)

Education Committee member (UK)

Mr Ali Noorani has completed his Orthopaedic and Trauma training on the Royal London Hospital rotation and has specialised in Upper Limb Surgery including Trauma. He has undertaken specialist fellowship training in Shoulder and Elbow Surgery at the Royal National Orthopaedic Hospital in Stanmore and The Royal Liverpool Hospital. Mr Noorani has gained further training in Upper Limb and Trauma Surgery during his travelling fellowships to Harvard, Mayo, Columbia (NY), the Rothman Institute and Salzburg.

Currently Mr Noorani also works at Bart Health NHS Trust (Royal London Hospital) as a substantive orthopaedic and trauma consultant specializing in trauma and upper limb surgery. Mr Noorani has carried out research in several areas including instability. He hopes to share his experience and he also hopes to continue his interest in research as a consultant.

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APPLICATION FORM

Please print clearly your name and contact details as these will be used on the delegate certificate. Payment must be received in full before attending the symposium. Confirmation of a delegate place will only be on receipt of full payment. Confirmation of your booking will be sent by email with map, travel details and further information about the symposium

Title _____ First Name _____ Surname _____

Profession _____ Grade _____

Address _____

Post Code _____ Country _____

Email _____

Tel No (day) _____ (evening) _____

Special dietary or other requirements (please enter details) _____

Registration Fees: _____

£105.00 - (~~£127.00~~) - **EUSSER Members**

£165.00 - (~~£199.00~~) - **Attend Conference & one year EUSSER Membership***

**includes Shoulder & Elbow Journal, Discount for EUSSER courses, Full access EUSSER website.*

The registration fee includes refreshments, lunch and Certificate of Attendance
4 CPD points awarded by British Orthopaedic Association (BOA), European CME points to be confirmed

Cancellation Policy

1. Upon receipt of your application form and conference fee you will be sent a letter/email confirming your place on the conference. If you are being funded to attend the conference please let us know who to invoice and also, if applicable, purchase order no. will be required.
2. A full refund, less a £60 administration fee, will be made if written cancellation is received in the Welbeing office four weeks prior to the conference date. No refunds will be made after this time, for whatever reason. Substitute delegates are accepted at any time. Full refunds will be given if the organisers cancel the course but the organisers are not responsible for any costs, other than conference fees, which may be incurred by attendees.
3. EUSSER reserves the right to cancel the conference if there are insufficient delegates. If, in the unlikely event a speaker cannot attend the conference, EUSSER will endeavour to find replacement speaker. EUSSER will not be held responsible for any losses incurred as a result of conference cancellation

Payment methods: Credit or debit card payments only. BACS payments acceptable

Please reserve places

Credit/Debit cards accepted - Phone or Online www.welbeing-cpd.co.uk

Card No: / / Exp: / Issue No:



Please send your completed application form to: Welbeing CPD Limited, North View, Church Road, Bulphan, RM14 3RU
International +44 (0)1375 893 820 or email: enquiries@welbeing-cpd.co.uk

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