

CSES 1st Surgeon Course
Evolution of Shoulder and Elbow Arthroscopic Techniques



February 5th 2023
Montreal

Hôtel Delta

475 Av. du Président-Kennedy, Montréal, QC H3A 1J7

CSES 1st Surgeon Course
Evolution of Shoulder and Elbow Arthroscopic
Techniques

February 4th Open Meeting
18:00 pm -Welcome cocktail at Pullman by Smith and Nephew

February 5th Open meeting

7:30-08:00	Registration and Breakfast- Room Foyer Opus
08:00-08:15	Welcome to the 1st Course – Presented by Dr. E. Sandman & Dr. D. Rouleau – Program Presentation - Room Opus
08:15-08:30	Presentation of CSES group by President of CSES Dr Ryan Bicknell
08:30-08:40	Results of Survey on Arthroscopic challenges in Shoulder and Elbow surgery in 2023 by Dr. D. Rouleau <i>Discussion of the results obtained from the CSES survey on Arthroscopic challenges in Shoulder and Elbow surgery.</i>
08:40-09:40	Shoulder and Elbow OA moderate by Dr. R. Litchfield <i>Video Elbow by Dr. G. Athwal</i> <i>Describe the current concepts of the pathology and explain the evolution of elbow osteoarthritis. Understand the different conservative and surgical treatment algorithms for elbow osteoarthritis. Focus on Arthroscopy</i> <i>Video Shoulder by Dr. G Athwal</i> <i>Describe an approach to the arthritic glenoid and explain how technique and approach may alter survivorship; Describe the expected clinical outcomes, risks and complications with a rational approach to the management. Focus on preservative surgery</i> <i>Video AC Joint OA Dr. R. Litchfield</i> <i>Review the clinical assessment and examination for this type of injury. Understand the different treatment options according the the AC joint injury classification. Describe the rationale and the various surgical techniques to address AC injuries.</i>
09:40-10:00	Discussions
10:00-12:00	Shoulder and elbow Instability Session moderate by Dr. R. Bicknell <i>Video- Bankart-Remplissage; Dr. R. Litchfield</i> <i>Video- Bankart 360; Dr. V. Godbout</i> <i>Video- Glenoid reconstruction; Dr. M. Bouliane, Dr. P. Lapner</i> <i>Video- arthroscopic Latarjet; Dr. G. Athwal</i> <i>Video- AC JOINT open reconstruction; Dr. R, Branes</i> <i>Video- Open Latarjet; Dr. C. Bastard</i> <i>Video- Open Elbow ligament reconstruction; Dr. R. Branes</i> <i>Video- Reverse Hill Sachs repair; Dr. S. Pelet</i> <i>Apply surgical decision making with reference to decision tools that take known prognostic factors into account: Describe the rationale</i>

	<i>and limitations of soft tissue repair strategies; Describe the rationale and risk of Latarjet repair and other bony procedures. Review the surgical techniques for AC joint open reconstructions and the risks/ benefits for every option. Describe the procedure for open elbow ligament reconstruction and the post-operative protocol.</i>
12:00-13:00	LUNCH
13:00-15:00	Cuff Session moderate by Dr. P-A. Martineau
	<p><i>Video - Quick repair; Dr. P. Lapner</i></p> <p><i>Video – Double row rotator cuff repair; Dr. A. Bois</i></p> <p><i>Video - Massive Cuff Repair-Supplement; Dr. V Godbout</i></p> <p><i>Video – subscapularis Repair; Dr G. Athwal</i></p> <p><i>Video - Inferior trapezius Transfert; Dr. S. Hinse</i></p> <p><i>Video – SCR tips and tricks; Dr. J. Pollock</i></p> <p><i>Video- long head of the biceps tenodesis; Dr. A. Bois</i></p> <p><i>Describe the current concepts involving basic science and the pathophysiology of rotator cuff disease with a focus on prognostic factors and repair strategies; Demonstrate a sound and rational approach to surgical decision making as it relates to cuff pathology; Describe the clinical evidence to support different repair strategies and possible implications of each; Explain the limitations of surgical cuff repair and surgical and non-surgical alternatives to tendon repair. Understand the various options for difficult rotator cuff repairs, such as supplements, tendon transfers and other technics to optimize outcomes.</i></p>
15:00-15:15	BREAK
15:15-16:00	The forgotten Shoulder pain diagnosis moderate by Dr. Paul-A. Martineau
15:15-15:30	<p>Scapular Dyskinesia, how to identified the cause? Can we help with arthroscopy? Dr. D. Rouleau</p> <p><i>Understand the concept of scapular dyskinesia and how to clinically evaluate a patient with this pathology. Describe the current treatment options to optimize clinical outcomes. Explain the surgical steps in arthroscopy and review the risks /benefits with a rational approach to this management.</i></p>
15:30-15:45	<p>Shoulder impingement syndrome: is it still existing? Dr. R. Litchfield</p> <p><i>Explain what consists of shoulder impingement syndrome. Review how to assess the patient, diagnose this pathology and obtain a rational approach to the management of the syndrome. Describe the treatment algorithm for shoulder impingement syndrome.</i></p>
16:00	Closing remarks by President, Dr. D. Rouleau & Dr. E. Sandman