2023 Canadian Shoulder and Elbow Society's Resident Course

February 2nd to 4th 2023

University of Montreal

Sim Center Mcgill
Steinberg Centre for Simulation and Interactive Learning
3575 Parc Ave, Suite 5640, Montreal, Qc H2X 3P9
Hôtel Delta 475 Av. du Président-Kennedy, Montréal, QC H3A 1J7

February 2nd 2023

07:10-08:15	**Registration & Networking Breakfast**
08:15-08:20	**Welcome and Introductions- Presented by Dr. E. Sandman & Dr. D. Rouleau**
08:20-09:20	**Elbow Trauma – Moderated by Dr. D. Rouleau**
08:20-08:40	**Update on Radial Head Fractures-Presented by Dr. G. King** *Describe current concepts involving radial head fractures; Demonstrate a sound and rational approach to non-surgical and surgical decision making as it relates to radial head fractures; Discuss surgical techniques and implant options for ORIF and radial head arthroplasty.*
08:40-09:00	**Biceps and Triceps Ruptures-Presented by Dr. J. Pollock** *Discuss Clinical evaluation and treatment indications. Surgical decision making, including surgical approach and surgical fixation techniques.*
09:00-09:20	**Elbow Arthroscopy-How to start by Dr. K.A. Hildebrand** Expose surgical technique and anatomical landmark to perform a safe an effective elbow arthroscopy. Discuss common portals localization.
09:20-09:45	**BREAK**
09:45-12:45	**WET LAB: Elbow Arthroscopy (Group 1,2,3)**
	Moderated by Dr. J. Pollock **9:45:** Residents practice elbow arthroscopy with faculty **11:00:** Demonstration: Medial and Lateral approach to the Elbow and Radial Head Arthroplasty **– Dr. J. Pollock** **11:45:** Residents practice elbow approaches **Faculty: Dr. E. Sandman, Dr. P. Tohme, Dr. K. Faber, Dr. M. Hupin Dr. P-A. Martineau Dr. D. Blanchette, Dr A. Badre & Dr. K.A. Hildebrand** *Identify and mark key bony landmarks including portal sites around the elbow: Carry out a diagnostic arthroscopy and identity key anatomic structures; Evaluate and practice basic elbow debridement techniques; Perform tennis elbow release, anterior and posterior capsular release, osteochondoplasty, radial head excision. Perform lateral EDC release and Kocher Approach. Perform medial pronator split and FCU approach. Identity the location and anatomy of the LCL and MCL.*

09:45-12:45	**Elbow Case Sessions (Groups 4,5,6)**
	Elbow Fracture Dislocations - Instructors: Dr. D. Nam & Dr. R. Grewal *Describe current concepts of elbow fracture dislocation with a focus on identifying injury patterns, surgical approach and repair techniques; Demonstrate a sound and rational approach to surgical decision making as it relates to specific injury patterns; Describe the clinical evidence to support different repair strategies and possible implications of each.*
	How to approach the Unstable Elbow – Instructors: Dr. G. King & Dr. D. Rouleau *Review clinical assessment and examination of these injuries. Apply treatment decision making with reference to prognostic factors and biomechanical evidence; Describe the rationale and techniques of soft tissue/ligament repair.*
	Distal humeral Fractures – Instructors: Dr. R. Bicknell & Dr. A. Huang *Describe prognostic factors, including fracture characteristics and fracture patterns; Review the current evidence for operative or non-operative management of DHFs, demonstrate an approach to treatment decision making and understand expected outcomes; Describe possible surgical complications related to ORIF, Hemi arthroplasty and TEA for fractures, and an approach to their management.*
12:45-13:45	**LUNCH – Surgical steps in Terrible triad and fracture dislocation- Presented by Dr. A. Badre (20 min.)**
	Describe treatment algorithm and pitfalls in surgical treatment of terrible triad and fracture dislocation.
13:45-16:45	**WET LAB: Elbow Arthroscopy (Groups 4,5,6)**
	Moderated by Dr. G. King **13:45:** Residents practice elbow arthroscopy with faculty **15:00:** Demonstration: Medial and Lateral approach to the Elbow and Radial Head Arthroplasty – **Dr. G. King** **15:45:** Residents practice elbow approaches **Faculty: Dr. R. Bicknell, Dr. P. Tohme, Dr. E. Sandman, Dr. R. Grewal, Dr. M. Hupin & Dr. A. Huang** *Identify and mark key bony landmarks including portal sites around the elbow: Carry out a diagnostic arthroscopy and identity key anatomic structures; Evaluate and practice basic elbow debridement techniques; Perform tennis elbow release, anterior and posterior capsular release, osteochroplasty, radial head excision. Perform lateral EDC release and Kocher Approach. Perform medial pronator split and FCU approach. Identity the location and anatomy of the LCL and MCL.*
13:45-16:45	**Elbow Case Sessions (Groups 1,2,3)**
	Elbow Fracture Dislocations - Instructors: Dr. E. Harvey & Dr. J. Pollock

	Describe current concepts of elbow fracture dislocation with a focus on identifying injury patterns, surgical approach and repair techniques; Demonstrate a sound and rational approach to surgical decision making as it relates to specific injury patterns; Describe the clinical evidence to support different repair strategies and possible implications of each.
	How to approach the Unstable Elbow - Instructors: Dr. K. Faber & Dr. K.A. Hildebrand *Review clinical assessment and examination of these injuries. Apply treatment decision making with reference to prognostic factors and biomechanical evidence; Describe the rationale and techniques of soft tissue/ligament repair.*
	Distal humeral Fractures – Instructors: Dr. P-A Martineau & Dr A. Badre *Describe prognostic factors, including fracture characteristics and fracture patterns; Review the current evidence for operative or non-operative management of DHFs, demonstrate an approach to treatment decision making and understand expected outcomes; Describe possible surgical complications related to ORIF, Hemi arthroplasty and TEA for fractures, and an approach to their management.*
17:00	**Adjournment**
18:00	**Canadian Shoulder and Elbow Society Resident and Sponsors cocktail CSES Research meeting.**

February 3d 2023

07:30-08:00	**Breakfast**
08:00-08:05	**Welcome back - Presented by Dr. E. Sandman & Dr. D. Rouleau**
8:05-8:20	**Arthroscopic shoulder surgery made easy - Dr. E. Sandman**
08:20-09:20	**Shoulder RTC/ Instability – Moderated by Dr. E. Sandman**
08:20-08:40	**Irreparable RTC Tears – Presented by TBA** *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.*
08:40-09:20	**Shoulder Instability: Work-up, Treatment Algorithms and bone loss management – Presented by Dr. F. Balg (10 min.)** 10 min: Soft tissue procedure **Dr. P-A Martineau** 10 min: Arthroscopic Bone Grafting **Dr. E. Sandman** 10 min: Open Latarjet **Dr. D. Rouleau**
9:25-9:35	**Period of question to the panel**
09:35-09:50	**BREAK**

09:50-12:50	**Shoulder Case Sessions (Group 1,2,3)**
	Rotator Cuff – Instructors: Dr. D. Drosdowech & Dr. A. Bois *Describe 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.*
	Shoulder Instability – Instructors: Dr. F. Balg *Apply surgical decision making with reference to decision tools that take known prognostic factors into account: Describe the rationale and limitations of soft tissue repair strategies; Describe the rationale and risk of Latarjet repair and other bony procedures.*
	Proximal Humeral Fractures – Instructors: Dr. M. Bouliane *List the common classification systems used for radiologic assessment of proximal humeral fractures; Describe prognostic factors, including fracture characteristics and fracture patterns that may predict humeral head perfusion and subsequent AVN; Explain the current evidence for operative or non-operative management of PHFs; demonstrate an approach to surgical decision making and understand expected surgical outcomes; Describe possible surgical complications related to ORIF and humeral head replacement for fractures, and an approach to their management.*
9:50-12:50	**WET LAB: Cuff/Bankart (Groups 4,5,6)**
	Moderated by Dr. P. Lapner **Dr. R. Bicknell, Dr. D. Nam, Dr. J. Pollock, Dr. S. Pelet, Dr. V. Godbout, Dr. D. Blanchette, Dr. P. Chin, Dr. A. Huang & Dr. A. Badre** *Identify and mark key bony landmarks, including portal sites, around the shoulder; Carry out a diagnostic arthroscopy and identify key anatomic structures; Insert bone anchors at appropriate locations for instability and rotator cuff repair; Evaluate and practice basic suture management technique required to carry out a shoulder stabilization / Cuff repair; Select and employ the proper knot tying tech that is appropriate for specific pathology; Select and use appropriate suture position and repair construct.*
12:50-13:45	**LUNCH Presentation Precision OS? Danny Goel?**
13:45-16:45	**WET LAB : Cuff/Bankart (Groups1,2,3)**
	Moderated by Dr. J. Pollock **Dr.F. Balg, Dr. A. Bois, Dr. P. Chin, Dr. D. Drosdowech, Dr. D. Blanchette, Dr. A. Badre, Dr. A. Huang & Dr. M. Bouliane** Identify and mark key bony landmarks, including portal sites, around the shoulder; Carry out a diagnostic arthroscopy and identify key anatomic

	structures; Insert bone anchors at appropriate locations for instability and rotator cuff repair; Evaluate and practice basic suture management technique required to carry out a shoulder stabilization / Cuff repair; Select and employ the proper knot tying tech that is appropriate for specific pathology; Select and use appropriate suture position and repair construct.
13:45-16:45	**Shoulder Case Sessions (Group 4,5,6)**
	Rotator Cuff- Instructors: Dr. R. Bicknell & Dr. S. Pelet *Describe 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.*
	Instability – Instructors: Dr. V. Godbout & Dr. K. Faber *Apply surgical decision making with reference to decision tools that take known prognostic factors into account: Describe the rationale and limitations of soft tissue repair strategies; Describe the rationale and risk of Latarjet repair and other bony procedures.*
	Proximal Humeral Fractures – Instructors: Dr. D. Rouleau & Dr. D. Nam *List the common classification systems used for radiologic assessment of proximal humeral fractures; Describe prognostic factors, including fracture characteristics and fracture patterns that may predict humeral head perfusion and subsequent AVN; Explain the current evidence for operative or non-operative management of PHFs; demonstrate an approach to surgical decision making and to understand expected surgical outcomes; Describe possible surgical complications related to ORIF and humeral head replacement for fractures, and an approach to their management.*
17:00	**Adjournment**
17:00-18:30	**Cocktail- Guest of honor & Residents**
18:30-23:00	**Dinner- Guests of Honor & Residents**

February 4th 2023

07:15-08:30	**Breakfast**
8:00-08:05	**Welcome back – Presented by Dr. E. Sandman & Dr. R. Rouleau**
8:05-9:45	**Shoulder Arthroplasty– Moderated Dr. K. Faber**
8:05-08:25	**TSA- Approach to the B2 glenoid- Presented by Dr. M. Bouliane** *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 management.
08:25-08:45	**Reverse Shoulder Arthroplasty: Current Indications and Outcomes – Presented by Dr. G. Athwal** *Describe the design rationale for reverse arthroplasty; Describe the current indications and limitations/risks of the implants; Explain the expected clinical outcomes and a rational approach to management.*
08:45-09:10	**BREAK**
09:10-12:10	**WET LAB : Shoulder Arthroplasty (Groups 1,2,3)**
	Moderated by Dr. A. Bois **Dr. F. Balg, Dr. D. Nam, Dr. S. Hinse & Dr. D. Massie, Dr. E. Sandman, Dr. P. Lapner & Dr. S. Pelet** *Perform a deltopectoral approach, describe options for subscapularis management, and perform a subscapularis release using a particular technique, perform humeral preparation and implantation of a prosthesis, to perform glenoid exposure, bony preparation, and implantation of a glenoid component.*
09:10-12:10	**Case Session (Groups 4,5,6)**
	Primary OA – Instructors: Dr. D. Rouleau & Dr. G. Athwal *Describe design concepts of 3rd generation implants and their theoretical benefits; 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.*
	Cuff Tear Arthropathy - Instructors: Dr. P. Chin & Dr. D. Blanchette *Describe the design rationale for reverse arthroplasty; Describe the current indications and limitations/risks of the implants; Explain the expected clinical outcomes and a rational approach to management.*
	Complications in Shoulder Arthroplasty – Instructors: Dr. D. Drosdowech & Dr. M. Bouliane *Describe the common complications encountered in shoulder arthroplasty; Describe a rational approach to the management of complications in shoulder arthroplasty; Explain the expected clinical outcomes of reverse shoulder arthroplasty and a rational approach to the management of rotator cuff tear arthropathy.*
12:10-13:00	**LUNCH**
13:00-16:00	**Case Session (Groups 1,2,3)**
	Primary OA – Instructors: Dr. D. Nam and Dr D Massie *Describe design concepts of 3rd generation implants and their theoretical a benefits; 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 management. **Cuff Tear Arthropathy - Instructors: Dr. R. Bicknell & Dr. P. Lapner** *Describe the design rationale for reverse arthroplasty; Describe the current indications and limitations/risks of the implants; Explain the expected clinical outcomes and a rational approach to management.*
	Complications in Shoulder Arthroplasty – Instructors: Dr. S. Hinse *Describe the common complications encountered in shoulder arthroplasty; Describe a rational approach to the management of complications in shoulder arthroplasty; Explain the expected clinical outcomes of reverse shoulder arthroplasty and a rational approach to the management of rotator cuff tear arthropathy.*
13:00-16:00	**WET LAB : Shoulder Arthroplasty (Groups 4,5,6)**
	Moderated by: Dr. K. Faber **Dr. F. Balg, Dr. A. Bois, Dr. P. Chin, Dr. D. Drosdowech** **Dr. M. Bouliane & Dr. G. Athwal** **Demonstration DP approach** *Perform a deltopectoral approach; Describe options for subscapularis management, and perform a subscapularis release using a particular technique; Perform both humeral preparation and implantation of a prosthesis, to perform glenoid exposure, bony preparation, and implantation of a glenoid component.*
16:00-17:00	**Evidence base Prevention strategies of post operative shoulder infection**
	Moderator: Dr. D. Rouleau epidemiology with POSI study Home skin preparation (Ryan Bicknell) Preop skin preparation (Peter Lapner) Antibioprophylaxis choice-timing-recurrence (Martin Bouliane) Bone cement/calcium sulfate (Frederick Balg) Timing of surgery in trauma (Diane Nam) Medical optimisation (Stéphane Pelet) Vancomycine and other intra wound product (George Athwal) Tranexamic acid and other hemostasis medication (Dominique Rouleau)
18:30	**Faculty Cocktail & Diner**