



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



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COURSE EVALUATIONS

We ask that all participants complete the course evaluation forms which are located at the following link: <https://www.surveymonkey.com/r/798K32F>



ACCREDITATION

The Department of Continuing Professional Development of the Faculty of Medicine of the University of Montreal is fully accredited by the Association of Faculties of Medicine of Canada (AFMC) and by the Collège des médecins du Québec (CMQ). Declaration of continuing education to the Collège des médecins du Québec: Physicians who participate in this activity can declare **22.75** hours of professional development recognized in category A, under the tab "Activity recognized by an approved Quebec organization in continuing education".

Declaration of continuing education at the Collège des médecins du Québec: Physicians who participate in this activity can declare **8** hour(s) of participation in a practice evaluation activity recognized in category B, under the "Recognized activity by an accredited Quebec organization in continuing education". This event is an Accredited Group Learning Activity (section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the DPC Department of the Faculty of Medicine of the University of Montreal for a maximum of **22.75** hour(s).

This activity is an Accredited Simulation Activity (Section 3) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and approved by the DPC Department of the Faculty of Medicine of the University of Montreal. Consult [MAINPORT](#) to register your activities and learning outcomes. You can declare a maximum of **8** hour(s).

For any other participating professional, this program gives a certificate of participation for a maximum of **30.75** hour(s).

Participants must ask their respective professional order for a number of hours consistent with their participation.

Canadian Shoulder and Elbow Society



February 2nd 2023

07:10-08:10	Registration & Networking Breakfast At Sim Center
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 <i>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.</i>
08:40-09:00	Biceps and Triceps Ruptures-Presented by Dr. J. Pollock <i>Discuss Clinical evaluation and treatment indications. Surgical decision making, including surgical approach and surgical fixation techniques.</i>
09:00-09:20	Elbow Arthroscopy-How to start - Presented by Dr. K.A. Hildebrand <i>Expose surgical techniques and anatomical landmark to perform a safe an effective elbow arthroscopy. Discuss common portals localization.</i>
09:20-09:45	BREAK
09:45-12:45	WET LAB: Elbow Arthroscopy – Arthroplasty (Group 1,2,3) Moderated by Dr. J. Pollock 9:45: Residents will practice elbow arthroscopy with faculty 11:00: Demonstration: Medial and Lateral approaches to the elbow and radial head arthroplasty - TEA – Dr. J. Pollock 11:45: Residents will 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 <i>Identify and mark key bony landmarks including portal sites around the elbow: Carry out a diagnostic arthroscopy and identify 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 releases, Kocher approach. Perform medial pronator split and FCU approaches. Identify the location and the anatomy of the LCL and MCL. Introduction to TEA</i>
09:45-12:45	Elbow Case Sessions (Groups 4,5,6)



	<p>Elbow Fracture Dislocations - Instructors: Dr. D. Nam & Dr. R. Grewal <i>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.</i></p>
	<p>How to approach the Unstable Elbow – Instructors: Dr. G. King & Dr. D. Rouleau <i>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.</i></p>
	<p>Distal humeral Fractures – Instructors: Dr. R. Bicknell & Dr. A. Huang <i>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.</i></p>
<p>12:45-13:45</p>	<p>LUNCH – Surgical steps in Terrible triad and fracture dislocation- Presented by Dr. A. Badre (20 min.) <i>Describe treatment algorithm and pitfalls in surgical treatment of terrible triad and fracture dislocation.</i></p>
<p>13:45-16:45</p>	<p>WET LAB: Elbow Arthroscopy - Arthroplasty (Groups 4,5,6) Moderated by Dr. G. King 13:45: Residents will practice elbow arthroscopy with faculty 15:00: Demonstration: Medial and Lateral approaches to the elbow and radial head arthroplasty – TEA – Dr. G. King 15:45: Residents practice elbow approaches Faculty: Dr. R. Bicknell, Dr. R. Grewal, Dr. P. Henry, Dr. M. Hupin & Dr. A. Huang <i>Identify and mark key bony landmarks including portal sites around the elbow: Carry out a diagnostic arthroscopy and identify 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 approaches. Identify the location and anatomy of the LCL and MCL. Introduction to TEA</i></p>
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Canadian Shoulder and Elbow Society



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	<p>How to approach the Unstable Elbow - Instructors: Dr. K. Faber & Dr. K.A. Hildebrand <i>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.</i></p>
	<p>Distal humeral Fractures – Instructors: Dr. P-A Martineau & Dr. A. Badre <i>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, Hem-arthroplasty and TEA for fractures, and an approach to their management.</i></p>
17:00	Adjournment
	CSES Research meeting at Delta Hotel Room Vivaldi – Responsible Dr. P. Henry

February 3^d 2023

07:30-07:55	Networking
08:00-08:05	Welcome back - Presented by Dr. E. Sandman & Dr. D. Rouleau
8:05-8:20	Arthroscopic shoulder surgery made easy – Presented by
08:20-09:20	Shoulder RTC/ Instability – Moderated by Dr. P-A. Martineau
08:20-08:40	<p>Irreparable RTC Tears – Presented by Dr. P. Henry <i>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.</i></p>
08:40-09:20	<p>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: Open Latarjet Dr. D. Rouleau</p>
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)
	<p>Rotator Cuff – Instructors: Dr. D. Drosdowech & Dr. A. Bois <i>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.</i></p> <hr/> <p>Shoulder Instability – Instructors: Dr. F. Balg & Dr. P. Henry <i>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.</i></p> <hr/> <p>Proximal Humeral Fractures – Instructors: Dr. Rouleau & Dr. M. Bouliane <i>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.</i></p>
9:50-12:50	WET LAB: Cuff/Bankart (Groups 4,5,6)
	<p>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 <i>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.</i></p>
12:50-13:45	LUNCH
13:45-16:45	WET LAB : Cuff/Bankart (Groups1,2,3)
	<p>Moderated by Dr. J. Pollock Dr.F. Balg, Dr. A. Bois, Dr. P. Chin, Dr. D. Drosdowech, Dr. P Henry, Dr. A. Huang & Dr. M. Bouliane <i>Identify and mark key bony landmarks, including portal sites, around the shoulder; Carry out a diagnostic arthroscopy and identify key anatomic</i></p>

Canadian Shoulder and Elbow Society



	<p>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.</p>
13:45-16:45	<p>Shoulder Case Sessions (Group 4,5,6)</p> <p>Rotator Cuff- Instructors: Dr. R. Bicknell & Dr. S. Pelet <i>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.</i></p> <p>Instability – Instructors: Dr. V. Godbout & Dr D Blanchette <i>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.</i></p> <p>Proximal Humeral Fractures – Instructors: Dr. D. Rouleau & Dr. D. Nam <i>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.</i></p>
17:00	Adjournment

February 4th 2023

07:30-07:55	Networking
8:00-08:05	Welcome back – Presented by Dr. E. Sandman & Dr. R. Rouleau
8:05-9:45	Shoulder Arthroplasty– Moderated Dr. D. Rouleau
8:05-08:25	<p>TSA- Approach to the B2 glenoid- Presented by Dr. M. Bouliane <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 management.</i></p>

Canadian Shoulder and Elbow Society



08:25-08:45	<p>Reverse Shoulder Arthroplasty: Basics Biomechanics –Presented by Dr. G. Athwal</p> <p><i>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.</i></p>
08:45-09:10	BREAK
09:10-12:10	<p>WET LAB : Shoulder Arthroplasty (Groups 1,2,3)</p> <p>Moderated by Dr. A. Bois Dr. F. Balg, Dr. D. Nam, Dr. S. Hinse & Dr. D. Massie, Dr. P. Lapner, & Dr. S. Pelet</p> <p><i>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.</i></p>
09:10-12:10	<p>Case Session (Groups 4,5,6)</p> <p>Primary OA – Instructors: Dr. D. Rouleau & Dr. G. Athwal <i>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.</i></p> <hr/> <p>Cuff Tear Arthropathy - Instructors: Dr. P. Chin & Dr. D. Blanchette <i>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.</i></p> <hr/> <p>Complications in Shoulder Arthroplasty – Instructors: Dr. D. Drosdowech & Dr. M. Bouliane <i>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.</i></p>
12:10-13:00	LUNCH - Blueprint pre-op planning – Presented by Dr. G. Athwal (20 min.)
13:00-16:00	<p>Case Session (Groups 1,2,3)</p> <p>Primary OA – Instructors: Dr. D. Nam and Dr. D. Massie <i>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</i></p>



	<p><i>clinical outcomes, risks and complications with a rational approach to management.</i></p> <hr/> <p>Cuff Tear Arthropathy - Instructors: Dr. R. Bicknell & Dr. P. Lapner <i>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.</i></p> <hr/> <p>Complications in Shoulder Arthroplasty – Instructors: Dr. F. Balg & Dr. S. Hinse <i>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.</i></p>
13:00-16:00	WET LAB : Shoulder Arthroplasty (Groups 4,5,6)
	<p>Moderated by: Dr. G.Athwal Dr. A. Bois, Dr. P. Chin, Dr. D. Drosdowech Dr. M. Bouliane & Dr. G. Athwal Demonstration DP approach <i>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.</i></p>
16:00-17:00	Evidence base Prevention strategies of post operative shoulder infection
	<p>Moderator: Dr. D. Rouleau epidemiology with POSI study Home skin preparation (Ryan Bicknell) Preop skin preparation (Peter Lapner) Antibio prophylaxis choice-timing-recurrence (Martin Bouliane) Bone cement/calcium sulfate (Frederick Balg) Timing of surgery in trauma (Diane Nam) Medical optimisation (Stéphane Pelet) Vancomycin and other intra wound product (George Athwal) Tranexamic acid and other factors (Dominique Rouleau)</p>



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