

2017 Hong Kong International Elbow Seminar and Workshop
Sports Related Elbow Problems
Workshop Program (7 July 2017)

Time	Topic	Speaker
07:30 - 07:50	Registration	
07:50 - 08:00	Welcome and Introduction (10 mins)	Prof. Shawn O'Driscoll
08:00 - 10:00	BASIC ARTHROSCOPIC SKILLS	
08:00 - 09:30	Elbow Arthroscopy: Positioning, Set up & Portal Placement (90 mins)	Prof. Shawn O'Driscoll
	POSTERIOR	
	- Get in and Establish a View	
	- Create a Space in Which to Work	
	- Medical Gutter	
	- Lateral Gutter	
	DRILLS AND SKILLS	
	ANTERIOR	
	- Get in and Establish a View	
	- Retractor Placement	
	- Create a Space in Which to Work	
	- Portal Switching	
	- Portal Recovery Techniques	
	DRILLS AND SKILLS	
09:30 - 10:00	Arthroscopic Tennis Elbow Surgery (30 mins)	Prof. Takuro Wada
	Hands-On Practical	
10:00 - 10:20	Tea Break	
10:20 - 12:40	ADVANCED ARTHROSCOPIC SKILLS	
10:20 - 11:05	Arthroscopic Stiff Elbow Release - Arthrolysis, Capsulectomy, Osteocapsular Arthroplasty (45 mins)	Prof. Shawn O'Driscoll
	Hands-On Practical	
11:05 - 11:50	Arthroscopic Peripheral Nerve Decompression (45 mins)	Prof. Shawn O'Driscoll
	Hands-On Practical	
11:50 - 12:40	Arthroscopic Assisted Coronoid Process Fracture Fixation (50 mins) - DEMONSTRATION	Prof. Shawn O'Driscoll
12:40 - 13:45	Lunch & Group Photo	
13:45 - 15:45	OPEN SURGICAL TECHNIQUES	
13:45 - 14:45	Lateral approaches (60 mins)	Prof. Denise Eygendaal
	- Lateral Column Procedure	
	- Kaplan vs Kocher Approach	
	- Radial Head Replacement	
	Hands-On Practical	
14:45 - 15:45	Medial approaches (60 mins)	Prof. In-Ho Jeon
	- Medial Approach	
	- Coronoid Process Fixation	
	Hands-On Practical	
15:45 - 16:05	Tea Break	
16:05 - 17:05	LCL Reconstruction (60 mins)	Prof. Shawn O'Driscoll
	Hands-On Practical	
17:05 - 17:25	Single Incision Distal Biceps Fixation (20 mins)	Prof. Denise Eygendaal
17:25 - 17:45	Two Incision Distal Biceps Fixation (20 mins)	Prof. Shawn O'Driscoll
17:45 - 18:15	Hands-On Practical	
18:15 - 18:30	Certificate Presentation & Closing Remarks	

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Time	Topic	Speaker
07:30 - 08:00	Registration	
08:00 - 08:15	WELCOME SPEECH (10 mins)	Prof. Patrick Yung / Dr. PC Ho
08:15 - 08:20	INTRODUCTION - Elbow Problems in Sports (5mins)	Dr. Clara Wong
	BASIC KNOWLEDGE	
08:20 - 08:35	Clinical Examination of Elbow (15 mins)	Prof. Shawn O'Driscoll
08:35 - 08:40	Q&A	
08:40 - 08:55	Imaging of Elbow Problems, What Do We Look For? (15 mins)	Dr. Alex Ng
08:55 - 09:00	Q&A	
09:00 - 09:20	CASE DEMONSTRATION I (20 mins)	Prof. Shawn O'Driscoll
09:20 - 09:40	Tea Break	
	TENDON PROBLEMS & OVERUSE	
09:40 - 09:55	Lateral Elbow Pain, Diagnosis, Causes & Management (15 mins)	Prof. Takuro Wada
09:55 - 10:00	Q&A	
10:00 - 10:12	Tennis Elbow, How to Get Back to Sports ? (12 mins)	Prof. Denise Eygendaal
10:12 - 12:17	Q&A	
10:17 - 10:27	How to Deal with Surgical Complications of Tennis Elbow Surgery (10 mins)	Prof. In-Ho Jeon
10:27 - 10:32	Q&A	
10:32 - 10:44	Distal Biceps Rupture, Should We Repair and How ? (12 mins)	Prof. Denise Eygendaal
10:44 - 10:49	Q&A	
10:49 - 10:59	Triceps Tendon Injuries, Should We Operate and How? (10 mins)	Prof. In-Ho Jeon
10:59 - 11:04	Q&A	
11:04 - 11:14	Elbow Osteochondritis, How to Improve the Outcome ? (10 mins)	Prof. Denise Eygendaal
11:14 - 11:19	Q&A	
11:19 - 11:45	CASE DEMONSTRATION II (anterior elbow pain) +/- III (lateral elbow pain) (25 mins)	Prof. Takuro Wada / All
	ELBOW INSTABILITY & THROWING ELBOW	
11:45 - 12:00	Lateral Elbow Instability, Diagnosis and Treatment (15 mins)	Prof. Shawn O'Driscoll
12:00 - 12:05	Q&A	
12:05 - 12:20	Medial Elbow Instability, from Diagnosis to Treatment, from Acute to Chronic (15 mins)	Prof. Takuro Wada
12:20 - 12:25	Q&A	
12:25 - 12:37	Valgus Extension Overload Syndrome, How to Get Back to Sports ? (12 mins)	Prof. Denise Eygendaal
12:37 - 12:42	Q&A	
12:42 - 13:20	CASE DEMONSTRATION IV (medial elbow pain) +/- QUICK CLINICAL QUIZ V (posterior elbow pain) (38 mins)	Prof. In-Ho Jeon / All
13:20 - 14:25	Lunch & Group Photo	
	RADIAL HEAD AND CORONOID FRACTURES	
14:25 - 14:35	Non-prosthetic Treatment of Radial Head Fracture (10 mins)	Prof. In-Ho Jeon
14:35 - 14:40	Q&A	
14:40 - 14:50	Forearm Rotational Stiffness after Radial Head Fracture (10 mins)	Dr. TH Lui
14:50 - 14:55	Q&A	
14:55 - 15:10	Coronoid Fractures, Not a Simple Fracture (15 mins)	Prof. Shawn O'Driscoll
15:10 - 15:15	Q&A	
15:15 - 15:35	CASE DEMONSTRATION VI (sequelae of elbow fractures) (20 mins)	Prof. Denise Eygendaal / All
15:35 - 15:55	Tea Break	

ELBOW STIFFNESS		
15:55 - 16:10	Management of Elbow Stiffness, When to Operate, Open or Arthroscopic ? (15 mins)	Prof. Shawn O'Driscoll
16:10 - 16:15	Q&A	
16:15 - 16:27	Forearm Rotational Stiffness, Causes and Management (12 mins)	Prof. Denise Eygendaal
16:27 - 16:32	Q&A	
16:32 - 16:47	Heterotopic Ossification, Prevention and Treatment (15 mins)	Prof. Shawn O'Driscoll
16:47 - 16:52	Q&A	
16:52 - 17:15	CLINICAL QUIZ VII (elbow stiffness) (23 mins)	All
REHABILITATION		
17:15 - 17:25	Elbow Problems in Athletes, Physiotherapist Perspective (10 mins)	Mr. Gorman Ngai
17:25 - 17:30	Q&A	
17:30 - 17:40	Elbow Problems, Occupational Perspectives (10 mins)	Ms. Josephine Wong
17:40 - 17:45	Q&A	
Closing Remarks		