



AOP Lower Limb Study Day

23rd November 2022

John Turner Building (Education Centre & Clinical Skills Facility)
Warwick Hospital

09.00 -09.30 **Registration & Coffee**

09.30 **Introduction & Welcome**

Mark Rees, BOA National Casting Training Advisor

09.45 **Arthrofibrosis of the knee – management & treatment options**

Mr Jamie Arbuthnot (Orthopaedic Consultant, University Hospitals Birmingham)

10.30 **PCL Injuries – diagnosis & management**

Mr Jon Waite (Orthopaedic Consultant, Warwick Hospital)

11.15 **Coffee Break**

11.30 **Practical Bracing session – JAS / PCL**

medi UK Account Managers

12.30 **Lunch Break**

13.15 **Complex Trauma & Limb Reconstruction**

Ms Deepa Bose (Consultant in Trauma & Limb Reconstruction, QE Hospital Birmingham)

14.00 **Osteoarthritis of the Knee – Conservative Management, Bridging the gap in 2022**

Mr Tarek Boutefnouchet (Orthopaedic Consultant, University Hospitals Birmingham)

14.45 **Practical Bracing Session – OA off-loading braces**

15.45 **Close**

For Further Information or to register, please contact

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Mr Jamie Arbuthnot - Consultant Orthopaedic Surgeon, University Hospitals Birmingham NHS Foundation Trust

Jamie Arbuthnot is a Consultant Knee and Sports Surgeon. He completed his higher surgical training in Trauma and Orthopaedics on the Birmingham and Warwick Rotations before undertaking 3 knee fellowships in Oxford, the Exeter Knee Reconstruction unit and Melbourne, Australia.

He has worked at University Hospitals Birmingham NHS Trust since his appointment as a consultant in 2008. He has been knee lead for the Trust for 11 years and has been associate Clinical Service Lead for 4 years and has worked as Regional Specialty Adviser for the British Orthopaedic Association and the Royal College of Surgeons of England for 7 years.

He is a member of the British Association for Surgery of the Knee, the British Orthopaedic Association, the Biological Knee Society and the British Orthopaedic Sports Trauma and Arthroscopy Association. He is qualified at level 3 for Pre-Hospital Immediate Care in Sport.

He carries out high volumes of knee ligament reconstruction, cartilage repair procedures and knee replacements.

Topic: *Presentation on joint stiffness after knee replacement, management options and outcomes.*

Mr Jon Waite - Consultant Orthopaedic Surgeon & Knee Specialist, South Warwickshire NHS Foundation Trust based at Warwick Hospital

Mr. Waite has been a Consultant at Warwick Hospital since 2007. He is a specialist knee surgeon, having trained in Oxford, with fellowships in Sports and Knee arthroplasty surgery undertaken in Australia. His practice covers the whole breadth of knee surgery. He has been Clinical Director of the department since 2016.

Topic: *PCL Injuries – Diagnosis & Management. The aim of this talk is to provide an overview of the mechanisms of injury that damage the PCL, both in isolation and in combination with other structures. We will review the anatomy of the ligament and its role in knee biomechanics. We will then discuss diagnosis of the injury and move on to plan management strategies based on individual patient requirements. We will review both conservative and surgical treatment plans. Hopefully, this will give a better understanding of the relatively rare but often complex injury.*

Ms Deepa Bose - Consultant in Trauma and Limb Reconstruction, Queen Elizabeth Hospital Birmingham

Ms. Deepa Bose is a consultant in trauma and orthopaedics at the Queen Elizabeth Hospital in Birmingham, which is a major trauma centre. Her practice includes general trauma, major trauma, and post-traumatic limb reconstruction (osteomyelitis, malunion, non-union, limb lengthening).

Topic: *Complex trauma and limb reconstruction Complex trauma such as open fractures and peri-articular fractures are life-changing injuries which challenge patients and healthcare workers alike. Such injuries often result in sequelae such as infection and non-union, resulting in prolonged disability, loss of quality of life and financial instability. These injuries are best managed by a multidisciplinary team in specialised centres. Although the surgery is technically complex, the final outcome for the patient is heavily reliant on the pre- and post-operative input from other disciplines such as physiotherapy and occupational therapy.*

Mr Tarek Boutefnouchet - Consultant Orthopaedic Surgeon, University Hospitals Birmingham NHS Foundation Trust

Mr Boutefnouchet graduated from the University of Birmingham. He completed specialist training with Birmingham and Coventry Warwickshire Orthopaedic programmes. With a specialist interest in knee surgery, he spent one-year on advanced training fellowship in arthroscopic and replacement surgery of the knee in Montreal, Canada. He has published numerous scientific articles and takes an active role in research and education. He is also an honorary researcher in mechanical engineering at Birmingham University. He currently works for the University Hospitals Birmingham NHS

Topic: *The talk will encompass non-surgical management of knee osteoarthritis: bridging the gap in 2022.*

Practical Brace fitting demonstrations – medi UK Orthopaedic Account Managers: **Vikki Abbott, Nathan Budgett, Simon Dashwood, Matty McCullough**. *The medi UK account managers cover all hospitals throughout England & Wales and provide support, training, and education on the medi orthopaedic portfolio. They will be running practical sessions, demonstrating the JAS devices for treating joint stiffness, M4s PCL Dynamic and OA off-loading knee brace range.*