



Irish Shoulder & Elbow Society

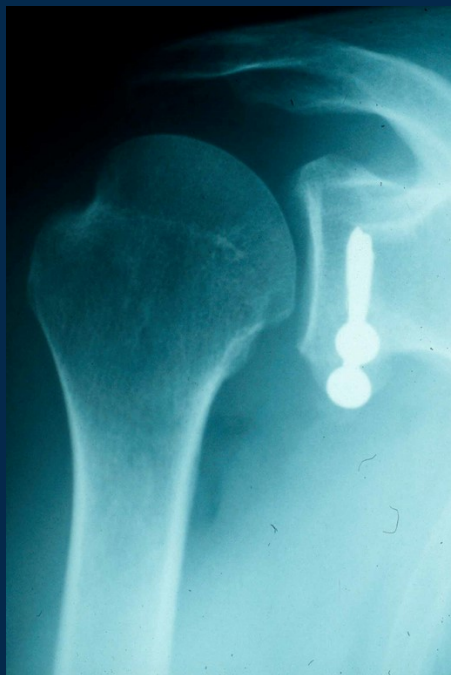
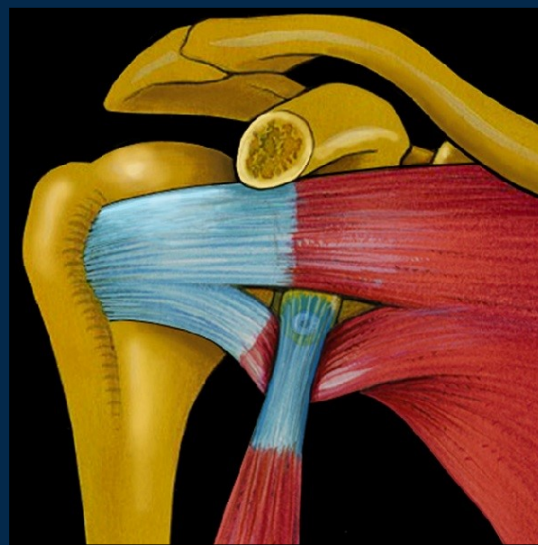
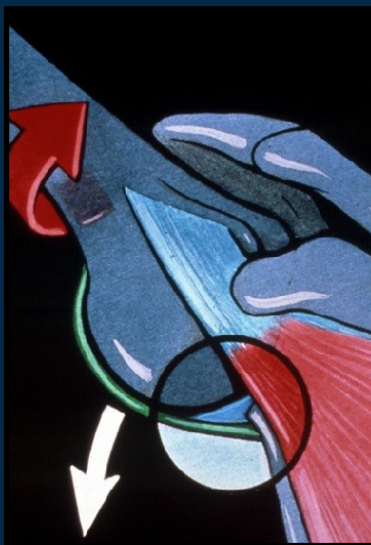
2020

# IRISH SHOULDER AND ELBOW SOCIETY ANNUAL MEETING

**Saturday, 11th January**

**Royal College of Surgeons in Ireland**

**With Guest Speakers: Dr Gilles Walch and Ms Jo Gibson**



# CONTENTS

<b>ISES Committee.....</b>	<b>3</b>
<b>Welcome from the Committee.....</b>	<b>4</b>
<b>General Information.....</b>	<b>5</b>
<b>Guest Speakers.....</b>	<b>6</b>
<b>SECEC and ASES Fellows .....</b>	<b>7</b>
<b>Timetable.....</b>	<b>8</b>
<b>Our Sponsors.....</b>	<b>9, 10</b>
<b>Irish Shoulder and Elbow Rehabilitation Society.....</b>	<b>11</b>
<b>Feedback Form.....</b>	<b>12</b>
<b>CPD Certificate.....</b>	<b>14</b>
<b>Past Events.....</b>	<b>16</b>
<b>Notes Pages.....</b>	<b>17-20</b>
<b>Upcoming Meetings.....</b>	<b>21</b>
<b>Past ISES Meetings.....</b>	<b>22</b>
<b>Distinguished Speakers 2017 - Present.....</b>	<b>23</b>



# IRISH SHOULDER AND ELBOW SOCIETY

Supporting & Advancing the Science, Art and Practice  
of Shoulder and Elbow Surgery in Ireland

## EXECUTIVE COMMITTEE



**Hannan Mullett**  
President



**Diarmuid Molony**  
Treasurer



**Kieran O'Shea**  
Secretary



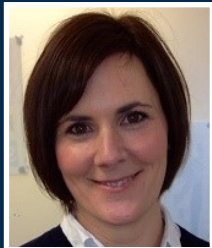
**James Colville**  
Past President



**Timothy Doyle**



**Ruth Delaney**



**Clare Gilsenan**



**T Kenneth Kaar**



**Ross Kingston**



**Patrick Groarke**



**Olivia Flannery**

## GUEST SPEAKERS

**Mr Gilles Walch**, is a world-renowned shoulder surgeon practicing at the Centre Orthopedique Santy in Lyon, France.



**Jo Gibson** is a Clinical Physiotherapy Specialist who has specialised in rehabilitation of the Shoulder since 1995 and works at the Liverpool Upper Limb Unit.



## WELCOME FROM THE COMMITTEE

Dear Colleagues,

2019 was a busy and successful year starting with the annual scientific meeting in January. Dr Evan Flatow proved to be an extremely engaging and insightful speaker and gave us the benefit of his experience in both shoulder surgery and transitioning from medical to management of a major healthcare network.


Professor Lori Michener travelled from the University of Southern California to be the ISERS's guest speaker. Prof Michener is a world-renowned physiotherapist and academic. Director of COOR (Clinical biomechanics, Orthopaedics and sports medicine Out-comes Research) Laboratory, her research focuses on the study of mechanisms and the diagnosis and treatment of orthopaedic and sports injuries of the shoulder and she was an excellent speaker.

Many ISERS members attended the SECEC meeting in Geneva to support our bid to host SECEC 2021. The bid was presented by Ruth Delaney on behalf of the committee and we were delighted that we were successful - plenty of work for the next couple of years but an opportunity to put Irish shoulder and elbow surgery on the map.

We also welcomed both visiting SECEC and ASES fellows for the first time.

We welcome Ms Jo Gibson from Liverpool and Mr Gilles Walch from Lyon as guest speakers for our 2020 annual meeting and look forward to an enjoyable and educational day.


Finally, our colleague, Mr Patrick Groarke has been working away developing an updated website, which I invite you all to view at [www.isesociety.com](http://www.isesociety.com).



**Mr Hannan Mullett**  
**PRESIDENT**



**Mr Diarmuid Molony**  
**TREASURER**



**Mr Kieran O'Shea**  
**SECRETARY**



Irish Shoulder & Elbow Society



**IITOS**  
THE IRISH  
INSTITUTE OF  
TRAUMA AND  
ORTHOPAEDIC  
SURGERY



**IRISH SHOULDER & ELBOW  
REHABILITATION SOCIETY**



**RCSI**

# General Information

## Wireless Internet Access

The login and password for wifi is:  
Username – rcsiguest  
Password – RC\$1Gu3stJan

## Cloakroom Facilities

Coat rails are outside the outside the Albert near the stairs.

## Washroom Facilities

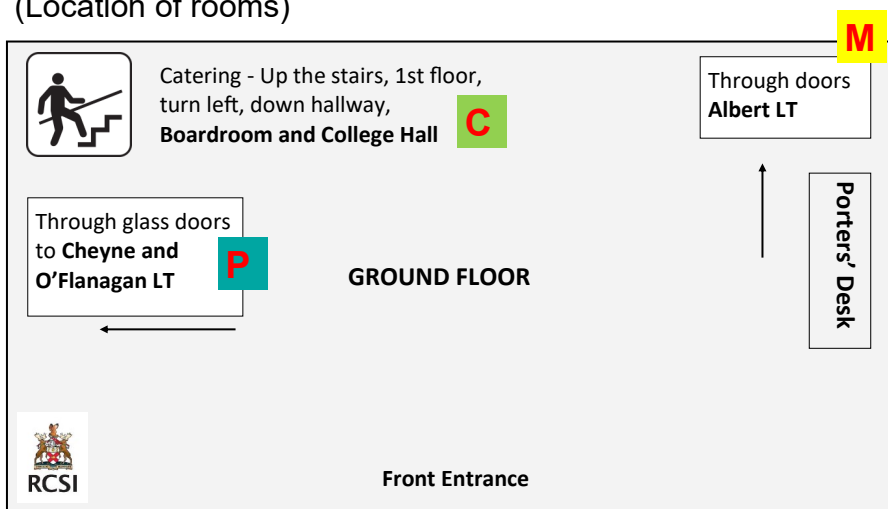
Outside the Albert LT and down the steps.  
Down the hall from the Boardroom / College Hall  
To the right of the Porters' desk, down the hall, on the left.

## Taxis

Outside on Stephen's Green across from Insomnia coffee shop.

## MAP

(Location of rooms)



**M** = Main Meeting

**P** = Physio Meeting

**C** = Catering

## Membership Fees

**Ordinary Member:** Annual fee €250, includes conference attendance fee

**Junior Member:** Annual fee €50, includes conference attendance fee

**Non-member practising orthopaedic surgeon:** Attendance fee €100

**ISERS Membership & Conference** €100

**Conference attendance only** €80

**Trainee - Membership (conference included)** €50



## Guest Speakers

**We are delighted to welcome Mr Gilles Walch as our speaker and guest of honour at the 2020SES conference.**



**Mr Gilles Walch**

Native of Lyon, France and a product of the Lyonnaise Orthopedic school, Doctor Gilles Walch is truly a legend in the world of shoulder surgery. At the end of his orthopaedic training, he took the advice of his mentor, Pierre Chambat, and went to the USA, intending at that time to specialise in knee surgery (at this point he had numerous publications on patello-femoral instability and natural history of cruciate ligament rupture). He visited Dr Frank Jobe and Dr Charlie Rockwood in the US and those experiences drew him to shoulder specialisation, which at that time was virtually unheard of in Europe.



Since his return to France, Dr Walch has focused completely on the shoulder, improving the understanding and treatment of various shoulder disorders. Over time, he set up multidisciplinary teams with Rheumatologists, Radiologists, Physiotherapists, Rehab Doctors and other orthopaedic surgeons, in particular within the Duplay group. In 1993 he organised the first, 'Journées de l'épaule' in Lyon. Over 1,000 European specialists including orthopaedic surgeons, rheumatologists, radiologists and rehabilitation specialists consolidated 10 years of collaboration with the purpose of identifying and quantifying the different shoulder pathologies. The results of the collaboration have allowed careful analysis of poor results, complications and failures to improve treatment.

From 1987 to 1995 Dr Walch was the General Secretary of the European Society for Surgery of the Shoulder and Elbow (ESSSE/SECEC), before holding the office of President from 2005 to 2007. He has been a member of the ASES since 1994 and was elected President of the French Society of Orthopedic Surgery and Traumatology (SOFOT) 2014-2015. He was distinguished as an Honorary Member of several European Orthopedic Societies including Switzerland, Portugal, Italy and Greece. He is also a member of eight scientific societies and has been invited as Visiting Professor in many University Hospitals all around the world.

He has published more than 300 articles in national and international journals and has lectured at some 500 conferences across the world. He has written numerous book chapters and edited four books on Shoulder Arthroplasty. Dr. Walch has been a pioneer in the understanding of shoulder conditions and has developed several concepts including internal impingement, arthroscopic tenotomy of the biceps in massive RCT, hidden lesion of the subscapularis, the Latarjet procedure, the classification of arthritic glenoid, the role of the teres minor in massive rotator cuff tears and the musculotendinous rupture of the infraspinatus.



**Ms Jo Gibson**

Clinical Physiotherapy Specialist

Jo Gibson is a Clinical Physiotherapy Specialist who has specialised in rehabilitation of the Shoulder since 1995 and works at the Liverpool Upper Limb Unit and as a Consultant in private practice. She lectures Nationally and Internationally about assessment and rehabilitation of the shoulder complex and is a Consultant to several elite sports teams regarding shoulder rehabilitation. Jo is an Associate Lecturer at Liverpool University, has published in Peer-reviewed journals, written several book chapters and co-authored National guidelines for the management of specific shoulder pathologies.



## ASES and SECEC Visiting Fellows

### SECEC Visiting Fellow's Report

It was very interesting and to meet both Ruth Delaney and Hannan Mullet. Also, it was a great opportunity for me to be introduced to the Irish Shoulder Orthopaedic community. I had the chance to attend the meeting where the shoulder surgeons in Dublin share their most difficult cases and they also invite patients to come for open preoperative evaluation. This was very useful. Afterwards, we had a nice dinner at the French Restaurant followed by (of course) a pint of Guinness. I was very impressed by the unique group of patients. Since rugby and Gaelic football are so popular in Ireland, shoulder dislocation is very common. We had very interesting conversations about their surgical indications and postoperative protocols in such high-demanding and often very young patients.



Albert Ferrando and SECEC visiting fellow Enrico Bellato in Temple Bar

I was also impressed by the high level of the facilities where they work: they have an amazing team working with them so that they can be very efficient in the OR, where I saw several interesting cases. I also visited the Sport Center connected to the Sports Surgery Clinic: a physiotherapist introduced me to their rehabilitation programs and showed me their ongoing studies. And a lucky morning as a tourist with no rain (!!!) was the cherry on top.



Enrico Bellato MD (centre), SECEC visiting fellow, receiving a tour of the physiotherapy department at the Sports Surgery Clinic.

### American Shoulder & Elbow Society Visiting Fellows

Every two years the American Shoulder and Elbow Society (ASES) sends two fellows to a number of European centres and we were honoured that this year's ASES visiting fellows chose Dublin as one of their centres. This was the first time Ireland has hosted the visitors. We welcomed Dr Michael Freehill, MD, University of Michigan and Dr Uma Srikumaran, MD, Johns Hopkins University to Dublin from 4th to 8th September. They visited the Sports Surgery Clinic (SSC) and spent time with Ruth Delaney and Hannan Mullett in theatre.



Pictured are (from L-R): Uma Srikumaran, MD, Johns Hopkins University. Ruth Delaney, Consultant Orthopaedic Surgeon, Sports Surgery Clinic. Michael Freehill, MD, University of Michigan.

They also visited the SSC Sports Medicine Department and were interested to hear about the biomechanical research that is being undertaken there. They delivered a series of lectures to an audience comprising local shoulder surgeons, trainees and physiotherapists. Mike and Uma also visited Cappagh hospital and observed surgery with Kieran O'Shea and Olivia Flannery. They enjoyed an active social schedule with dinner on the Friday night in the Winding Stair restaurant hosted by ISES committee. They also came to see Ireland beat Wales in the final World Cup warm-up match at the Aviva Stadium. Mike is a keen U2 fan and got to see Bono's childhood home en route to Cappagh which was an added bonus for him.



Leo Pauzenberger, Fellow SSC, Michael Freehill, Hannan Mullett, Uma Srikumaran.



# CONFERENCE PROGRAMME

08:15 - 08:40	Registration, tea, coffee	Boardroom	
08:45 - 09:00	Welcome Address	Mr Hannan Mullett	Albert Lecture Theatre
09:00 - 10:00	SESSION 1		
09:00 - 09:30	Time to talk the same language- getting to grips with what really matters in shoulder pain.	Ms Jo Gibson	
09:30 - 10:30	Panel Discussion: Instability Clinical Cases Chair: Mr Diarmuid Molony Panel: Mr Ken Kaar, Mr David Morrissey, Dr Leo Pauzenberger		
10:30 - 11:00	What I've learned treating anterior shoulder instability	Dr Gilles Walch	
11:00 - 11:30	Coffee break	Boardroom	
11:30 - 13:00	SESSION 2: Free Papers	Chair: Mr Timothy Doyle	Adjudicators: Mr Ross Kingston Mr Oisin Breathnach Ms Clare Gilsean
11:30 - 11:40	Return to Play after Repair of Type V Superior Labral Anterior-Posterior Tears versus Biceps Tenodesis.	JP Toale, ET Hurley, MS Davey, L Pauzenberger, H Mullett.	Sports Surgery Clinic, Dublin.
11:40 - 11:50	Exploring Expert Variability In Defining Pseudoparalysis: An International Survey.	CJ Fahey, Ruth A Delaney.	University College Cork, Cork; Dublin Shoulder Institute, Dublin.
11:50 - 12:00	Outcomes Following Arthroscopic Bankart Repair in Female Patients.	TK Moore, ET Hurley, DN Rowe, RE Hogan, CJ Kilkenny, L Pauzenberger, H Mullett.	Sports Surgery Clinic, Dublin.
12:00 - 12:10	Group Versus Individual Physiotherapy for Rotator Cuff Tendinopathy: a Clinical Trial in Primary Care.	K Teahan, D Kiely, S Lynch, M Phelan, N Walsh, R Galvin, K McCreesh.	Cork North South Lee; South Infirmary Victoria University Hospital, Cork; University of Limerick.
12:10 - 12:20	Experience with Percutaneous Fixation of Proximal Humeral Fractures:	MN Baig, O Hennessey, K Kaar.	Galway University Hospitals.
12:20 - 12:30	The Majority of Patients Return to Athletic Activity Following Biceps Tenodesis.	JT Cassidy , ET Hurley, M Moore, L Pauzenberger, H Mullett.	Sports Surgery Clinic, Dublin.
12:30 - 12:40	A qualitative Evidence Synthesis Exploring the Experience of People with Shoulder Pain.	C Maxwell, K Robinson, K McCreesh.	University of Limerick.
12:40 - 12:50	Repair of Sternoclavicular Joint Ligament: A Novel Approach.	D Keohane, D Morrissey.	Cork University Hospital.



12:50 - 13:00	Tranexamic Acid for the Latarjet Procedure – A Randomized Controlled Trial.	ET Hurley, D Lim Fat, L Pauzenberger, H Mullett.	Sports Surgery Clinic, Dublin.
13:00 -14:00	Lunch	Boardroom / College Hall	
14:00 -15:00	<b>SESSION 3:</b> Shoulder Arthroplasty	Albert Lecture Theatre	
Panel Discussion: Arthroplasty Clinical Cases Chair: Ms Ruth Delaney Panel: Mr Cormac Kelly, Mr John Lunn, Mr David O'Briain			
14:00 -16:15	<b>Parellel Session AHP</b>  Rehabilitation following Rotator Cuff Repair	Cheyne Lecture Theatre	
Chair: Clare Gilsenan Speaker: Ms Jo Gibson ISERS Update: Ms Clare Gilsenan			
15:00 - 15:30	Coffee break	Boardroom	
15:30- 16:00	Long term results and evolution of the Grammont Reverse Arthroplasty.	Mr Gilles Walch	Albert Lecture Theatre
16:00 - 16:15	Close and Awards		
16:15	Business Meeting / ISES AGM	Albert Lecture Theatre	
	ISERS AGM Chair - Karen McCreesh	Cheyne Lecture Theatre	

## Platinum Sponsors for 2020



## Thanks to all our generous sponsors



# Irish Shoulder and Elbow Rehabilitation Society

The Irish Shoulder and Elbow Rehabilitation Society, ISERS was established in 2017 to support our 46 members in leading and collaborating on the delivery of the highest standards of shoulder and elbow rehabilitation in Ireland. This is being done through high quality short courses, journal clubs, case discussions and the development of online resources.

The ISERS committee is made up of five physiotherapists who have a special interest in the management of upper limb disorders. These members are Michelle Clarke (Clinical Specialist Physiotherapist at Beaumont Hospital Dublin), Clare Gilsenan (Clinical Specialist Physiotherapist at Beaumont Hospital Dublin), Edel Fanning (Lead Upper Limb Physiotherapist at Sports Surgery Clinic Santry), Karen Mc Creesh (Senior Lecturer and Course Director of Physiotherapy at University of Limerick), Eoin O' Conaire (clinical Specialist Physiotherapist at Evidence Based Therapy Centre, Galway) and Kevin Sheerin (Chartered Physiotherapist at Physio Care, Dublin).

It has been a busy and successful year for ISERS. Many of our members travelled to Geneva to the EUSSER meeting, where Michelle Clarke and Eva Barrett presented their research.

In April, ISERS was honoured to host Leanne Bissett for an excellent 'Advanced Elbow Course' in the University of Limerick. Leanne is Associate Professor in Musculoskeletal Physiotherapy within the School of Allied Health Sciences at Griffith University in Brisbane, Australia. She has successfully completed multiple clinical trials investigating physiotherapy and medical interventions for chronic upper limb musculoskeletal pain conditions. With more than 1 million AUD in competitive grant funding, Leanne is recognised as a leading expert in the field of soft tissue elbow injuries.

The society ultimately aims to encourage and support research collaboration between members, and foster relationships with our international colleagues in the field of elbow and shoulder rehabilitation. This year we have partnered with The European Society for Shoulder and Elbow Rehabilitation, EUSSER, and look forward to collaborating and contributing to the work of our European colleagues. Further to this, at last year's meeting, ISERS awarded a travel bursary to one of our Members, Paula Tansey, to attend the annual EUSSER symposium in the Netherlands. Paula will be discussing her trip at this year's meeting and we look forward to hearing how her experience was.

One of the key goals for the ISERS group is to strengthen our networks with the shoulder and elbow surgeons nationally. Therefore increasing awareness of physiotherapists with a special interest in shoulder and elbow rehabilitation amongst our surgical colleagues was considered important. To this end we have created a brochure with the contact details of any of our members who would like to be included, which has been circulated to the members of the ISES surgeons' group.

A lot of work was carried out since our last meeting by the ISERS committee to establish ISERS as a company, limited by guarantee. A constitution was drawn up as dictated by the terms of the Companies Registration Office (CRO) and ISERS was officially registered with the CRO and received it's Certificate of Incorporation on the 14th of May 2019.

We look forward to the coming year, starting with this year's conference. We very much look forward to welcoming the esteemed Jo Gibson and Mr Gilles Walch who are our key note speakers for the day. We also look forward to a number of exciting CPD opportunities coming up in 2020. Our case discussions and journal clubs in Cappagh National Orthopaedic Hospital will be happening on the following dates: Tuesday, February 4th, April 7th, June 2nd, Aug 4th, Oct 6th, Dec 1st.

We will also be welcoming Dr Ian Horsley (Lead Physiotherapist in the North West for the English Institute of Sport and clinical director of Back In Action Rehabilitation) in the Spring. Details on this course will follow and will be advertised via our website and twitter.



EUSSER Meeting, Geneva



# IRISH SHOULDER AND ELBOW SOCIETY 4TH ANNUAL MEETING

Saturday, 11th January 2020

## FEEDBACK FORM

Your feedback is important to us. Please take a few minutes to fill in this detachable form and drop back to the registration desk before you leave.

Name: \_\_\_\_\_

Place of Work: \_\_\_\_\_

Please indicate your level of satisfaction with this meeting.

- ☐ Very Satisfied
- ☐ Satisfied
- ☐ Somewhat satisfied
- ☐ Neutral
- ☐ Dissatisfied

Which session did you enjoy most and why?

---

---

---

---

Do you have any suggestions for next year's meeting?

---

---

---



Irish Shoulder & Elbow Society





Irish Shoulder & Elbow Society

# Certificate of Attendance

This is to certify that

IMC \_\_\_\_\_

attended

## Irish Shoulder and Elbow Society Conference 4th Annual Meeting

Royal College of Surgeons in Ireland  
St. Stephen's Green, Dublin 2  
Saturday, 11th January 2020

Hannan Mullett

Kieran O'Shea

Diarmuid Molony

RCSI CPD

Category: External

Credits Awarded - 6





Irish Shoulder & Elbow Society



Mr Hannan Mullett, President ISES pictured at the at ICSES Argentina with BESS president Amar Rangan, Osvandre Lech, Chairman International Board of Shoulder and Elbow Surgeons (IBSES)



Attendees in the Albert Lecture Theatre, RCSI at the 3rd Annual Meeting.



Visiting ASES fellows: Uma Srikumaran and Michael Freehill, Hannan Mullett, Ruth Delaney and Kieran O'Shea at the Aviva Stadium for Ireland's final warm up game before the Rugby World Cup



L-R Michelle Clarke, Eoin O'Conaire, Karen McCreesh, Prof Lori Michener, Clare Gilsean and Edel Fanning at the ISES/ISERS annual meeting in 2019.



Visiting SECEC travelling fellow Enrico Bellato attending the monthly shoulder conference in Cappagh Hospital.



Dinner with the visiting SECEC fellow.

## NOTES

[illegible]



## NOTES

[illegible]

## NOTES

[illegible]

## NOTES

[illegible]



Société Européenne pour la Chirurgie de l'Epaule et du Coude  
European Society for Surgery of the Shoulder and the Elbow



29 SECEC-ESSSE CONGRESS - POZNAŃ 2020 · POLAND · SEPTEMBER 9-12

Click on images above and below for further details.

## REGISTRATION & ABSTRACT SUBMISSION

### ABSTRACT SUBMISSION

Opens: December 1st 2019

Deadline for submission: February 15th 2020

### REGISTRATION

Opens: January 15th 2020

Deadline for early bird registration: June  
30th 2020



30

**SECEC-ESSSE**

CONGRESS

**EUROPEAN SOCIETY FOR SURGERY  
OF THE SHOULDER AND THE ELBOW**

**DUBLIN · IRELAND**

15-18 September 2021











From the 3rd Annual Meeting with Guest Speakers Dr Evan Flatow and Dr Lori Michener.



ISES Annual Meeting 2018 in the Royal College of Surgeons guest speakers, Prof Pascal Boileau and Ms Anju Jaggi.



ISES Inaugural Meeting 2017 in the Royal College of Surgeons guest speaker Dr Anthony Romeo.

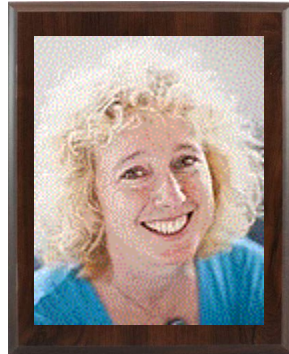


## **DISTINGUISHED SPEAKERS**

### **2017 - PRESENT**



**MR GILLES WALCH**



**MS JO GIBSON**



**DR EVAN FLATOW**



**PROF LORI MICHENER**



**PROF PASCAL BOILEAU**

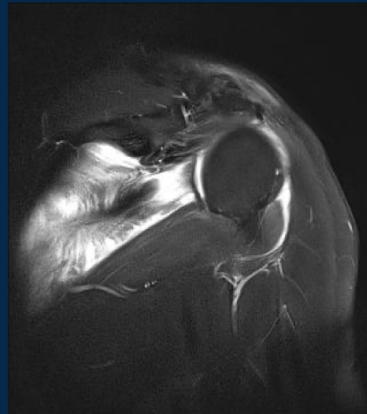


**MS ANJU JAGGI**

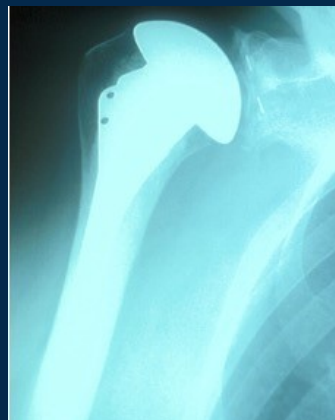


**DR ANTHONY ROMEO**





**Thank You for Attending**  
**See you at ISES 2021 - 16th January**



**Website:** [www.isesociety.com](http://www.isesociety.com)

**Email:** [irishsesociety@gmail.com](mailto:irishsesociety@gmail.com)



Irish Shoulder & Elbow Society