





University Hospital Lewisham  
Lewisham High Street  
London  
SE13 6LH

By train: Ladywell Station is a 5-10 minute walk from the hospital. Lewisham, Catford, and Catford Bridge stations are all approximately 1 mile from the hospital.

By bus: A number of buses stop outside or close to the hospital, including: 47, 54, 75 (24 hour service), 122, 136, 185, 199, 208, 284, 484, P4, N36 and N47.

By car: There is limited parking at the hospital, and you should allow plenty of time to find a parking space. If you have a sat nav, you can enter the postcode SE13 6LH.

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## The lower limb and paediatric FRCS (Orth) revision course



**29—30 March 2019**

**Venue: University Hospital Lewisham, London**

Course convenor: Mr Sunil Bajaj, Consultant Orthopaedic Surgeon,  
Lewisham and Greenwich NHS Trust

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## Educational aims and objectives

Aimed at candidates appearing for the FRCS (Orth) examinations, the course will cover both lower limb and paediatric orthopaedics. Lectures will highlight the salient features in every topic and will enable candidates to enrich their answers with the right “buzz words”.

The first day consists entirely of lectures, and the second day will consist of vivas in the morning and clinicals in the afternoon, whereby you will be examining both adult and paediatric patients.

There will be interactive discussions, clinical case presentations that emphasize the tips and tricks of correct examination techniques, and a mock exam consisting of viva and short and intermediate cases in real exam style. Instant feedback will be provided to candidates at the end of each session.

Candidates will have ample opportunities throughout the course to put questions to our faculty, comprising of consultants (lower limb and paediatric orthopaedic surgeons) and senior trainees (who have recently cleared the exams and are impatient to share their exam secrets).

## Registration fees

Lectures with vivas and clinicals: £375

Lectures only: £50

We only have 18 spaces available for the full course, so please ensure you book early to avoid disappointment.

Registration with ORUK is essential before registering online for our educational events. It also brings other benefits, which include applying for research funding.

Registration with ORUK is free and open to all, join online here: [www.oruk.org/register](http://www.oruk.org/register)

## What delegates say about this course

*“I would strongly recommend this course to my colleagues and friends”*

*“Clear and precise information, including buzz words needed for the exam were explained well.”*

*“Mr Bajaj knows how to deliver the important points and very importantly he transmits enthusiasm and keeps the audience awake...he was absolutely awesome - even better than what I had heard about him from London trainees”*

## Programme (Day 1)

Friday 29 March 2019

08:30 Registration and refreshments

### PAEDIATRICS

09:00 DDH

09:20 SUFE

09:40 Perthes

10:00 Disorders of the foot / CTEV

10:20 Miscellaneous

10:40 Questions

10:50 Refreshments

### KNEE

11:10 Anatomy and biomechanics

11:30 Soft tissue and ligament injuries

11:50 TKR/revision TKR

12:10 HTO/unicompartmental knee replacement

12:30 Questions

12:40 Lunch

### FOOT & ANKLE

13:40 Forefoot disorders

14:00 Cavus foot

14:10 Orthotics /gait and prosthetics

14:25 Ankle arthritis-ankle fusion/ankle replacement

14:45 Flat foot- TPPD

14:55 Questions

15:05 Refreshments

### HIP

15:25 Avascular necrosis of the hip

15:40 Hip biomechanics and THR tribology

16:00 Revision THR

16:20 NJR & GIRFT

16:40 THR

17:00 Young adult hip

17:20 Questions

18:00 Close of day

## Programme (Day 2)

Saturday 30 March 2019

09:10 Refreshments

09:30 Vivas

11:10 Refreshments

11:20 Vivas

13:00 Lunch

14:00 Clinicals

15:30 Refreshments

15:50 Clinicals

17:20 Close of day