

British Elbow and Shoulder Society Annual Scientific Meeting June 2011

The Annual Scientific Meeting of the British and Elbow Shoulder Society (BESS), was held in a beautiful and impressive venue; the Sage in Gateshead. Over a gusty three days in June, clinicians from all over the UK and the world gathered to discuss contemporary and controversial issues in the shoulder and elbow field. Keynote speakers included Dr Steve O'Brien, who presented his work on the biceps-labral complex including a useful diagnostic algorithm, and Professor Tim Bunker who, after demonstrating his wealth of research in this area, summarised with a thought provoking suggestion, a proposed name change from 'frozen shoulder' to 'contracted shoulder'.

A significant proportion of the conference was given over to presentations of research carried out by clinicians in NHS units. The majority of these were from surgical trainees; which emphasised how much research is valued by our surgical colleagues and is considered an integral part of their training; perhaps food for thought for physiotherapy profession. However, Jo Gibson of Liverpool Upper Limb Unit, was amongst those flying the flag for Physiotherapy with their presentations.

The Conference programme had a bias towards surgery, and Friday afternoon was given over to the AHP meeting, though it was encouraging to note that many surgeons stayed for this session. The topic was the stiff shoulder, and after Professor Bunker's speech, Willem Fourie and Nigel Hanchard both presented their work on fascial mobilisation, and the construction of the CSP's guidelines for managing 'contracted (frozen) shoulder' respectively.

The Sage also provided an stunning venue for the Conference dinner, and Newcastle proved to be an entertaining city for those who explored a little further. For those delegates who didn't take full advantage of the dynamic social programme, there were early morning masterclass workshops on a range of clinical topics including patient demonstrations.

I'd like to thank the MACP for awarding me the CPD Bursary which enabled me to attend the conference, and consequently gain membership of BESS. I'm excited to be part of a world-renowned organisation of surgeons and therapists whose priority is advancing knowledge of the shoulder. The benefits to my clinical practice and subsequent opportunities to disseminate this knowledge locally are clear, and I'm grateful that the MACP was able to support my attendance.

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