

Doctors programme

Basic Course in Orthopaedic Medicine

Part 2a

(The Elbow, wrist and thumb)

Day 1

0900-0930	Introduction + 3 cases	t
0930-1015	Elbow - Palpatory anatomy	t,p
1015-1030	Coffee	
1030-1115	Elbow - Clinical examination	t,p
1115-1215	Elbow – Interpretation – Capsular/ Non capsular pattern	t,p
1215-1315	Lunch	
1315-1345	Elbow – Interpretation – Resisted movements	t,p
1345-1500	Elbow – Golfers and tenniselbow	t,p
1500-1515	Coffee	
1515-1615	Shoulder – Recap	t

Day 2

0900-0930	Recapitulation of the first day	t,p
0930-1030	Wrist – Palpatory anatomy	p
1030-1045	Coffee	
1045-1130	Wrist – Clinical examination	t,p
1130-1200	Wrist – Interpretation capsular pattern	t,p
1200-1300	Lunch	
1300-1345	Wrist – Interpretation Non capsular pattern	t,p
1345-1430	Thumb/ Fingers - Interpretation	t,p
1430-1445	Tea	
1445-1515	Wrist – Carpal tunnel	p
1515-1600	Lumbar - Recap	p