

# Instructional Course

# The Wrist

19-20 June 2026, Manchester



## PROGRAMME

FRIDAY 19 JUNE		
TIME	TITLE	PRESENTER
08:15	Registration	
08:40	Welcome	Mr Mike Lamyman Mr Nick Riley
<b>Session 1: Foundation principles, carpal instability and arthritis</b>		Chair: Mr Nick Riley
08:45	Applied anatomy of the wrist: What matters clinically	Mr Sudhi Ankarath
09:00	Imaging of the wrist	Mr Dan Armstrong
09:15	Biomechanics of wrist motion and carpal kinematics	Mr Dan Brown
09:30	Carpal instability patterns: Recognition and classification	Dr Alex Lluch
09:45	Acute scapholunate ligament repair	Mr Kalpesh Vaghela
10:00	Chronic SL instability: Reconstruction options	Mr Sumedh Talwalkar
10:15	Arthroscopic management of SL pathology	Mr Phil Mathew
10:30	Panel discussion and case discussion	
10:45	Break	
<b>Session 2: Carpal instability, arthritis, scaphoid fractures and non-unions</b>		Chair: Mr Ian McNab
11:05	Lunotriquetral instability and midcarpal instability	Dr Alex Lluch
11:20	Perilunate injuries	Mr Kalpesh Vaghela
11:35	Managing the suspected scaphoid fracture	Mr Benjamin Dean
11:50	Acute scaphoid fractures: When and how to fix	Dr Frederik Verstreken
12:05	Scaphoid nonunion: When and how to fix	Mr Tim Halsey

## FRIDAY 19 JUNE

TIME	TITLE	PRESENTER
12:20	Vascularized bone grafts: Indications and techniques	Mr Nick Riley
12:35	Arthroscopic treatment of scaphoid nonunion	Mr Phil Mathew
12:50	Panel discussion and case discussion	
13:05	Lunch	
<b>Session 3: Advanced wrist arthritis and specialised topics</b>		Chair: Mr Matt Brown
13:50	SLAC and SNAC wrist: Pathophysiology and staging	Ms Gemma Smith
14:05	Should I fuse the wrist, or should I replace it?	Mr Tim Halsey
14:20	Kienbock's disease: Classification and management	Miss Lily Li
14:35	Saturday instructions	Mr Mike Lamyman Mr Nick Riley
14:45	Break	
<b>Small group tutorials 1 - 40 minutes each with 5 minute turnaround</b>		
15:05	Rotation 1	
15:50	Rotation 2	
16:35	Rotation 3	
17:20	Rotation 4	
18:00 -19:00	<b>Welcome reception</b>	

## SATURDAY 20 JUNE

TIME	TITLE	PRESENTER
08:00	Registration	
<b>Small group tutorials 2 - 40 minutes each with 5 minute turnaround</b>		
08:30	Rotation 5	
09:15	Rotation 6	
10:00	Rotation 7	
10:45	Rotation 8	
11:25	Break	
<b>Session 4: Distal radius fractures</b>		Chair: Mr Dan Armstrong
11:45	Classification and decision making: 2026 evidence	Ms Gemma Smith
12:00	Surgical approaches and fixation techniques	Miss Lily Li
12:15	How to avoid complications when volar plating	Mr Dan Brown
12:30	Panel discussion and case discussion	
12:45	Lunch	
<b>Session 5: TFCC and DRUJ Pathology</b>		Chair: Mr Sudhi Ankarath
13:30	TFCC anatomy and biomechanics	Mr Tim Halsey
13:45	Arthroscopic TFCC repair and debridement	Mr Matt Brown
14:00	DRUJ instability: Assessment and treatment	Dr Alex Lluch
14:15	Ulnar impaction syndromes and surgical options	Dr Frederik Verstreken
14:30	Panel discussion and case discussion	
<b>Session 6: Case based discussions</b>		Chair: Mr Nick Riley
14:45	Panel: Mr Mike Hayton Dr Alex Lluch Dr Frederik Verstreken	
15:45	Closing remarks and presentations	Mr Nick Riley Mr Mike Lamyman

## SMALL GROUP TOPICS

1	Arthrex - Wrist arthroscopy practical	Mr Matt Brown	Mr Phil Mathew
2	KLS - Distal radial malunion - custom osteotomies	Mr Sumedh Talwalkar	Dr Frederik Verstreken
3	Acumed - Motec Wrist arthroplasty workshop	Mr Dan Brown	Miss Lily Li
4	Examination of the wrist	Dr Alex Lluch	Mr Dan Armstrong
5	How to manage the unreconstructable scaphoid proximal pole	Mr Ian McNab	Mr Kalpesh Vaghela
6	Rheumatoid arthritis of the wrist	Mr Tim Halsey	Ms Gemma Smith
7	Rehabilitation protocols and splinting of the wrist	Miss Christy Fowler	TBC
8	Managing the hot red wrist	Mr Sudhi Ankarath	Mr Benjamin Dean (Friday only)

