

London Paediatric Orthopaedic FRCS (Orth) Revision Seminars

The ultimate, updated pass guide

Course Programme Day 1

09:00-09:20 Registration

09:20-09:30 Introduction and Aims of the Course

09:30-10:00 Normal Variants - why this is essential knowledge for the exam

Demystifying the Paediatric Hip

10:00-10:40 i) DDH - a logical approach to treatment

10:40-11:20 ii) SCFE- tackling the controversies

11:20-11:40 Coffee Break

11:40-12:10 iii) Perthes disease - explaining classifications and treatment

12:10-12:50 iii) Coxa Vara, Avascular Necrosis - DD & management

12:50-13:20 Lunch

Demystifying Paediatric Orthopaedic Procedures (1)

13:20-14:00 Hip: Open Reduction, Osteotomies, Surgical Hip Dislocation

14:00-14:30 Limb Deformities and LLD - what people get confused about

14:30-15:00 Congenital Lower Limb Deficiencies - the essentials explained

15:00-15:20 Coffee Break

15:20-15:50 Congenital Upper Limb Conditions - principles & management

Demystifying Paediatric Orthopaedic Procedures (2)

15:50-16:30 Frames, lengthening nails, 8 plates

16:30-16:40 Summary of the day

Course Programme Day 2

09:00-09:30 Paediatric Trauma: common pitfalls and how to avoid them

09:30-10:00 Fractures around the Elbow - what the examiner wants to hear

10:00-10:30 Infections in Children - current concepts and treatment

Demystifying the Paediatric Foot

10:30-11:00 i) Clubfoot and Congenital Vertical Talus

11:00-11:20 Coffee break

11:20-11:50 ii) "Neurological" feet (Cavo-Varus and Equinus deformities)

11:50-12:20 iii) Other (Malformations, Coalitions, Bunions, Flat & Skewfoot)

12:20-12:50 Lunch

Demystifying Paediatric Orthopaedic Procedures (3)

12:50-13:30 Feet: Releases, Tendon Transfers, Osteotomies, Fusions

13:30-14:00 Metabolic Conditions - all what you need to know for the exam

14:00-14:30 Skeletal Dysplasias and Syndromes - made easy

14:30-14:50 Coffee break

14:50-15:20 The Paediatric Knee - congenital pathologies, sports injuries

15:20-15:50 Cerebral Palsy - the modern approach to treatment

15:50-16:00 Summary of the day

Sessions divided into – Instructional/ Case presentation/ Interactive discussion