

# UPPER LIMB COURSE

## DATE:

Saturday 27th – Sunday 28th June 2026

## VENUE:

Faculty of Medicine and Health Sciences, Macquarie University,  
Sydney NSW 2109

## CONVENOR:

Dr Manish Gupta, Nepean Hospital, NSW

## FACULTY:

**Dr Andrew Mayo**, Royal Brisbane and Women's Hospital, Brisbane, QLD

**Mr Daniel Sydenham**, Deputy Head of Orthopaedics (Clinical) Western Health, VIC

**Dr Chris Smithers**, Royal Prince Alfred Hospital, Sydney, NSW

**Dr Sindy Vrancic**, Shoulder2Hand Orthopaedics, Canberra ACT

**Dr Deepak Cheriachan**, Blacktown and Mount Druitt Hospitals, Sydney, NSW

## PROGRAM:

### SATURDAY 27 JUNE

08.30 Registration and coffee

09.00 OTC Introduction

Dr Manish Gupta

09.10 Course Introduction and Objectives

Dr Manish Gupta

### SESSION ONE – PRESENTATIONS

09.15 Proximal Humeral Fractures: Classification, Indications and Management

Dr Sindy Vrancic

09.45 Humeral Shaft Fractures: Operative vs Non-operative Management

Dr Manish Gupta

10.15 Clavicle, AC Joint and Sternoclavicular Injuries: Contemporary Management

Mr Daniel Sydenham

10.45 Morning Tea

### SESSION TWO – SURGICAL APPROACHES

11.00 Proximal Humerus: Deltopectoral Approach

Dr Sindy Vrancic

11.30 Shoulder Girdle Exposures: Clavicle, AC Joint, Sternoclavicular Region and Alternative Proximal Humerus Exposures

Mr Daniel Sydenham

12.00 Humeral Shaft: Anterior and Posterior Approaches

Dr Manish Gupta

12.30 Distal Radius and Wrist Approaches

Dr Chris Smithers

13.00 Lunch

### SESSION THREE – PRESENTATIONS

13.45 Distal Radius Fractures: Assessment, Indications and Fixation Pearls

Dr Chris Smithers

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Osteosynthesis & Trauma Care

South Pacific

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|-------|---|----------------------|
| 14.15 | Forearm Fractures including Monteggia and Galeazzi: Principles and Pitfalls | Dr Deepak Cheriachan |
| 14.45 | Afternoon Tea   |                      |

#### SESSION FOUR – SURGICAL APPROACHES

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|-------|--|----------------------|
| 15.05 | Forearm: Henry Approach                                | Dr Deepak Cheriachan |
| 15.35 | Forearm: Thompson Approach                             | Dr Andrew Mayo       |
| 16.05 | Cadaveric Small Group Rotations / Faculty-Led Practice |                      |
| 17.10 | Cadaveric Workshop Debrief and Key Learning Points     | Faculty              |
| 17.20 | Close  |                      |
| 19.30 | Course Dinner  |                      |

### SUNDAY 28 JUNE

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|-------|--------------------|--|
| 08.10 | Arrival and coffee |  |
|-------|--------------------|--|

#### SESSION FIVE – PRESENTATIONS

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|-------|---|-------------------|
| 08.15 | Distal Humeral Fractures: Patterns, Planning and Fixation Strategies                  | Dr Andrew Mayo    |
| 08.45 | Olecranon, Proximal Ulna and Radial Head Fractures: Operative Strategies and Pitfalls | Dr Sindy Vrancic  |
| 09.15 | Elbow Instability and the Terrible Triad: A Stepwise Approach                         | Dr Manish Gupta   |
| 09.45 | Injuries of the Carpus: Scaphoid and Perilunate Injuries                              | Dr Chris Smithers |
| 10.05 | Injuries of the Metacarpals and Phalanges: Decision-Making and Fixation               | Dr Andrew Mayo    |
| 10.25 | Morning Tea   |                   |

#### SESSION SIX – SURGICAL APPROACHES

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|-------|---|----------------------|
| 10.40 | Elbow: Medial and Lateral Approaches  | Dr Deepak Cheriachan |
| 11.10 | Distal Humerus and Elbow: Posterior Approaches, Including Triceps Split, Triceps-On, Paratricipital, Boyd and Olecranon Osteotomy | Mr Daniel Sydenham   |
| 11.50 | Scapula and Glenoid: Posterior Exposure   | Dr Sindy Vrancic     |
| 12.20 | Lunch   |                      |

#### SESSION SEVEN – PRESENTATIONS

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|-------|--|----------------------|
| 12.50 | Scapular Fractures including Glenoid Fractures: When to Fix and How to Fix | Dr Deepak Cheriachan |
| 13.20 | Case-Based Discussions in Upper Limb Trauma                                | Panel                |
| 14.00 | Complications, Pitfalls and Bail-Out Strategies in Upper Limb Trauma       | Panel                |

#### SESSION EIGHT – SURGICAL APPROACHES

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|-------|--------------------------------------|-----------------------------|
| 14.30 | Scaphoid and Carpal Approaches       | Dr Chris Smithers           |
| 14.50 | Metacarpal and Phalangeal Approaches | Dr Andrew Mayo              |
| 15.10 | Free Laboratory Time / Revision      |                             |
| 15.30 | Conclusion and Close                 | Dr Manish Gupta and Faculty |