

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 – LECTURE ROOM

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 – LABORATORY

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 – LECTURE ROOM

13.45 Distal Radius Fractures: Assessment, Indications and Fixation Pearls

Dr Chris Smithers

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Osteosynthesis & Trauma Care

South Pacific

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

SESSION FOUR – SURGICAL APPROACHES – LABORATORY

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

08.10	Arrival and coffee	
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SESSION FIVE – PRESENTATIONS – LECTURE ROOM

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 – LABORATORY

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 – LECTURE ROOM

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

SESSION EIGHT – SURGICAL APPROACHES – LABORATORY

14.30	Scaphoid and Carpal Approaches	Dr Chris Smithers
14.50	Metacarpal and Phalangeal Approaches	Dr Andrew Mayo
15.10	Course wrap up	Dr Manish Gupta
15.15	Course Close	