The Foundation of the British Elbow and Shoulder Society (BESS)

William Angus Wallace¹ and Michael Selby Watson²

Introduction

On 3 November 1986, after the very successful 3rd International Congress on Shoulder Surgery (ICSS) in Japan, Michael Watson (Guy's Hospital, London) wrote to three of his closest shoulder colleagues:

Dear colleagues, I think the time has come to take the bull by the horns and seriously consider the nuts and bolts of setting up a British Shoulder Surgery Association. I am sure that we are going to start to get enquiries for our corporate stance on technical and education.

Because of that letter, four of the five founding members of BESS – Michael Watson (Guy's Hospital), Ian Bayley (Royal National Orthopaedic Hospital, London), Steve Copeland (Royal Berkshire Hospital, Reading) and Angus Wallace (Queens Medical Centre, Nottingham) – met on 28 March 1987 in London and discussed the setting up of a Society (Figure 1).

At that time, the number of surgeons interested in Shoulder and Elbow Surgery was small and, between the four of them, they could only identify about 12 interested colleagues. They concluded that, although a Society would be required, the time was not yet ripe for setting up the Society. In the meantime, Ian Kelly, who had been leading the development of Shoulder Arthroplasty Surgery at the Western Infirmary, Glasgow, with Bill Fisher, decided to launch an open meeting on Shoulder & Elbow Surgery at the Western Infirmary in Glasgow in March 1988. This meeting was very successful with an attendance of around 40 and, at that meeting, the original 'Gang of Four' together with Ian Kelly decided that Ian Kelly's meeting should be the Foundation Meeting and they designed and set up

the British Elbow & Shoulder Society (BESS) later in 1988. It was decided that yearly meetings would be appropriate and also that regular educational gatherings should be encouraged. Because of his international stature as the surgeon designer of the Souter/Strathclyde Total Elbow Replacement, Willie Souter was invited to be the inaugural President. In addition, Michael Watson was appointed Secretary and Angus Wallace was appointed Treasurer. To ensure good financial management, Angus Wallace invited Derek Lee to be the BESS Accountant – a post that Derek has now held continuously since 1988 and remains a stabilizing influence for the Society.

The BESS logo

The BESS logo was created in draft form by Michael Watson on a piece of paper – the humerus with a serpent winding around it – was based on a combination of Asclepius, God of medicine, healing, rejuvenation and physicians with his serpent-entwined staff and a modification of Andry's tree. In 1990, Angus Wallace had a very artistic senior house officer – Omer Adil – working with him and Omer drew up the logo based on Michael's idea. Dr Omer Adil is now a prominent orthopaedic surgeon in Lahore, Pakistan (Figures 2 to 4).

¹Nottingham Shoulder & Elbow Unit, Nottingham City Hospital, Nottingham, Nottinghamshire, UK

²Guy's Hospital, London, UK

Corresponding author:

William Angus Wallace, Nottingham Shoulder & Elbow Unit, Nottingham City Hospital, Hucknall Road, Nottingham, Nottinghamshire NG5 1PB, UK.

Email: angus.wallace@rcsed.ac.uk

Figure 1. The ‘Gang of Four’ discussing the setting up of BESS on 28 March 1987 in London. (from left to right: Ian Bayley, Michael Watson, Steve Copeland and Angus Wallace).

Michael Watson recalls the first proper BESS Executive Committee meeting which was held in Eastgate House, Royal National Orthopaedic Hospital, Stanmore on 1 March 1990 at 4 o’clock in the afternoon – ‘Ian Bayley had just been elected as the second President of BESS. The committee members, Ian Bayley (President Elect), Michael Watson (Secretary), Angus Wallace (Treasurer) and John Scales (Bioengineer) sat at desks in a classroom in one of the huts. We set ourselves the task of formalizing the nascent society, and John Scales seemed to know how to do it. With his prompting and Ian’s authority, the foundations were laid. John Scales suggested the inclusion of therapists in the Society’s membership to boost the number of members’.

From the beginning, the Executive Committee of BESS included one non-surgeon and, in the early days, this was usually an engineer, first John Scales (University of London) and later Andrew Amis (Imperial College, London). The subsequent inclusion of physiotherapists and occupational therapists, taking part in its meetings and presenting papers, has made it one of the strongest surgical societies in the world.

In 1987, inspired by the very successful 3rd ICSS in Fukuoka, Patte and Gschwend inaugurated the European Elbow and Shoulder Surgery Society at a

meeting in Paris later in 1987. There was immediate interest, during the next year, in involving the nascent British Society, and a mutual exchange of personnel and ideas began. Indeed, Michael Watson was elected president of the European society in 1989/90 and several European Societies were launched around that time, most of which have become associated with the continental umbrella organisation of what has become known as ‘SECEC’ – Société Européenne pour la Chirurgie de l’Epaule et du Coude. Other continents have evolved similar groupings, and a global arrangement of continental societies now exists.

Thus, a three-tiered system has evolved. National societies for shoulder and elbow practitioners (such as BESS) are represented at international level by their continental societies (such as SECEC). The triennial International Conference, now called the International Congress of Shoulder and Elbow Surgery (ICES), remains the chief forum for education and discussion both by the national and continental groups.

As an example of the early BESS one day Meetings, we have chosen the programme for the 1997 BESS Meeting in Dublin as an example, as reproduced in Figure 5 which was produced as an A5 booklet, with the front coloured cover and inner detailed programme for the one day meeting.

Figure 2. Asclepius, God of medicine, healing, rejuvenation and physicians with his serpent-entwined staff.

One of BESS's major early achievements was to support the use of the Constant–Murley functional shoulder score in both Britain and Europe. Chris Constant developed his score with the encouragement of Alan Murley in Cambridge, and carried out the research in Cambridge and during his Fellowship in Canada working with James Bateman and Peter Welsh. This research formed his MCh Thesis (awarded in 1986)¹ and his landmark paper was published in *Clinical Orthopaedics and Related Research* in January 1986.² In 2012, this paper was reported to be the highest cited research paper in all

of shoulder surgery since its publication. Roger Emery acted as the 'referee' for ultimately getting SECEC to accept the Constant score as the recommended European shoulder scoring system.

The Journal of Shoulder & Elbow Surgery and The BESS Journal Shoulder & Elbow

A good deal of discussion about a journal for the subspecialty of shoulder and elbow surgery took place during these years. Should each national group have

Figure 3. Andry's Tree from Andry's Orthopaedia.

Figure 4. The BESS Logo designed by Michael Watson and drawn by Omer Adil, Angus Wallace's Orthopaedic Senior House Officer, Nottingham (1990).

its own publication? Eventually, it was agreed that a single international journal should be supported, *The Journal of Shoulder and Elbow Surgery* (JSES). It was to have an arrangement whereby editorial control was divided between the participating nations. The journal first appeared in 1992 under the chief editorship of Robert Cofield (Mayo Clinic, USA) and it has become an influential mouthpiece of shoulder and elbow practitioners worldwide. However, UK shoulder and elbow surgeons and particularly therapists became frustrated at the difficulties they had in publishing articles directly relevant to their shoulder and elbow practice in the UK. They felt that there was a place for a more practical shoulder and elbow journal – *Shoulder & Elbow*. David Stanley has told us ‘This journal was Ian Trail’s inspiration and he convinced the BESS committee that it should be pursued. Ian was appointed the first Editor-in-Chief when the Journal was launched in 2009 and he put a huge amount of work into it along with Stella Crank, his Editorial Assistant, resulting in a journal that is now respected internationally and has been awarded its first Impact Factor of 0.15 in 2015 (but rising)’. David Stanley succeeded Ian Trail as Editor-in-chief in 2015.

The Allied Health Professionals and BESS

The Physiotherapists (Physios) and Occupational Therapists (OTs) have become an important part of BESS. The original BESS Executive Committee comprised five surgeons and one non-surgeon who initially was an engineer. Later that changed because of the importance of the therapists in treating our shoulder and elbow patients. Therefore, BESS allocated one Executive Committee space for a therapist (now called the Allied Health Professional or AHP representative) from around 1999. The following were the early pioneering therapists in BESS. Ann Mackie (Physio, Nottingham) and Chris Tonks (OT Nottingham) joined during the first 4 years of BESS and Ann presented a paper on the postoperative management of ipsilateral simultaneous shoulder and elbow replacement patients in 1993. Dorcas Damrel (Physio, Nottingham) joined BESS in 1995 and was appointed to the BESS Executive Committee in 1999. Julie Upton (OT Nottingham) also joined BESS in 1993. Ian Kelly’s Physio from Glasgow was also an early member. The other early therapist members were Jane Moser (Physio, Oxford), Di Middleton (Physio, Reading), Martin Scott (Physio, Nottingham), Cathy Barrett, Karen Sibilia and Anju Jaggi (Physios, London), and Jo Gibson (Physio, Liverpool). Ann Mackie recalls the therapists working as a close team and filming their treatment practices to share with their colleagues.

PROGRAMME	
08.30 - 9.15	Registration
09.15	<p>Welcome - James Colville</p> <p>Chairman: Mr Roger Emery</p>
09.20	<p>Intramedullary Nailing of the Humerus</p> <p>M Cox, M Dolan, A Devitt, JP McElwain</p> <p>Meath Hospital, Heytesbury St, Dublin 8</p>
09.35	<p>Percutaneous Reduction and Fixation of the Valgus Impacted Fracture of the Proximal Humerus: A New Method</p> <p>A Lavender, M Srinivasan, A A Henderson</p> <p>Bolton Royal Infirmary, Chorley New Rd, Bolton, Lancs</p>
09.50	<p>The Seidel Nail - Open for Improvement</p> <p>J H Mullett, T Burke and P Butler*</p> <p>Regional Orthopaedic Hospital, Croom, Co. Limerick</p> <p>*Materials Ireland, University of Limerick</p>
10.00	<p>A Preliminary Report: Intra-Operative Measurement of Inherent Tension across the Coracoacromial Arch</p> <p>A F W Chamberl, A A Pitsillides* and R J H Emery</p> <p>Department of Orthopaedics, St Mary's Hospital, London</p> <p>*Department of Veterinary Basic Sciences, Royal Veterinary College, London</p> <p>Chairman: Mr Ian Kelly</p>
10.15	<p>Long Term Results of Massive Rotator Cuff Repair</p> <p>A O Browne, K Swamy</p> <p>Royal Albert Edward Infirmary and Wrightington Hospital, Wigan</p>
10.30	<p>Cementless Porous Coated Humeral Stems in Shoulder Replacements. A 1 to 8 year follow-up of 140 Arthroplasties</p> <p>L S Avila, W A Wallace and L Neumann</p> <p>Shoulder and Elbow Unit, Nottingham City Hospital</p>
10.45	<p>Bipolar Hemiarthroplasty of the Shoulder for the Elderly Patient with Rotator Cuff Arthropathy</p> <p>B C Vrettos, W A Wallace and L Neumann</p> <p>Shoulder and Elbow Unit, Nottingham City Hospital</p>
11.00	<p>The Technique and Results from Clavicular Osteotomy as used for Shoulder Joint Arthroplasty</p> <p>J McMaster, P F Duke, L Neumann, J Kiss and W A Wallace</p> <p>The Shoulder and Elbow Unit, Nottingham City Hospital</p>
11.10 - 11.30	Coffee
11.50	<p>Fractures of the Capitellum - A Comparison of Two Fixation Methods</p> <p>A.R.Poynton, I.P.Kelly and S K.O'Rourke</p> <p>Department of Orthopaedic Surgery, St Vincent's Hospital, Elm Park Dublin 4, Ireland</p>
12.00	<p>Elbow Arthroplasty for the Rheumatoid Elbow</p> <p>M.Cox, B.Dhaif, A. Hassan, J.M.Sparks and J.Colville</p> <p>Cappagh Orthopaedic Hospital, Finglas, Dublin 11</p>
12.10	<p>Biomet Travelling Fellow's Report - Dr Lars Neumann</p> <p>Presentation of BESS Travelling Fellowship 1997</p>
12.30	<p>Implant Register</p> <p>J.G.Kelly</p> <p>Glasgow Royal Infirmary</p>
1.00 - 2.00	***** LUNCH *****
02.00	<p>Laser Capsular Shrinkage for Recurrent Dislocation of the Shoulder</p> <p>J.Jeffery and M.H.J.Kurer</p> <p>North Middlesex Hospital, Enfield, London N 18</p>
02.10	<p>Multi-Directional Instability of the Shoulder Treated by Laser Assisted Capsular Shift (LACS Procedure)</p> <p>H.R.Williams, J.A.Bruguera and S.A.Copeland.</p> <p>Royal Berkshire Hospital, Reading, England</p>
02.20	<p>Analysis of failures of Arthroscopic Shoulder Stabilization</p> <p>B. Dhaif and J.Colville</p> <p>Cappagh Orthopaedic Hospital, Dublin</p>
02.35	<p>Outpatient Open Bankart Repair</p> <p>N.Price, G.P.Paremain and P.T.Calvert</p> <p>Orthopaedic Department, St George's Hospital, London</p>
02.45	<p>Anterior Shoulder Reconstruction in Professional Rugby Players</p> <p>A.O.Browne and K.Swamy</p> <p>Royal Albert Edward Infirmary and Wrightington Hospital, Wigan</p>
03.00	<p>Patterns of Glenohumeral Arthritis following Putti-Platt Procedure A follow-up of 13-28 years</p> <p>A.Swami, B.Dhaif and J.Colville</p> <p>Cappagh Orthopaedic Hospital</p>
03.10	<p>GUEST LECTURE - "MANAGEMENT OF FIRST TIME TRAUMATIC SHOULDER DISLOCATION"</p> <p>Professor Ejnar Eriksson, Karolinska Institute, Stockholm</p>
04.15	Afternoon Tea and Annual General Meeting

Figure 5. The 1997 BESS Meeting run in Dublin by Jimmy Colville.

Figure 6. Some of the Early BESS Therapists in 2000 (from left to right Martin Scott, Julie Upton, Cathy Barrett and Jo Gibson).

Figure 7. BESS annual membership figures 1988 to 2016.

Figure 6 shows some of these Therapists at the BESS Congress in Nottingham in 2000.

BESS Today and Its Achievements

BESS remains the main organ of communication and education for British shoulder and elbow

surgeons and its Annual Scientific Meeting is now regularly attracting European and North American delegates. Because the Society has become so large, now with 677 members, an Education Committee was created in 2003 which develops educational guidelines and oversees the annual scientific meetings, awarding prizes for presentations, as well as

several travelling fellowships sponsored by the society.

The trajectory of growth of BESS is shown in Figure 7, with the therapists having their own membership category starting in 1995. A complete list of the annual BESS Congresses held since 1988 is shown in Table 1 and all the BESS Presidents and Office Bearers from its inauguration are listed in Table 2.

Annual scientific meetings now include master classes, which have proved a valuable forum for the

advancement of techniques and, from 2017, an additional instructional course day will be added to the meeting. Those who have attended Annual Scientific Congresses will recall the introduction of new ideas, whereas some treatments have disappeared, almost without trace. Sessions to discuss controversies have also proved very popular with BESS members. BESS has become so popular that most Shoulder & Elbow Surgeons and Therapists attend its annual Congresses, with attendees now numbering over 600.

Table 1. A complete list of BESS Annual Congresses since 1988.

Congress	City and date	Chairman	Venue
Foundation	Glasgow, March 1988	Ian Kelly	Western Infirmary, Glasgow
2nd	Edinburgh, March 1989	Willie Souter	Princess Margaret Rose Hospital
3rd	London, March 1990	Ian Bayley	Royal National Orthopaedic Hosp, Stanmore
4th	Liverpool, March 1991	Howard Beddow	Royal Liverpool Hospital
5th	Exeter, April 1992	Tim Bunker	Princess Elizabeth Orthopaedic Hospital
6th	Manchester, March 1993	Clive Warren-Smith	Wythenshawe Hospital, Manchester
7th	London, 18 February 1994 (combined with the SECEC Meeting)	Michael Watson	Connaught Hall, London
8 th (Closed)	Reading, September 1995 (ICSS in Finland/Sweden)	Steve Copeland	Reading University
No BESS Meeting	9th SECEC Congress, 18-20 Sept 1996	Angus Wallace	East Midlands Conference Centre
9th	Dublin, May 1997	James Colville	Royal College of Surgeons in Ireland
10th	Glasgow 1998	Ian Kelly	West of Scotland Science Park, Glasgow
11th	Sheffield 1999	David Stanley	Northern General Hospital, Sheffield
12th	Nottingham 2000	Lars Neumann	Nottingham City Hospital
13th	London 2001	Roger Emery	St Mary's Hospital, London
14th	Norwich June 2002	A. D. Patel	John Innes Centre, Norwich
15th	Wrightington May 2003	Ian Trail	Wrightington Hospital
16th	Gwent June 2004	Ro Kulkarni	The Celtic Manor, Newport
17th	Cambridge July 2005	Chris Constant & Graham Tytherleigh-Strong	Babbage Lecture Theatre & Examination Halls, Cambridge Univ.
18th	Edinburgh June 2006	Julie McBirnie & Richard Nutton	The Assembly Rooms, Edinburgh
19th	Telford June 2007	Ron Dodenhoff, Stuart Hay & Cormac Kelly	Telford International Centre
20th	Liverpool, June 2008	Jo Gibson & Simon Frostick	ACC Exhibition Centre, Liverpool
21st	London, June 2009	Simon Lambert & Team	University College, London
22nd (Closed)	Oxford, March 2010 (10 th ICSES in Edinburgh)	Andrew Carr & team (Angus Wallace, Steve Copeland and team)	St Catherine's College, Oxford (Edinburgh International Conf Centre)
23rd	Gateshead, June 2011	Allan Stirrat & team	The Sage, Gateshead/Newcastle
24th	Torquay, June 2012	Veronica Conboy, Tim Bunker & team	The Riviera International Conference Centre
25th	Leicester, June 2013	Alison Armstrong & team	Curve Theatre, Leicester
26th	Nottingham, June 2014	Paul Manning & team	East Midlands Conference Centre
27th	Sheffield, 24-26 June 2015	David Stanley & team	Sheffield City Hall
28th	Dublin, 22-24 June, 2016	Hannan Mullett & team	Convention Centre, Dublin
29th	Coventry	Steve Drew & Team	Ricoh Stadium, Coventry
30th	Glasgow	Paul Jenkins & Team	SECC, Glasgow

Table 2. List of BESS Presidents, Hon Secretaries and Treasurers since 1988.

President	Years	Secretary (approximate dates)	Treasurer	Chair Education Committee	Chair Research Committee
Willie Souter	1988–91	Michael Watson	Angus Wallace		
Ian Bayley	1991–3	Clive Warren-Smith	Angus Wallace		
Michael Watson	1993–5	Roger Emery	Tim Bunker		
Steve Copeland	1995–7	Roger Emery	Tim Bunker		
Ian Kelly	1997–9	Ben Bolton-Maggs	Lars Neumann		
Jimmy Colville	1999–2001	Ben Bolton-Maggs	Lars Neumann		
Angus Wallace	2001–3	David Stanley	Ian Trail		
Roger Emery	2003–5	Cormac Kelly	Ian Trail	Simon Lambert	
Tim Bunker	2005–7	Lars Neumann	Ro Kulkarni	Simon Lambert	
David Stanley	2007–9	Ro Kulkarni	Ro Kulkarni	Paul Manning	Andy Carr
Lars Neumann	2009–11	Ro Kulkarni	Mike Thomas	Paul Manning	Andy Carr
Andy Carr	2011–13	Ro Kulkarni/Mike Thomas	Mike Thomas	Duncan Tennent	Amar Rangan
Ro Kulkarni	2013–15	Mike Thomas	Paul Manning	Duncan Tennant	Jonny Rees
Mike Thomas	2015–17	Amar Rangan	Peter Brownson	Martin Holt	Steve Drew
Peter Brownson	2017–19	Dave Clark	Duncan Tennant	Martin Holt	Steve Drew

Perhaps the most exciting BESS development has been the creation of a BESS Research Committee in 2008 that has led the way with high-quality research, particularly multicentre clinical trials. Some have already been published in high impact journals and influenced policy (NICE guidance) and others are ongoing:

- The PROximal Humeral Fracture – Evaluation by Randomisation (PROFHER) Trial^{3,4}
- The United Kingdom Rotator Cuff Trial (UKUFF): Trial of arthroscopic vs open rotator cuff repair⁵
- Can Shoulder Arthroscopy Work (CSAW): Placebo controlled trial of arthroscopic subacromial decompression⁶
- The Clavicle Trial: Surgical versus nonsurgical treatment of displaced mid-shaft clavicular fractures⁷
- The United Kingdom Frozen Shoulder Trial (UKFROST)⁸
- The recently completed James Lind Alliance Priority Setting Partnership on surgery for shoulder pain has identified its top ten research priorities, which will become the focus of future research for BESS⁹

BESS Council, with the considerable help of many BESS members, has also developed and published several evidence-based Patient Care Pathways since 2015. These have been developed in association with the British Orthopaedic Association and have proven to be an invaluable guide to the management of common shoulder conditions not only for BESS members, but also for other healthcare professionals and commissioning bodies involved in the treatment of

shoulder problems. Guidelines on subacromial shoulder pain, frozen shoulder, traumatic shoulder instability and glenohumeral osteoarthritis have already been published in *Shoulder and Elbow* and further pathways are currently being researched.

As BESS continues to grow, the AHPs are developing a more outward looking perspective and are now taking steps to strengthen their links with their European counterparts within the European Society for Shoulder and Elbow Rehabilitation (EUSSER). AHP fellowship winners increasingly use their opportunity to visit and share knowledge and experience with their peers internationally.

All the examples of collaborative working between surgeons and AHPs such as work on guidelines and AHP involvement in national studies such as UKUFF and FROST are clear examples of the ethos of BESS – patient management is optimised by the close working relationship between surgeons and AHPs. BESS fosters this relationship through its inclusive approach to the various activities that the society is committed to and this culture influences the working practices of further generations of surgeons and AHPs.

In 2010, Britain hosted the 10th International Congress of Shoulder and Elbow Surgery (ICES) in Edinburgh. The Organising Committee was Angus Wallace (President), Steve Copeland (Chair, International Board of Shoulder & Elbow Surgeons – IBSES), Roger Emery (Chair, Scientific Committee), Martin Scott (Chair, International Congress of Shoulder & Elbow Therapists – ICSET), Jackie Wallace (Chair, Social Committee), Jenny Copeland, Jenni Cain, Helen Kelly and David Fowkes.

Figure 8. The BESS Presidents at the 10th ICSES in Edinburgh in 2010 (left to right – most recent to oldest – Andy Carr (President Elect), Lars Neumann, David Stanley, Tim Bunker, Roger Emery, Angus Wallace, Jimmy Colville, Helen Kelly (representing Ian), Steve Copeland, Michael Watson and Willie Souter).

Table 3. BESS Representation in the UK and worldwide.

Organisation	BESS representatives
British Orthopaedic Association Board of Specialist Societies National Joint Registry (NJR)	The President Jonny Rees (Oxford) Outcomes Lead, Ro Kulkarni (Gwent), Mike Thomas (Wexham Park) & Amar Rangan (Middlesbrough)
National Commissioning Guidance Development Group	Ro Kulkarni (Gwent), Andy Carr (Oxford) & Jonny Rees (Oxford)
Orthopaedics Expert Working Group	Ro Kulkarni (Gwent) Chairman
National Institute for Health and Care Excellence (NICE)	Ro Kulkarni (Gwent), Mike Thomas (Wexham Park) & Jonny Rees (Oxford)
Société Européenne pour la Chirurgie de l'Epaule et du Coude (SECEC)	Ro Kulkarni (Gwent) & Jonny Rees (Oxford) Roger Emery (London) is SECEC President*
European Society for Shoulder and Elbow Rehabilitation (EUSSE)	Anju Jaggi (London, previously a President of EUSSE)*
Corresponding Members of the American Shoulder & Elbow Society*	Steve Copeland† (1987), Michael Watson (1991 then Honorary in 2007), Angus Wallace, Roger Emery, David Stanley, Len Funk, Ofer Levy, Amar Rangan, Andrew Wallace, Andy Carr, Hannan Mullett
International Board of Shoulder & Elbow Surgeons International Board of Shoulder & Elbow Therapists	Angus Wallace (Nottingham)* & Roger Emery (London)* Martin Scott (Nottingham)*

*Not officially as a BESS representative.

This Congress attracted 1525 delegates and we were fortunate to get all the past Presidents of BESS bar one (Ian Bayley) to attend this Congress. Figure 8 shows all of these Presidents, with Helen Kelly representing Ian who sadly died in 2004.

The BESS influence within the UK and internationally has become important and it is reflected in the inclusion of BESS members in various organisations. Table 3 shows the BESS representation, either directly or indirectly in 2017.

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