



# Advances in hand and wrist arthroscopy

6th IWAS WRIST ARTHROSCOPY COURSE



**MadridWristCourse**

**February 17-19, 2021**

© Course director. Pedro J. Delgado, MD



**Advanced Course**

## General information

### Course organization

Hand Surgery and Microsurgery Unit  
Orthopedic Surgery and Traumatology Department  
HM Montepíncipe University Hospital. CEU San Pablo University  
Boadilla del Monte, Madrid, Spain

### Date

February 17-19, 2021  
Cad-Lab. Surgical Skills Laboratory  
School of Medicine. San Pablo CEU University  
Campus of Boadilla del Monte, Madrid, Spain

### Objective

Advanced level course in arthroscopy and hand and wrist reconstructive surgery techniques. For doctors specializing in orthopedic surgery and traumatology, residents, physiotherapists and occupational therapists with special interest in hand and wrist surgery, especially arthroscopy-assisted techniques.

### Technical secretary

ATENTA Marketing [inscripciones@atenta.es](mailto:inscripciones@atenta.es)

### Course data

- Course of theory and practice in cad-lab: theoretical session, laboratory practices and workshops.
- **Day 1:** Theoretical session with lectures, clinical cases and surgical techniques. Theory with discussion and cross-fire sessions. Live questions "on-line". On-line via streaming is available.
- **Day 2:** Practical session in cad-lab. Practices of the surgical techniques presented are carried out by participants. The invited professors present a 5-minute video technique that the students will develop on the course. The estimated time per practice being 45-60 minutes. Masterclass in the laboratory by invited professors.
- **Day 3:** seminars and workshops about new techniques and specific implants.
- **The official language of the course will be English**, both for practical sessions as well as laboratory practices and workshops.
- For the practical part and workshops, it will be distributed to students by groups.
- Private area: on the course website and gives access to the recording of the lectures, video techniques and additional material. You need a personal access code.



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## Special information COVID19

- The course will be followed with the maximum security measures caused by the Covid-19 pandemic, following the current health regulations of the Community of Madrid and the Government of Spain.
- A specific Covid-19 PCR study will be requested, carried out 48 hours before the course.
- Specific Covid-19 security plus measures to avoid direct contact such as separation between each student in the auditorium.
- Maximum 2 participants for each arthroscopy table for the practical part in cad-lab.
- Small groups of 10 people maximum, for practical sessions and workshops.
- These measures can be modified by strict security measures.

## Registration procedures and prices

Full course:	€ 1,400.00 + VAT (limited places)
Theoretical classroom course:	€ 300.00 + VAT
On-line course:	€ 150.00 + VAT

*(Course options may vary depending on government recommendations and current regulations caused by the Covid-19 pandemic)*

**Full course registration** includes attendance at the theory and cad-lab sessions for the 2 full days plus the workshop and seminars (morning or afternoon). Certificate of attendance, access to the website and video techniques, bus transfers to the course from the selected hotels and coffee / business lunch for the three days.

**Theoretical course registration** includes the theoretical session on day-1 in person without the possibility of access to practical sessions in cad-lab or workshops and seminars. Certificate of attendance, access to the web and the private area, bus transfers to the course from the selected hotels and work cafes and food on the first day.

**On-line course registration** includes to attend via streaming the theoretical session on day-1 without the possibility of access to the practical sessions or workshops and seminars. Certificate of attendance, access to the web and the private area.



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## Complete course

Day distribution by groups

Day	Wed 17th	Thu 18th		Fri 19th	
Session	Theory	Cad-Lab	Workshop	Cad-Lab	Workshop
Morning	All groups	Group 1	Group 3	Group 3	Group 1
		Group 2		Group 4	
Afternoon		Group 1	Group 4	Group 3	Group 2
		Group 2		Group 4	

## Scientific support

IWAS (International Wrist Arthroscopy Society)

SECMA (Spanish Society of Hand Surgery)

AEA (Spanish Association of Arthroscopy)

CEU San Pablo University

HM Hospitales

## Validations



## Logistical support

DePuy-Synthes

MedComTech

Serhosa

Storz

Acumed

Arthrex

European Institute of Reconstructive Surgery (IECR)



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## Organizing Committee

### Course director

Pedro J. Delgado, MD

Head of the Orthopedic Surgery and Traumatology Department

Head of the Hand Surgery and Microsurgery Unit

HM Montepíncipe University Hospital. HM Nuevo Belen Hospital

HM Hospitales

Associate professor. School of Medicine. CEU San Pablo University

Boadilla del Monte, Madrid, Spain

### Scientific committee

Pedro J. Delgado

Belén García Medrano

Fernando Polo Simón

Federico A. Figueredo

Mario Gil de Rozas

Ricardo Kaempf



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## Speakers

Andrea Atzei	Verona, Italy
Marcio A. Aita	Sao Paulo, Brazil
Vicente Carratalá	Valencia, Spain
Fernando Corella	Madrid, Spain
Pedro J. Delgado	Madrid, Spain
Mireia Esplugas	Barcelona, Spain
Gustavo Gómez	Buenos Aires, Argentina
Pak-Cheong Ho	<i>Hong Kong, China</i>
Ricardo Kaempf	Porto Alegre, Brazil
Sanjeev Kakar	Rochester, USA
Phillipe Liverneaux	Strasbourg, France
Christophe Mathoulin	Paris, France
Lorenzo Merlini	Paris, France
Belén García Medrano	Madrid, Spain
Fernando Polo	Madrid, Spain
Mark Ross	Brisbane, Australia

*Due to mobility restrictions by Covid, some speakers will be present virtually*



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WED 17 <sup>th</sup>	<b>ADVANCED COURSE</b>	<b>FINAL PROGRAM</b>
08:00-08:15	Registration	
08:15-08:30	Welcome address and course presentation	
<b>DAY ONE - LECTURES</b>		
<b>Session 1: Scapholunate ligament reconstruction. Chairman: Fernando Corella</b>		
08:30-08:45	Dorsal Intercarpal ligament avulsion and arthroscopic repair	Lorenzo Merlini
08:45-09:00	Scapholunate Ligament Internal Brace 360-Degree tenodesis (SLITT) Procedure	Sanjeev Kakar
09:00-09:15	Arthroscopic assisted dorsal & volar reconstruction for chronic SLD	Pak Cheong Ho
09:15-09:30	Percutaneous scapholunoradial technique for SL reconstruction	Gustavo Gómez
09:30-09:45	Arthroscopic volar and dorsal scapholunate ligamentoplasty. Is the internal brace useful?	Pedro J. Delgado
09:45-10:00	S-shaped ligamentoplasty for chronic floating lunate	Fernando Corella
10:00-10:40	Discussion & round table	
10:40-11:00	Conference: SL tears: from open surgery to arthroscopic treatment, challenging dogma in anatomy and treatment	Christophe Mathoulin
11:00-11:30	Coffee break	
<b>Session 2: DRUJ reconstruction and TFCC injuries. Chairman: Vicente Carratalá</b>		
11:30-11:45	Arthroscopic Foveal Repair for DRUJ Instability	Sanjeev Kakar
11:45-12:00	Arthroscopic assisted tendon reconstruction for DRUJ instability	Andrea Atzei
12:00-12:15	Arthroscopic TFCC reconstruction with tendon graft	Pak Cheong Ho
12:15-12:30	All-arthroscopic TFCC ligamentoplasty for chronic DRUJ Instability	Vicente Carratalá
12:15-13:00	Discussion & round table	
<b>Session 3: New concepts in ligament injuries. Chairman: Mireia Esplugas</b>		
13:00-13:15	Arthroscopic reconstruction of radicular ligaments	Marcio Aita
13:15-13:30	Tips and Tricks in the Management of Ulnotriquetral Ligament Split Tears	Sanjeev Kakar
13:30-13:45	Reconstruction of the distal oblique band. Indications and results	Marcio Aita
13:45-14:00	Arthroscopic resection of volar wrist ganglion	Ricardo Kaempf
14:00-14:30	Discussion & round table	



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14:30-15:15	Group photo & lunch	
<b>Session 4: Scaphoid, distal radius fractures and sequelae. Chairman: Fernando Polo</b>		
15:15-15:30	AARIF of Distal Radius Fractures – The “stepwise” approach	Mark Ross
15:30-15:45	Minimally invasive osteosynthesis of DRF: from "proximal to distal" technique	Pedro J. Delgado
15:45-16:00	Arthroscopic reconstruction of nonunion scaphoid in complex cases	Belén García Medrano
16:00-16:15	Dry arthroscopy in distal radius malunions	Mark Ross
16:15-17:00	Discussion & round table	
17:00-17:20	Conference: Deliberate practice: a new method to teach trainees in Hand Surgery	Philippe Liverneaux
<b>Session 5: Hand and wrist OA: Arthroscopic treatment. Chairman: Belén García Medrano</b>		
17:20-17:35	Arthroscopic treatment of chondral injuries of the wrist	Pedro J. Delgado
17:35-17:50	The SOAC wrist	Ricardo Kaempf
17:50-18:05	Arthroscopic treatment of STT osteoarthritis	Andrea Atzei
18:05-18:20	Arthroscopic treatment of CMC osteoarthritis with PRP membrane	Mireia Esplugas
18:20-18:40	Influence of suspension system in the arthroscopic treatment of CMC OA	Fernando Polo
18:40-19:00	Discussion & round table	
19:00	Day 1 closing sesión	



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THU 18th FRI 19th	<b>ADVANCED COURSE</b>	<b>FINAL PROGRAM</b>
08:15- 08:30	Welcome address and course presentation	
<b>DAY TWO - HANDS-ON COURSE</b>		
<b>Cad-Lab</b>		Lead faculty
08:30- 09:15	Video-technique & practice #1: Scapholunate capsulodesis (single suture)	Lorenzo Merlini
09:15- 10:00	Video-technique & practice #2: Dorsal capsulodesis (anchors fixation)	Vicente Carratalá
10:00- 11:00	Video-technique & practice #3: TFCC foveal repair (transosseous & suture anchors)	Andrea Atzei
11:00- 11:30	Coffee break	
11:30- 12:00	Masterclass #1: Nanoendoscopy of the wrist and small joints	Mirieia Esplugas
12:00- 13:00	Video-technique & practice #4: Arthroscopic assisted fixation in DRF + MIPO	Pedro J. Delgado
13:00- 14:00	Video-technique & practice #5: Arthroscopic intercarpal fusion	Fernando Corella
14:00- 14:45	Lunch	
15:00- 16:00	Video-technique & practice #6: STT resection	Andrea Atzei
16:00- 16:45	Masterclass #2: Three-Step arthroscopic trapeziectomy technique	Fernando Corella
16:45- 17:45	Video-technique & practice #7: CMC arthroscopy + suspension	Belén García Medrano
17:45- 18:30	Masterclass #3: Distal radius osteotomy with guides PSI-NewClip	Pedro J. Delgado
18:30- 19:00	Masterclass #4: Total wrist arthroplasty. MOTTEK system	Fernando Corella
19:00	Day 1 closing sesión. Closing remarks	