

# Innovations in hand and wrist arthroscopy

2023

8th Basic and Advanced  
wrist arthroscopy course

[www.madridwristcourse.com](http://www.madridwristcourse.com)



Madrid - February 15th-17th, 2023



# INNOVATIONS IN HAND & WRIST ARTHROSCOPY

## 8th IWAS WRIST ARTHROSCOPY COURSE



### Course organization

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

### Date

February 15th-17th, 2023  
Cad-Lab. Surgical Skills Laboratory  
School of Medicine. San Pablo CEU University  
Campus of Boadilla del Monte, Madrid, Spain

### Objective

Course of wrist arthroscopy and reconstructive surgery techniques with two levels: basic and advanced. Designed 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

### Course options

#### Basic course (February, 15th, 2023):

- Lectures and practical sessions in the laboratory on basic techniques.
- 15 theoretical topics.
- 9 practical sessions in the laboratory.

#### Advanced course (February, 16th & 17th, 2023):

- Lectures and practical sessions in the laboratory on intermediate and advanced techniques of wrist arthroscopy and reconstructive surgery.
- 31 theoretical topics distributed in 5 sessions.
- 2 re-live surgeries broadcast to the room from the operating rooms of the HM Monte príncipe University Hospital.
- 10 practical sessions in cad-lab.
- 5 masterclasses in the laboratory by the invited professors.

### Course data

- Course of theory and practice in cad-lab of 3 days: theoretical session, laboratory practices.
- For practical part, it could be distributed 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.
- **The official language of the course will be English, except for the Basic Course that will be in English and Spanish.**

### Technical Secretary



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## Course types and inscriptions

**Basic course** includes attendance to the first day's course on February 15th, 2023 (theoretical and practical part) and the lectures of the 2nd day (February 16th, 2023). Certificate of attendance, access to the private area website, bus transfers to the course from the selected hotels and work coffee & lunches on the first and second day.

**Basic course plus** includes the complete basic course and the possibility of attending the arthroscopy tables in the laboratory of the advanced course as an observer.

Certificate of attendance, access to the private area website, bus transfers to the course from the selected hotels and work coffee & lunches on the three days.

**Advanced course** includes attendance at the theory and practice sessions on February 15th and 17th, 2023.

Certificate of attendance, access to the private area website, bus transfers to the course from the selected hotels and work coffee & lunches on the two days.

**Full course** includes attendance at the theory and practice sessions on February 15th, 16th and 17th, 2023. Certificate of attendance, access to the private area website, bus transfers to the course from the selected hotels and work coffee & lunches on the three days.

**Theoretical course** allows to attend the lectures of the 2nd day on February 16th, 2023, without the possibility of access to the practical sessions. Certificate of attendance, access to the private area website, bus transfers to the course from the selected hotels and work coffee & lunch on 16th.

**BASIC course**  
1.000€ + VAT (limited places)

DAY	Wed 15th	Thurs 16th	Fri 17th
Session	Lectures & Cad-Lab	Lectures	Cad Lab
COURSE	BASIC	ADVANCED	

**BASIC PLUS course**  
1.500€ + VAT (limited places)

\*Fri 17th as an observer

DAY	Wed 15th	Thurs 16th	Fri 17th
Session	Lectures & Cad-Lab	Lectures	Cad Lab*
COURSE	BASIC	ADVANCED	

**ADVANCE course**  
1.650€ + VAT (limited places)

DAY	Wed 15th	Thurs 16th	Fri 17th
Session	Lecture & Cad-Lab	Lectures	Cad-Lab
COURSE	BASIC	ADVANCED	

**FULL Course**  
2.500€ + VAT (limited places)

DAY	Wed 15th	Thurs 16th	Fri 17th
Session	Lectures & Cad-Lab	Lectures	Cad-Lab
COURSE	BASIC	ADVANCED	

**THEORETICAL Course**  
120€ + VAT

DAY	Wed 15th	Thurs 16th	Fri 17th
Session	Lectures & Cad-Lab	Lectures	Cad Lab
COURSE	BASIC	ADVANCED	

**Course director:**

**Pedro J. Delgado, MD**

Head of the Orthopedic Surgery and Traumatology Department  
Head of the Hand Surgery and Microsurgery Unit  
HM Montepincipe 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  
Fernando Polo  
Victor Triviño

Alfonso Prada  
Federico A. Figueredo  
Ricardo Kaempf

**Alex Berenguer**

(ESP)

**Jaime de La Torre**

(ESP)

**Montserrat Ocampo**

(ESP)

**Alfonso Prada**

(ESP)

**Jane Messina**

(ITA)

**Oliver Mares**

(FRA)

**Andrea Atzei**

(ITA)

**Jan-Ragnar Haugstvedt**

(NOR)

**Pau López Osornio**

(ESP)

**Belén García Medrano**

(ESP)

**Javier Cervera**

(ESP)

**Pedro J Delgado**

(ESP)

**Christophe Mathoulin**

(FRA)

**Lorenzo Merlini**

(FRA)

**Rafael Laredo**

(ESP)

**Cristobal Martínez**

(ESP)

**Matías Sala**

(ARG)

**Ricardo Kaempf**

(BRA)

**Fernando Corella**

(ESP)

**Mireia Esplugas**

(ESP)

**Riccardo Luchetti**

(ITA)

**Fernando Polo**

(ESP)

**Sanj Kakar**

(USA)

**Francisco del Piñal**

(ESP)

**Will Geissler**

(USA)

**Francisco J. Lucas**

(ESP)

**Vicente Carratalá**

(ESP)

**Gustavo Gómez**

(ARG)

**Victor Triviño**

(ESP)



- 08:00-08:15 Registration  
08:15-08:30 Welcome address and course presentation

## LECTURES AND HANDS-ON COURSE (Cad-Lab)

08:30-08:45	Arthroscopy anatomy and radiocarpal/midcarpal portals	Matías Sala
08:45-09:00	Complications in wrist arthroscopy	Belén García Medrano
09:00-09:30	Practice #1: Portal placement and diagnostic wrist arthroscopy	
09:30-09:45	Scapholunate instability. Classification and treatment	Alfonso Prada
09:45-10:00	Capsuloligamentous repair of the scapholunate tears	Lorenzo Merlini
10:00-10:30	Practice #2: Scapholunate capsulodesis (single suture)	
10:30-10:45	Arthroscopic treatment of volar cyst of the wrist	Victor Triviño
10:45-11:00	Arthroscopic treatment of dorsal cyst of the wrist	Jaime de La Torre
11:00-11:30	Coffee break	
11:30-12:00	Practice #3: Dorsal and volar cyst arthroscopic resection	
12:00-12:15	Peripheral TFCC injuries	Francisco J. Lucas
12:15-12:30	Foveal TFCC injuries	Matías Sala
12:30-13:00	Practice #4: TFCC peripheral repair	
13:00-13:15	SLAC wrist: arthroscopic treatment	Lorenzo Merlini
13:15-13:30	Arthroscopic distal ulna resection (wafer)	Fernando Polo
13:30-14:00	Practice #5: Wafer procedure, radial styloidectomy	
14:00-15:15	Group photo & lunch	
15:15-15:30	Arthroscopic assisted scaphoid fixation	Montserrat Ocampo
15:30-15:45	Arthroscopic treatment of scaphoid non-union	Javier Cervera
15:45-16:00	Arthroscopic treatment of distal radius fractures	Gustavo Gómez
16:00-16:45	Practice #6: Arthroscopic assisted scaphoid fixation	
16:45-17:30	Practice #7: Arthroscopic assisted DRF fixation	
17:30-17:45	Coffee break	
17:45-18:00	CMC osteoarthritis. Arthroscopic treatment	Mireia Esplugas
18:00-18:15	Arthroscopic management of STT osteoarthritis	Rafael Laredo
18:15-18:45	Practice #8: Distal scaphoid pole resection	
18:45-19:30	Practice #9: Trapezium hemiresection & suspension	
19:30-19:40	End of basic course. Closing remarks	

Thursday 16th  
Friday 17th

- 08:00-08:15 Registration
- 08:15-08:30 Welcome address and course presentation

**DAY ONE - LECTURES**

Session 1: Scapholunate ligament reconstruction / Moderators: Andrea Atzei, Vicente Carratalá

08:30-08:45	Scapholunate dissociation: what anatomy made us understand	Christophe Mathoulin
08:45-09:00	Arthroscopic classification of SL and LT injuries	Jane Messina
09:00-09:15	All dorsal and arthroscopic SL reconstruction	Lorenzo Merlini
09:15-09:30	Arthroscopic volar SL capsulodesis	Sanj Kakar
09:30-09:45	Arthroscopic SL 360° reconstruction without tendon graft	Pedro J. Delgado
09:45-10:00	Arthroscopic scapholunoradial technique for SL reconstruction	Gustavo Gómez
10:00-10:15	Arthroscopic ligamentoplasty, evolution over the years. The "doble circle technique"	Fernando Corella
10:15-10:40	Discussion	
10:40-11:00	Re-live surgery #1: SLL Arthroscopic ligamentoplasty Discussion	Fernando Corella All faculties

11:00-11:30 Coffee break

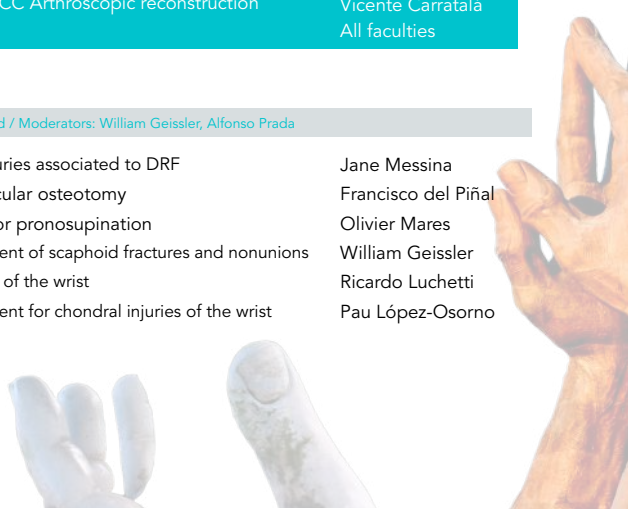
Session 2: LTL, DRUJ, TFCC & ECU: The ulnar dark side of the wrist / Moderators: Sanj Kakar, Fernando Polo

11:30-11:45	Arthroscopic management of TFCC injuries	William Geissler
11:45-12:00	Arthroscopic assisted tendon reconstruction for DRUJ instability	Andrea Atzei
12:00-12:15	All-arthroscopic TFCC ligamentoplasty for chronic DRUJ Instability	Vicente Carratalá
12:15-12:25	LT arthroscopic dorsal capsulodesis	Pedro J. Delgado
12:25-12:40	LT ligament arthroscopic reconstruction	Jan-Ragnar Haugstvedt
12:40-12:55	Arthroscopic LT ligamentoplasty: from the Cad-Lab to the clinical practice	Cristobal Martínez
12:55-13:10	Calamari procedure for DRUJ arthritis	Sanj Kakar
13:10-13:25	ECU tenoscopy: how and when?	Ricardo Kaempf
13:25-13:40	Discussion	
13:40-14:00	Re-live surgery #2: TFCC Arthroscopic reconstruction Discussion	Vicente Carratalá All faculties

14:00-15:00 Group photo & lunch

Session 3: Distal radius and scaphoid / Moderators: William Geissler, Alfonso Prada

15:00-15:15	Management of SL injuries associated to DRF	Jane Messina
15:15-15:30	Arthroscopic intraarticular osteotomy	Francisco del Piñal
15:30-15:45	Osteotomy with PSI for pronosupination	Olivier Mares
15:45-16:00	Arthroscopic management of scaphoid fractures and nonunions	William Geissler
16:00-16:15	Arthroscopic arthrolysis of the wrist	Ricardo Luchetti
16:15-16:30	Arthroscopic management for chondral injuries of the wrist	Pau López-Osorno
16:30-16:45	Discussion	



Session 4: New perspectives in wrist surgery. Moderators: Jan-Ragnar Haugstvedt, Mireia Esplugas

16:45-16:55	WALANT in wrist arthroscopy Surgery: is useful?	Mireia Esplugas
16:55-17:10	Ultrasound whatsapp new around thé wrist	Olivier Mares
17:10-17:25	Management of Reflex Sympathetic Dystrophy (RSD)	Francisco del Piñal
17:25-17:35	Custom plating and wrist surgery: future or present?	Alex Berenguer
17:35-17:50	Discussion	

Session 5: CMC & osteoarthritis. Moderators: Olivier Mares, Victor Triviño

17:50-18:05	Arthroscopic carpal bone fusion	Jan-Ragnar Haugstvedt
18:05-18:20	Arthroscopic treatment of CMC osteoarthritis	Lorenzo Merlini
18:20-18:35	The SOAC wrist	Ricardo Kaempf
18:35-18:50	STT osteoarthritis: the Copernical revolution	Andrea Atzei
18:50-19:05	Arthroscopic Sauvé-Kapandji procedure	Ricardo Luchetti
19:05-19:15	Arthroscopic treatment of SLAC wrist	Pedro J. Delgado
19:15-19:35	Discussion	
19:35	Day 1 closing session	

**Friday 17th / ADVANCED COURSE**

Welcome address and course presentation

**DAY TWO - HANDS-ON COURSE (Cad-Lab)**

08:30-09:15	Video-technique & practice #1: Dorsal capsulodesis (anchors fixation)	Vicente Carratalá
09:15-10:00	Video-technique & practice #2: TFCC foveal repair (transosseous & suture anchors)	Mireia Esplugas
10:00-10:15	Masterclass #1: Nanoendoscopy of small joints	Sanj Kakar
10:15-10:45	Video-technique & practice #3: Arthroscopic bone graft for lunate bony ganglion	Lorenzo Merlini
10:45-11:15	Masterclass #2: All-arthroscopic TFCC ligamentoplasty for DRUJ Instability	Vicente Carratalá
11:15-12:00	Video-technique & practice #4: Plating for complex distal radius fractures MIPO	William Geissler
12:00-13:00	Video-technique & practice #5: Arthroscopic intraarticular distal radius osteotomy non-union	Gustavo Gómez
13:00-13:45	Video-technique & practice #6: DRUJ arthroscopic ligamentoplasty	Ricardo Kaempf
13:45-14:00	Masterclass #3: Distal radius osteotomy with PSI Guides	Pedro J. Delgado
14:00-15:00	Lunch	
15:00-15:45	Masterclass #4: Total wrist arthroplasty. MOTEC	Fernando Corella
15:45-16:30	Video-technique & practice #7: Endoscopic Carpal tunnel release	Olivier Mares
16:30-17:15	Video-technique & practice #8: Lunotriquetal bone fusion	Victor Triviño
17:15-18:00	Masterclass #5 : Arthroscopic LT ligamentoplasty	Jan-Ragnar Haugstvedt
18:00-18:45	Video-technique & practice #9: STT: T&T hemiresection	Andrea Atzei
18:45-19:30	Video-technique & practice #10: CMC arthroscopy + suspension	Alfonso Prada
19:30-19:40	Day 2 closing session	

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