



I International Course of Hand to Elbow Ultrasound-guided procedures and Sonosurgery

May 23-24th 2024

Bilbao Cadaver Lab

Course Director:
Fernando Dávila

Scientific committee:
Javier de la Fuente / Ramon Balius

Introduction to Sonosurgery Course

Over the last decade development of new Ultrasound-guided procedures and sonosurgery techniques has led to enhance the diagnosis and improve the outcomes of common upper limb pathologies.

This course is dedicated to all surgeons interested in learn and acquire the skills needed to perform this procedures safely and effectively with advanced high resolution ultrasound machines the last ultrasound designed instrumentals and the best european sonosurgeons.

Academic information

Goals:

- Review the principles for ultrasound imaging of the upper limb.
- Identify and correlate the anatomical structures with ultrasound images.
- Learn and perform invasive procedures and ultrasound-guided surgical techniques on cadaver.

Training methodology:

Prior to the practical course, the participant will receive theoretical online content that will allow them to review the basics of ultrasound imaging, ultrasound-guided procedures and sonosurgery techniques.

During the practical face-to-face sessions, participants will begin by learning the systematic ultrasound examination of the upper limb and correlating the anatomical structures with the ultrasound images. From there, they will progress to the invasive ultrasound-guided procedures that will be performed on anatomical specimens. Finally, they will be prepared to perform the scientifically verified ultrasound-guided surgical techniques and verified the results with postsurgical dissection of the pieces. This will also led the possibility too compare and discuss the results of different techniques.

General Information

Venue: UPV

Facultad de Medicina de Leioa (LHEC)(Barrio Sarriena s/n, Leioa (Biscay)

Dates: May 23-24th 2024

Official Language: The lectures will be provided in English.
Workshop can be held in English, Spanish, French or German.

Registration Fee: 1250€ (VAT non included)

Fee includes Online theoretical lectures, workshops participation, experts meetings, certificate of attendance, coffee breaks and lunch.

Faculty

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Theoretical Sessions – Online acces.**Upper limb ultrasound principles**

- Ultrasound imaging principles and machine set up.
- Introduction to ultrasound guided procedures and sonosurgery.
- Tips, tricks and technical requirements to perform upper limb ultrasound.

Elbow, wrist and hand anatomy.

- Sonoanatomy of the elbow.
- Sonoanatomy of the dorsal aspect of the wrist.
- Sonoanatomy of the volar aspect of the wrist.
- Sonoanatomy of the fingers.

Elbow, wrist and hand injections

- Lateral elbow pain.
- Intraarticular injections at elbow, wrist and hand.
- Carpal tunnel injections.
- Trigger finger injections.
- First extensor compartment injections.

Top ten upper limb ultrasound guided surgical techniques.**Practical Sessions – Hands on ultrasound procedures****Thursday 23rd. Elbow workshop****7:50 - 8:00 a.m. Registration, welcome and introduction.****8:00 - 8:30 a.m. Live ultrasound elbow examination.****8:30 - 9:30 a.m. Hands-on ultrasound examination:****Lateral aspect of the elbow:**

- Common extensor tendón.
- Radial tunnel.
- Radial collateral ligament complex.

Anterior and medial aspects of the elbow:

- Proximal median nerve and potential compression sites.
- Distal biceps brachii insertional complex.
- Ulnar nerve and cubital tunnel.

9:30 - 10:00 a.m. Live Ultrasound elbow injections.**10:00 - 11:00 a.m. Hands-on ultrasound injections:**

- Common extensor tendon.
- Elbow joints.
- Radial tunnel.
- Cubital tunnel.
- Perineural injections at lacertus fibrosus and pronator teres.
- Bicipital Bursa.

11:00 - 11:30 a.m. Coffee time.**11:30 - 12:00 a.m. Live ultrasound guided surgery: elbow procedures.****12:00 - 13:30 p.m. Hands-on elbow endoscopic and ultrasound-guided procedures.****Lateral epicondylitis :**

- Common extensor tendon release at the footprint.
- Extensor digitorum aponeurosis release.

Lacertus Fibrosus release:**Cubital tunnel.**

- Nanoneedle® assistance
- Sonosurgery

Radial tunnel release.

- Nanoneedle® assistance

Proximal Median Nerve release.

- Nanoneedle® assistance
- Lacertus Fibrosus ultrasound release.

Forearm fasciotomies for Chronic exertional compartment syndrome.

- Nanoneedle® assistance
- Sonosurgery

Thursday 23rd. Hand and wrist workshop**14:30 - 15:00 p.m. Live ultrasound hand and wrist examination.****15:00 - 16:00 p.m. Hands-on ultrasound examination:**

- Hand and Wrist.

16:00 - 16:30 p.m. Live ultrasound hand and wrist injections.**16:30 - 17:30 p.m. Hands-on ultrasound injections:**

- Carpal tunnel.
- Wrist joints.
- First extensor compartment.
- Digital joints.
- Peritendinous injections.

17:30 - 18:30 p.m. Coffee with the expert**¿How do I perform it at my office?**

Ultrasound contribution at my daily practice. Ultrasound guided injections.

Friday 24th. Hand and wrist sonosurgery workshop**8:30 - 9:00 a.m. Live ultrasound guided procedures: hand and wrist.****9:00 - 12:00 a.m. Hands-on wrist and hand endoscopic and ultrasound guided procedures.****- Carpal tunnel ultrasound-guided release.**

- Anterograde technique with U-shaped surgical probe.
- Anterograde technique with commercial devices.
- Retrograde technique with hook blade.

- First extensor compartment release**- Finger and thumb A1 Pulley percutaneous release**

- Anterograde technique.
- Retrograde technique.
- Scratch-cut needle technique (Eastwood).

- Ultrasound guided dorsal capsulodesis**12:00 - 13:00 p.m. Coffee with the expert****¿How do I perform it at my office?**

Ultrasound contribution at my daily office surgery with WALANT technique.

Closing remarks & Certificate deliverance

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Secretaría técnica



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