

Advances in hand and wrist arthroscopy



9th Basic & Advanced
Wrist Arthroscopy Course



MADRID
WRIST
COURSE



MADRID – FEBRUARY 14–16TH, 2024

Innovations in hand and wrist arthroscopy

9th Basic & Advanced Wrist Arthroscopy Course

COURSE ORGANIZATION

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

DATE & VENUE

February 14th-16th, 2024

– **February 14th and 16th:** Lectures and Cad-Lab
Surgical Training Lab (C. *Labradores, 7, 28660 Boadilla del Monte, Madrid*)

- **February 15th:** Theory Lectures

San Pablo CEU University, 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
inscripciones@atenta.es



COURSE OPTIONS

Basic course (February, 14th, 2024):

- Lectures and practical sessions in the laboratory on basic techniques.
- 16 topics & 10 practical sessions in the cad-lab.

Advanced course (February, 15h & 16th, 2024):

- Lectures and practical sessions in the laboratory on intermediate and advanced techniques of wrist arthroscopy and reconstructive surgery.
- 34 topics distributed in 7 sessions.
- 9 practical sessions in cad-lab.
- 6 live surgeries & masterclasses by faculty in the laboratory by faculty.

COURSE DATA

- Course of theory and practice in cad-lab of 3 days: theory 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. Personal access code si needed.

The official language of the course will be English, except for the Basic Course that will be in English and Spanish.



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COURSE TYPES AND INSCRIPTION

Basic course

Includes attendance to the first day's course on February 14th, 2024 (theoretical and practical part) and the lectures of the 2nd day (February 15th, 2024). 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 practice advanced course in the cad-lab 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 16th, 2024. 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 of the three days (February 14-16, 2024). 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 Advanced Course on February 15th, 2024, 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 15th.

BASIC COURSE

1.000€ + VAT (limited places)

DAY	Wed 14th	Thurs 15th	Fri 16th
Session	Lectures & Cad-Lab	Lectures	Cad Lab
COURSE	BASIC	ADVANCED	

BASIC PLUS COURSE

1.500€ + VAT (limited places)

DAY	Wed 14th	Thurs 15th	Fri 16th
Session	Lectures & Cad-Lab	Lectures	Cad Lab*
COURSE	BASIC	ADVANCED	

ADVANCE COURSE

1.650€ + VAT (limited places)

DAY	Wed 14th	Thurs 15th	Fri 16th
Session	Lecture & Cad-Lab	Lectures	Cad-Lab
COURSE	BASIC	ADVANCED	

FULL COURSE

2.500€ + VAT (limited places)

DAY	Wed 14th	Thurs 15th	Fri 16th
Session	Lectures & Cad-Lab	Lectures	Cad-Lab
COURSE	BASIC	ADVANCED	

THEORETICAL COURSE

120€ + VAT

DAY	Wed 14th	Thurs 15th	Fri 16th
Session	Lectures & Cad-Lab	Lectures	Cad Lab
COURSE	BASIC	ADVANCED	



Innovations in hand and wrist arthroscopy

9th Basic & Advanced Wrist Arthroscopy Course

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

Associate professor. School of Medicine. CEU San Pablo University

Boadilla del Monte, Madrid, Spain

SCIENTIFIC COMMITTEE

Pedro J. Delgado

Alfonso C. Prada

Víctor Triviño

Juan M. Pardo

Diego A. Junqueras

Federico A. Figueredo

Ricardo Kaempf

Vicente Carratalá

Fernando Corella



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FACULTY

Ahlam Arnaut	FRA	Francisco Lucas	ESP
Andrea Atzei	ITA	Riccardo Luchetti	ITA
Gregory Bain	AUS	Lucian Marcovici	ITA
Joaquim Casañas	ESP	Pau López Osornio	ESP
Martín Caloia	ARG	Cristóbal Martínez	ESP
Javier Cervera	ESP	Olivier Mares	FRA
Fernando Corella	ESP	Christophe Mathoulin	FRA
Vicente Carratalá	ESP	Lorenzo Merlini	FRA
Jaime de la Torre	ESP	Belén García-Medrano	ESP
Francisco del Piñal	ESP	Montserrat Ocampos	ESP
Pedro J. Delgado	ESP	Juan M. Pardo	ESP
Mireia Esplugas	ESP	Alfonso Prada	ESP
Javier Ferreira	ESP	Fernando Polo	ESP
Gustavo Gómez	ARG	Victor Triviño	ESP
Ricardo Kaempf	BRA	Jeffrey Yao	USA
Sanjeev Kakar	USA	Ezequiel Zaidenberg	ARG
Dimitrios Karadaglis	UK		



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

LECTURES AND HANDS-ON COURSE (CAD-LAB)

Faculty

08:30-08:45	Arthroscopy anatomy and radiocarpal/midcarpal portals	Belén García-Medrano
08:45-09:00	Complications in wrist arthroscopy	Dimitrios Karadaglis
09:00-09:30	Practice #1: Portal placement and diagnostic wrist arthroscopy	
09:30-09:45	Scapholunate instability. Classification and treatment	Ezequiel Zaidenberg
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 & dorsal cysts of the wrist	Jaime de la Torre
10:45-11:00	Lunotriquetal instability	Ahlam Arnaout
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	Victor Triviño
12:15-12:30	Foveal TFCC injuries	Javier Cervera
12:30-13:00	Practice #4: TFCC peripheral repair	
13:00-13:15	SLAC wrist: arthroscopic treatment	Alfonso Prada
13:15-13:30	Arthroscopic distal ulna resection (wafer)	Fernando Polo
13:30-14:00	Practice #5: Wafer procedure, radial styloidectomy	
14:00-15:00	Group photo & lunch	
15:00-15:15	Arthroscopic assisted scaphoid fixation	Lucian Marcovici
15:15-15:30	Arthroscopic treatment of distal radius fractures	Montserrat Ocampos
15:30-16:00	Practice #6: Arthroscopic assisted scaphoid fixation	
16:00-16:30	Practice #7: Arthroscopic DRF fixation	
16:30-16:45	Arthroscopic grafting of lunate bone ganglion	Dimitrios Karadaglis
16:45-17:00	Basic principles of ultrasound-guided wrist surgery	Juan M. Pardo
17:00-17:30	Practice #8: ABG for lunate bone ganglion	
17:30-17:45	Coffee break	
17:45-18:00	CMC osteoarthritis. Arthroscopic treatment	Ahlam Arnaout
18:00-18:15	Arthroscopic management of STT osteoarthritis.	Francisco J. Lucas
18:15-18:45	Practice #9: Distal scaphoid pole resection	
18:45-19:30	Practice #10: Trapezium hemiresection & suspension	
19:30-19:40	End of basic course. Closing remarks	

07:30-08:00 Registration

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

DAY 1 – LECTURES

Session 1: Advances in scapholunate ligament reconstruction.
Moderators: Andrea Atzei and Alfonso Prada

08:15-08:30	Role of DIC ligament and secondary stabilizers in SL instability.	Ezequiel Zaidenberg
08:30-08:45	New labral-like concept	Martin Caloia
08:45-09:00	All dorsal and arthroscopic SL reconstruction	Lorenzo Merlini
09:00-09:15	Arthroscopic scapholunoradial technique for SL reconstruction	Gustavo Gomez
09:15-09:30	Limits of arthroscopic SL dorsal capsulodesis	Christophe Mathoulin
09:30-09:50	Discussion	

Session 2: Evaluation and complications of SL reconstruction.
Moderators: Riccardo Luchetti and Lorenzo Merlini

09:50-10:05	Scapholunate dysfunction. Neither a single injury nor a single treatment	Fernando Corella
10:05-10:20	How should we evaluate our results in scapholunate reconstruction?	Mireia Esplugas
10:20-10:35	Why do Scapholunate ligament reconstructions fail?	Gregory Bain
10:35-10:50	Collapse after carpal bone tunnelling. Underreported complication?	Francisco del Piñal
10:50-11:05	Complications in SL arthroscopic ligament reconstruction	Pedro J. Delgado
11:05-11:30	Discussion	
11:30-12:00	Coffee break	

Session 3: LTL, DRUJ, TFCC: The ulnar dark side of the wrist.
Moderators: Gregory Bain and Victor Triviño

12:00-12:15	Ulnar sided wrist: anatomy and biomechanics	Riccardo Luchetti
12:15-12:30	Arthroscopic treatment of disorders of DRUJ	Jeffrey Yao
12:30-12:45	Arthroscopic assisted tendon reconstruction for DRUJ instability	Andrea Atzei
12:45-13:00	All-arthroscopic TFCC ligamentoplasty for chronic DRUJ Instability	Vicente Carratalá
13:00-13:15	Arthroscopic LT ligamentoplasty	Cristobal Martínez
11:05-11:30	Discussion	

Session 3: Kienbock's disease.
Moderators: Ahlam Arnaut and Juan M. Pardo

13:30-13:45	An algorithm based approach to Kienbock's disease	Gregory Bain
13:45-13:55	Arthroscopic lunate excision for Kienböck disease treatment	Lorenzo Merlini
13:55-14:10	Discussion	
14:10-14:45	Group photo & lunch	

Session 4: What's new in scaphoid injuries.
Moderators: Ricardo Kaempf and Vicente Carratalá

14:45-14:30	Symptomatic scaphoid mal-union: Arthroscopically assisted osteotomy	Martin Caloia
14:30-14:45	Unlocking efficiency in scaphoid proximal pole arthroscopic work: scaphoid direct volar portal approach	Mireia Esplugas
14:45-15:00	Scaphoid nonunion reconstruction with a rib graft	Sanj Kakar
15:00-15:15	Scaphoid non union: vascularized bone graft vs arthroscopic bone grafting?	Ezequiel Zaidenberg
15:15-15:30	Discussion	

Session 5: Advances in distal radius fractures.
Moderators: Mireia Esplugas and Dimitrios Karadaglis

15:30-15:45	Osteoligamentous concepts of distal radius fractures	Gregory Bain
15:45-16:00	Arthroscopic intra-articular osteotomy of the distal radius: is it possible in all cases?	Francisco del Piñal
16:00-16:15	Arthroscopic reconstruction of radiocarpal ligaments	Gustavo Gómez
16:15-16:30	Custom plating and PSI guides	Pedro J. Delgado
16:30-16:45	Discussion	

Session 6: STT & osteoarthritis.
Moderators: Fernando Corella and Lucian Marcovici

16:45-17:00	STT osteoarthritis: the Copernical revolution	Andrea Atzei
17:00-17:15	The SOAC wrist	Ricardo Kaempf
17:15-17:30	Arthroscopic treatment of STT osteoarthritis	Joaquim Casañas
17:30-17:45	Arthroscopic treatment of chondral injuries of the wrist	Pau López-Osornio
17:45-18:00	Discussion	

Session 7: Endoscopy & Ultrasound-guided surgery.
Moderators: Joaquim Casañas and Ezequiel Zaidenberg

18:00-18:15	Why have an ultrasound machine by your side?	Fernando Corella
18:15-18:30	Ultrasound-guided surgery of the carpal tunnel	Olivier Mares
18:30-18:45	US in flexor stenosing tenosynovitis (trigger finger): from diagnosis to surgery	Javier Ferreira
18:45-19:00	ECU tenoscopy: how and when?	Ricardo Kaempf
19:00-19:15	Endoscopic release of the De Quervain disease. Why and how	Martin Caloia
19:15-19:35	Discussion	

19:35 – DAY 1 CLOSING SESSION

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

DAY 2 – HANDS-ON COURSE (CAD-LAB)

08:30-09:15	Video-technique & practice #1: Dorsal capsulodesis (anchors fixation)	Pedro J. Delgado
09:15-10:00	Video-technique & practice #2: TFCC foveal repair (transosseous & suture anchors)	Mireia Esplugas
10:00-10:30	Video-technique & practice #3: Arthroscopic pisiform excision	Vicente Carratalá
10:30-11:00	Live surgery#1: Arthroscopic SL ligamentoplasty "doble circle technique"	Fernando Corella
11:00-12:00	Video-technique & practice #4: Arthroscopic SL ligamentoplasty (Corella´s technique)	Monsterrat Ocampos
12:00-12:30	Live surgery#2: All-arthroscopic TFCC ligamentoplasty for DRUJ Instability	Vicente Carratalá
12:30-13:30	Video-technique & practice #5: Arthroscopic TFCC reconstruction	Riccardo Luchetti
13:30-14:00	Live surgery #3: Arthroscopic bone grafting and fixation for Kienbock disease	Gregory Bain
14:00-15:00	Lunch	
15:00-15:45	Video-technique & practice #6: Distal radius osteotomy with PSI Guides	Pedro J. Delgado
15:45-16:15	Live surgery #4: Total wrist arthroplasty. MOTEK system	Pau Lopez-Osorio
16:15-17:00	Video-technique & practice #7: Endoscopic Carpal tunnel release	Olivier Mares
17:00-17:30	Live surgery #5: Arthroscopic midcarpal interposition for lunocapitate arthritis	Lorenzo Merlini
17:30-18:15	Video-technique & practice #8: lunotriquetal bone fusion	Victor Triviño
18:15-18:45	Live surgery #6: PSI and custom arthroplasty for STT	Vicente Carratalá
18:45-19:30	Video-technique & practice #9: CMC arthroscopy + suspension	Ahlam Arnaout

19:30– 19:40 – DAY 2 CLOSING SESSION





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