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# FRIDAY

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## ULTRASOUND SURGERY COURSE

8:00 am ◦ REGISTRATION AND WELCOMING OF PARTICIPANTS

8:30 am ◦ **THEORETICAL SESSION 1**  
**"USE AND SETTINGS OF THE ULTRASOUND MACHINE"**

- > Introduction to the course, presentation
- > Ultrasound imaging: history and principle
- > How I do an ultrasound of the upper limb
- > Anatomical landmarks in ultrasound, radiological anatomy correspondence
- > Technical gestures under ultrasound

9:30 am ◦ **HANDS-ON SESSION 1**  
**"NORMAL EXPLORATION ANATOMICAL STRUCTURES AND MAIN LANDMARKS AT THE HAND, WRIST AND ELBOW"**

- > The epicondyle
- > The ulnar nerve at the elbow
- > The lacertus
- > The slide of the short extensor / long abductor of the thumb
- > The distal radius and the RUD
- > The carpal tunnel
- > The digital channel
- > Ultrasound-guided infiltration of the upper limb

12:30 pm ◦ LUNCH AT THE INSTITUTE

1:30 pm ◦ **THEORETICAL SESSION 2**  
**"THE HAND"**

- > The long finger trigger finger
- > The thumb trigger finger
- > Carpal tunnel
  - Retrograde technique
  - Antegrade technique
  - Anterograde technique

2:30 pm ◦ **HANDS-ON SESSION 2**  
**"TECHNICAL GESTURES UNDER ULTRASOUND"**

- > Release of flexor tendons, opening A1 pulley
- > Release of Flexor Pollicis Longus
- > Section of the retinaculum :
  - Retrograde technique
  - Antegrade technique
  - Anterograde technique

6:00 pm ◦ END OF SESSION

8:00 pm ◦ DINNER IN HONOR OF PARTICIPANTS

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# SATURDAY

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## ULTRASOUND SURGERY COURSE

8:00 am ◦ EVALUATION OF THE PREVIOUS DAY

8:30 am ◦ **THEORETICAL SESSION 3**  
**"WRIST AND ELBOW"**

- > Ulnar nerve without transposition
- > Lacertus fibrosus
- > Epicondylitis
- > The tendinitis of De Quervain
- > The fracture of the wrist ultrasound control

9:30 am ◦ **HANDS-ON SESSION 3**  
**"TECHNICAL GESTURES UNDER ULTRASOUND"**

- > Release of Ulnar nerve
- > Release of the median nerve at the elbow
- > Section of ECRB
- > Release of APB and EB
- > Reduction and osteosynthesis of distal radius fracture under ultrasound control

12:30 pm ◦ LUNCH AT THE INSTITUTE

1:30 pm ◦ **THEORETICAL SESSION 4**  
**"THE CONTRIBUTION OF ULTRASOUND TO MY OFFICE PRACTICE"**

- > Office surgery and insurance
- > Office surgery and patient satisfaction
- > Office surgery and infection
- > Office surgery and trash

2:30 pm ◦ END OF COURSE  
DELIVERY OF CERTIFICATES OF ATTENDANCE