

# ULTRASOUND-GUIDED UPPER LIMB SURGERY

PROGRAMME

JANUARY 12 - 13



2024

**ircad**  
France

STRASBOURG  
UNIVERSITY

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General director

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**COURSE ENDORSEMENTS AND ACCREDITATION**

**IRCAD-IWC course**



organized in collaboration with **IWAS** and **APWA**



With the support of **IFSSH**, **FESSH**, **APFSSH**, **SFCM**



This course is accredited by the European Accreditation Council for Continuing Medical Education (EACCME) to provide the following CME activity for medical specialists. The EACCME is an institution of the European Union of Medical Specialists (UEMS).

EACCME credits are also recognized by the American Medical Association towards the Physician's Recognition Award (PRA).



AMERICAN COLLEGE OF SURGEONS • DIVISION OF EDUCATION  
**ACCREDITED EDUCATION INSTITUTES**  
 ENHANCING PATIENT SAFETY THROUGH SIMULATION  
 ACCREDITED EDUCATION INSTITUTE

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*Each IRCAD faculty member confirms that any conflict of interest they may declare has no bearing on any scientific activity during the courses: all course content is fair, balanced, and free of commercial bias.*

## COURSE OBJECTIVES

The course will focus on the need to use ultrasound therapy for upper limb conditions such as tendon irritation and nerve compression due to a post-traumatic pathology or other pathology.

- To cover a broad spectrum of ultrasound surgeries for upper limb pathologies
- To highlight the technical aspects of surgical procedures through specific theoretical teaching sessions before each practical session
- To provide appropriate indications for surgical and non-surgical treatments of nerve entrapment, tendinitis on the upper limb sequel of traumatic or overuse injuries
- To discuss how to prevent and manage intraoperative and postoperative complications
- To allow real-time discussion between operators and trainee surgeons
- To provide hands-on sessions to improve skills in ultrasound surgery at the upper limb through practice under expert tutorials

# Friday January 12, 2024

## MORNING

08.15 am WELCOMING OF PARTICIPANTS

### 08.30 am Theoretical session 1

#### Use and settings of the ultrasound machine

**Chairmen:** *F. LOISEL - H-C. CHEN*

- |  |                    |
|--|--------------------|
| • Introduction to the course, presentation (5 min)                                 | <b>J-M. COGNET</b> |
| • How to start ultrasound surgery (8 min)  | <b>J. ESCOBAR</b>  |
| • Anatomical landmarks in ultrasound, radiological anatomy correspondence (10 min) | <b>S. KLUGE</b>    |
| • Infiltration under ultrasound (8 min)  | <b>C. NUNES</b>    |
| • What device should I used (8 min)  | <b>O. MARES</b>    |

09.30 am COFFEE BREAK (15 min)

### 09.45 am Hands-on session 1

#### Standard exploration of anatomical structures and main landmarks of the hand, wrist, and elbow

- |  |                    |
|--|--------------------|
| • The epicondyle   | <b>All Experts</b> |
| • The ulnar nerve at the elbow                                 |                    |
| • The lacertus   |                    |
| • The slide of the short extensor / long abductor of the thumb |                    |
| • The distal radius and the distal radio ulnar (DRU) joint     |                    |
| • The carpal tunnel  |                    |
| • The digital tunnel   |                    |
| • Ultrasound-guided infiltration of the upper limb             |                    |

12.30 pm LUNCH AT THE INSTITUTE

# Friday January 12, 2024

## AFTERNOON

### 01.30 pm Theoretical session 2

#### The hand

***Chairmen: F-J. FERREIRA – S. KLUGE***

- Carpal tunnel:
  - Retrograde technique (7 min) T. APARD
  - Anterograde technique (7 min) E. DE KEATING-HART
  - Antegrade technique (7 min) F. MOUNGONDO
- The long finger trigger finger (10 min) M. CROMHEECKE
- The thumb trigger finger (10 min) B. JURBALA
- Percutaneous sonography guided trigger finger release: Intra sheath retrograde technique (10 min) F. MOUNGONDO
- Fowler tenotomy under ultrasound (8 min) T. APARD

### 02.30 pm COFFEE BREAK (10 min)

### 02.45 pm Hands-on session 2

#### Technical gestures under ultrasound

- Release of flexor tendons, opening A1 pulley
- Release of flexor pollicis longus
- Division of the flexor retinaculum: ***All Experts***
  - Retrograde technique
  - Anterograde technique
  - Alternative technique

### 06.00 pm END OF THE SESSION

### 08.00 pm DINNER IN HONOR OF PARTICIPANTS – BRASSERIE DES HARAS

# Saturday January 13, 2024

## MORNING

08.15 am WELCOME COFFEE

### 08.30 am Theoretical session 3

#### Wrist and elbow

**Chairmen:** E. DE KEATING-HART – B. JURBALA

- |   |               |
|---|---------------|
| • Ulnar nerve without transposition (8 min) | O. MARES      |
| • Lacertus:                                 |               |
| - Anterograde technique (7 min)             | O. MARES      |
| - Retrograde technique (7 min)              | T. APARD      |
| • De Quervain tendinitis (8 min)            | F-J. FERREIRA |
| • Radius fractures (8 min)                  | J-M. COGNET   |
| • Epicondylitis (8 min)                     | B. JURBALA    |
| • Compartment syndrome (8 min)              | J-M. COGNET   |

09.35 am COFFEE BREAK (10 min)

### 09.45 am Hands-on session 3

#### Technical gestures under ultrasound

- Release of ulnar nerve
- Release of median nerve at the elbow
- Division of ECRB
- Release of APB and EB
- Reduction and osteosynthesis of distal radius fracture under ultrasound control
- Epicondylitis

*All Experts*

01.30 pm LUNCH AT THE INSTITUTE

# Saturday January 13, 2024

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## AFTERNOON

02.15 pm **Theoretical session 4**

**The contribution of ultrasound to my office**

***Speakers:***

***T. APARD – B. JURBALA***

- My office surgery practice: debate (45 min)

03.00 pm **END OF THE COURSE  
DELIVERY OF CERTIFICATES OF ATTENDANCE**

# NOTE PAD

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