ULTRASOUND-GUIDED UPPER LIMB SURGERY

PROGRAMME

JANUARY 12 - 13

2024

Course supervisor
C. Mathoulin (FR)

General director
O. Mares (FR)

Course directors
T. Apard (FR)
J.M. Cognet (FR)
S. Kluge (CH)
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).
COURSE SUPERVISOR

Christophe MATHOULIN
Clinique Bizet – Institut De La Main, Paris, France

GENERAL DIRECTOR

Olivier MARES
Groupe Hospitalo-Universitaire Caremeau, Nîmes, France

COURSE DIRECTORS

Thomas APARD
Hôpital Privé De Versailles, Versailles, France

Jean-Michel COGNET
Medipôle – Cabinet De Chirurgie Orthopédique et Traumatologique, Bezannes, France

Sebastian KLUGE
Handchirurgie Seefeld, Zurich, Switzerland

FACULTY

Michiel CROMHEECKE
Az Maria Middelares, Gent, Belgium

Edward DE KEATING-HART
Clinique Jules Vernes, Nantes, France

Julian ESCOBAR
S.E.S. Hospital de Caldas, Caldas, Colombia

Francisco Javier FERREIRA
Hospital Universitarion San Rafael, Madrid, Spain

Brian JURBALA
Bartow Regional Medical Center, Bartow, USA

François LOISEL
CHU Hôpital Jean MINJOZ

Fabian MOUNGONDO
Hôpital Erasme ULB, Bruxelles, Belgium

Carla NUNES
Hospital CUF TEJO, Lisboa, Portugal

GUEST FACULTY

Hsin-Chuan CHEN
IRCAD Taiwan, Taipei, Taiwan

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) J-M. COGNET
- How to start ultrasound surgery (8 min) J. ESCOBAR
- Anatomical landmarks in ultrasound, radiological anatomy correspondence (10 min) S. KLUGE
- Infiltration under ultrasound (8 min) C. NUNES
- What device should I used (8 min) O. MARES

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
- The ulnar nerve at the elbow
- The lacertus
- The slide of the short extensor / long abductor of the thumb All Experts
- 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:
  - Retrograde technique
  - Anterograde technique
  - Alternative technique  All Experts

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  All Experts
- Release of APB and EB
- Reduction and osteosynthesis of distal radius fracture under ultrasound control
- Epicondylitis

01.30 pm  LUNCH AT THE INSTITUTE
Saturday January 13, 2024

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