

WRIST ARTHROSCOPY - BASIC COURSES

WITH THE SUPPORT OF IWAS AND APWA

NOVEMBER 29 - 30



2024

ircad
France

STRASBOURG
UNIVERSITY

Course supervisors

J.R. Haugstedt (NO)
C. Mathoulin (FR)
P. Liverneux (FR)

General directors

M. Levadoux (FR)
E.M. Baur (DE)

Course director

A. Arnaout (FR)

Seasonal Wrist Forum
Course directors

C. Taleb (FR)
L. Marcovici (IT)

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).



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ACCREDITED EDUCATION INSTITUTES
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COURSE SUPERVISORS

Jan-Ragnar HAUGSTVEDT	Oslo Hand Center, Oslo, Norway
Christophe MATHOULIN	International Wrist Center, Paris, France
Philippe LIVERNEAUX	Hôpitaux Universitaires, Strasbourg, France

GENERAL DIRECTORS

Eva-Maria BAUR	Practice For Plastic and Hand Surgery, Murnau, Germany
Michel LEVADOUX	Clinique Saint Roch, Toulon, France

COURSE DIRECTOR

Ahlam ARNAOUT	International Wrist Center, Paris, France
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“SEASONAL WRIST FORUM” DIRECTORS

Lucian Lior MARCOVICI	Jewish Hospital of Rome, Rome, Italy
Chihab TALEB	Groupe Hospitalier Mulhouse Et Région Sud Alsace – Mulhouse, France

FACULTY

Ludovic ARDOUIN	Institut de la Main, Nantes, France
Matthew BROWN	St John’s Hospital, Livingston, United Kingdom
Mireia ESPLUGAS	Institute Kaplan, Barcelona, Spain
Mathilde GRAS	Clinique Bizet, Paris, France
Hideo HASEGAWA	Nara Medical University, Nara, Japan
Morgane LE CHATELIER	Institut Chirurgical Eiffel, Lyon, France
Rebecca LIM	Singapore General Hospital, Singapore
Pablo LOPEZ-OSORNIO	Teknon Medical Center, Barcelona, Spain
Youssra MARJOUA	Curtis National Hand Center, Baltimore, USA

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 treatment of patients with ligament or bone pathology, post-traumatic or osteoarthritis of the wrist with the following objectives:

- To cover a broad spectrum of wrist arthroscopic surgery;
- 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 traumatic or non-traumatic wrist pathologies;
- 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 arthroscopic wrist surgery through practice under expert tutorial.

Friday, November 29 - 2024

MORNING

08.00 am WELCOMING OF PARTICIPANTS

08.15 am Theoretical session 1

GENERAL PRINCIPLES

Chairpersons: A. ARNAOUT - L. ARDOUIN

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|--|---------------------------------------|
| • Principles of wrist arthroscopy and technique (setup, instruments, triangulation principle) (12 min) | A. ARNAOUT |
| • Wrist arthroscopic anatomy (12 min) | C. TALEB |
| • Questions & discussion (6 min) | All participants & Experts |
| • Portals: main wrist arthroscopy portals (12 min) | P. LOPEZ-OSORNIO |
| • Indications-Complications (12 min) | H. HASEGAWA |
| • Questions & discussion (6 min) | All participants & Experts |

09.15-09.30 am COFFEE BREAK (15 min)

09.30 am Hands-on session 1

Procedures:

- Portals
- Exploration of normal wrist joint
- Removal of foreign body
- Synovectomy

All Experts

Experts help students directly at their allocated tables on an anatomical specimen with simultaneous teaching. Individual practical training by students (1 expert for 2 operating tables)

12.30 pm LUNCH AT THE INSTITUTE

Friday, November 29 - 2024

AFTERNOON

01.15 pm **GROUP PICTURE** *All participants & Experts*

01.30 pm **Theoretical session 2**

BASIC TECHNIQUES

Chairpersons: ***M. ESPLUGAS – R. LIM***

- Removal of wrist ganglia (10 min)
- Radial styloidectomy (10 min)
- Questions & discussion (6 min)
- Distal resection of the ulna (10 min)
- TFCC: peripheral repair (10 min)
- Case discussion (8 min)
- Questions & discussion (6 min)

M. GRAS
Y. MARJOUA

All participants & experts

L. ARDOUIN
L. MARCOVICI
M. BROWN

All participants & Experts

02.30-02.45 pm **COFFEE BREAK (15 min)**

02.45 pm **Hands-on session 2**

Procedures:

- Dorsal wrist ganglion
- Styloidectomy
- WAFER
- TFCC peripheral repair

All Experts

Experts help students directly at their allocated tables on an anatomical specimen with simultaneous teaching. Individual practical training by students (1 expert for 2 operating tables)

06.00 pm **END OF THE SESSION**

08.00 pm **FACULTY & PARTICIPANTS DINNER**

Saturday, November 30 - 2024

MORNING

08.15 am EVALUATION OF THE PREVIOUS DAY

08.30 am **Theoretical session 3**

SCAPHOLUNATE, SCAPHOID & DRF FRACTURES

Chairpersons: A. ARNAOUT - Y. MARJOUA

- Scapholunate complex: anatomical basis and arthroscopic assessment (10 min) **M. ESPLUGAS**
- Scapholunate instability: ADCLR techniques (10 min) **A. ARNAOUT**
- Questions & discussion (6 min) **All participants & Experts**
- Scaphoid fractures treatment: arthroscopic assisted technique (10 min) **M. LE CHATELIER**
- Distal radius fractures: arthroscopic assisted technique (10 min) **R. LIM**
- Case discussion (8 min) **M. BROWN**
- Questions & discussion (6 min) **All participants & Experts**

09.30-09.45 am COFFEE BREAK (15 min)

09.45 am **Hands-on session 3**

Procedures:

- ADCLR technique
- Distal radius fracture: osteosynthesis/ arthroscopic assistance (plate)
- Scaphoid fracture: osteosynthesis/ arthroscopic assistance (screw)
- Free session from 12.30 to 1.30 pm

All Experts

Experts help students directly at their allocated tables on an anatomical specimen with simultaneous teaching. Individual practical training by students (1 expert for 2 operating tables)

01.30 pm LUNCH AT THE INSTITUTE

Saturday, November 30 - 2024

AFTERNOON

02.30 pm **Seasonal Wrist Forum**

Chairpersons: M. CALOIA, L. MARCOVICI, C. TALEB,

Moderator: A. ARNAOUT

02.30 pm	LECTURES WRIST CHONDRAL DEFECTS
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|---|------------------|
| • Arthroscopic perforations and micro-fractures | P. LOPEZ-OSORNIO |
| • Arthroscopic osteochondral grafting | P.C. HO |
| • Arthroscopic interposition | L. MERLINI |
| • Discussion with the panel (15 min) | |

03.30 pm	FORUM OF CLINICAL CASES MY WORST CASE AND HOW DID I MANAGE IT
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|--------------------------------------|----------|
| • Distal radius | G. BAIN |
| • Distal ulna | A. ATZEI |
| • Scaphoid | B. LIU |
| • Discussion with the panel (15 min) | |

04.30 pm	END OF THE COURSE DELIVERY OF CERTIFICATES OF ATTENDANCE
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