



## ULTRASOUND-GUIDED UPPER LIMB SURGERY PROGRAMME

2025

DATE

**MAY 23 - 24**

GENERAL DIRECTOR

**O. Mares** (FR)

GENERAL DEPUTY DIRECTOR

**C. Mathoulin** (FR)

COURSE MANAGERS

**J.M. Cognet** (FR)

**F.X. Ferreira** (ES)

## 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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### **Maxime ROUSIÉ**

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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 May 23, 2025

## MORNING

08.15 am WELCOMING OF PARTICIPANTS

### 08.30 am Theoretical session 1

#### Use and settings of the ultrasound machine

**Chairmen:** **F. LOISEL – O. MARES**

- Introduction to the course, presentation (5 min)
- How to start ultrasound surgery (8 min)
- Anatomical landmarks in ultrasound (10 min)
- Infiltration under ultrasound (8 min)
- What device should I use (8 min)
- Discussion

**J-M. COGNET**  
**F. LOISEL**  
**S. KLUGE**  
**F. DAVILA**  
**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
- The distal radius and the distal radio ulnar (DRU) joint
- The carpal tunnel
- The digital tunnel
- Ultrasound-guided infiltration of the upper limb

***All Experts***  
**(Expert rotation per table)**

12.30 pm LUNCH AT THE INSTITUTE

# Friday May 23, 2025

## AFTERNOON

### 01.30 pm Theoretical session 2

#### The hand

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

- Carpal tunnel:
  - Anterograde technique (7 min) **C. NUNES**
  - Antegrade technique (7 min) **F. MOUNGONDO**
- The long finger trigger finger (10 min) **M. CROMHEECKE**
- The thumb trigger finger (10 min) **F-J. FERREIRA**
- Percutaneous sonography guided trigger finger release: Intra sheath retrograde technique (10 min) **F. MOUNGONDO**

### 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***  
(Expert rotation per table)

### 06.00 pm END OF THE SESSION

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

# Saturday May 24, 2025

## MORNING

**08.15 am**      **WELCOME COFFEE**

**08.30 am**      **Theoretical session 3**

### Wrist and elbow

**Chairmen:**      ***J-M. COGNET – F-J. FERREIRA***

- Ulnar nerve without transposition (8 min)
- Lacertus: anterograde technique (7 min)
- De Quervain tendinitis (8 min)
- Radius fractures (8 min)
- Epicondylitis (8 min)
- Compartment syndrome (8 min)

**B. MOUTINOT**  
**V. MARTINEL**  
**F-J. FERREIRA**  
**J-M. COGNET**  
**O. MARES**  
**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
- How to avoid complications: injury to superficial nerve branches
- Division of ECRB
- Release of APL and EPB
- Reduction and osteosynthesis of distal radius fracture under ultrasound control
- Epicondylitis

***All Experts***  
**(Expert rotation per table)**

**01.30 pm**      **LUNCH AT THE INSTITUTE**

# Saturday May 24, 2025

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## AFTERNOON

**02.15 pm      Theoretical session 4**

**The contribution of ultrasound to my office**

**Speaker:**

***O. MARES***

- My office surgery practice: debate (45 min)

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