

ULTRASOUND-GUIDED UPPER LIMB SURGERY

PROGRAMME



ircad
France
STRASBOURG
UNIVERSITY



DATE
JANUARY 16 - 17

COURSE SUPERVISOR
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GENERAL DIRECTORS
O. Mares (FR)
J.M. Cognet (FR)

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 16, 2026

MORNING

08.15 am WELCOMING OF PARTICIPANTS

08.30 am Theoretical session 1

How to use an ultrasound machine

Chairmen: J-M. COGNET – O. MARES

- Introduction to the course and IRCAD rules (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
O. MARES
S. KLUGE
F. DAVILA
M. ROUSIE

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 January 16, 2026

AFTERNOON

01.30 pm Theoretical session 2

Be proficient in carpal tunnel surgery and trigger finger surgery

Chairmen: F-J. FERREIRA – S. KLUGE

- Carpal tunnel:
 - Anterograde technique (7 min) M. CROMHEECKE
 - CLEAR procedure (7 min) J-M. COGNET
- Trigger finger
 - Anterograde technique (10 min) P-E. CHAMMAS
- The thumb trigger finger
 - Retrograde technique (7 min) F-J. FERREIRA
 - Anterograde technique (7 min) M. ROUSIE

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 GROUP DINNER – BRASSERIE DES HARAS

Saturday January 17, 2026

MORNING

08.15 am WELCOME COFFEE

08.30 am Theoretical session 3

Expand ultrasound-guided surgery beyond the hand

Chairmen: J-M. COGNET – F-J. FERREIRA

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|--|---------------------|
| • De Quervain tendinitis (8 min) | F-J. FERREIRA |
| • Lateral / medial epicondylitis (8 min) | O. MARES |
| • Ulnar nerve at the elbow (8 min) | F. DAVILA FERNANDEZ |
| • Lacertus fibrosis (8 min) | T. APARD |
| • 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
- 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 January 17, 2026

AFTERNOON

02.15 pm

Theoretical session 4

What will ultrasound-guided surgery look like tomorrow?

Chairmen: J-M. COGNET – O. MARES

- Pectoralis minor (10 min)
- Radial nerve (10 min)
- Ulnar nerve at Guyon's canal (10 min)
- Dupuytren's disease (10 min)
- Discussion

O. MARES

O. MARES

F. DAVILA FERNANDEZ

F-J. FERREIRA

03.30 pm

END OF THE COURSE
DELIVERY OF CERTIFICATES OF ATTENDANCE