

# WRIST ARTHROSCOPY

## PROGRAMME

**ircad**  
France  
STRASBOURG  
UNIVERSITY



DATE

**MARCH 6 - 7**

COURSE SUPERVISOR

**C. Mathoulin** (FR)

GENERAL DIRECTORS

**A. Arnaout** (FR)

**L. Merlini** (FR)

2026

## COURSE ENDORSEMENTS AND ACCREDITATION

### IRCAD-IWC IWAS course



organized in collaboration **APWA, EWA, LAWA**



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



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

ACCREDITED EDUCATION INSTITUTE

## COURSE SUPERVISOR

Christophe MATHOULIN International Wrist Center, Paris, France

## GENERAL DIRECTORS

Ahlam ARNAOUT International Wrist Center, Paris, France

Lorenzo MERLINI International Wrist Center, Paris, France

## FACULTY

Eva-Maria BAUR Practice for Plastic and Hand Surgery, Murnau, Germany

Emmanuel CAMUS Private practice, Maubeuge, France

Ali CAVIT Haydarpasa Numune Research and Teaching Hospital, Istanbul, Turkey

Vicente CARRATALA Hospital Quironsalud, Valencia, Spain

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Clément PRENAUD Polyclinique Bordeaux Nord Aquitaine, Bordeaux, France

Endre SOREIDE University Hospital, Oslo, Norway

Jerzy STIASNY Sønderborg Sygehus, Sønderborg, USA

Chihab TALEB Groupe Hospitalier Mulhouse Et Région Sud Alsace, Mulhouse, France

*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.

## BASIC OPTION

# Friday, March 6 - 2026

## MORNING

08.00 am WELCOMING OF PARTICIPANTS

### 08.15 am Theoretical session 1

#### GENERAL PRINCIPLES

**Chairpersons:** *B. GARCIA MEDRANO – L.L. MARCOVICI*

- Principles of wrist arthroscopy and technique (setup, instruments, triangulation principle) (15 min)
- Wrist arthroscopic anatomy and portals (20 min)
- Indications-Complications (15 min)
- Questions & discussion (10 min)

**J. STIASNY**

**B. GARCIA MEDRANO**

**G. PRUNIERES**

**All participants & Experts**

09.15-09.30 am COFFEE BREAK (15 min)

### 09.30 am Hands-on session 1

#### Procedures:

- Presentation of setup
- Portals (3-4, 6R, 1-2, UMC, RMC)
- Exploration of normal wrist joint (radio-carpal, midcarpal)
- Removal of loose bodies
- Synovectomy

#### *Faculty rotation per table*

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, March 6 - 2026

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## AFTERNOON

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

### 01.30 pm      **Theoretical session 2**

<b>BASIC TECHNIQUES</b>
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***Chairpersons:***      **S. FACCA – C. PRENAUD**

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| <ul style="list-style-type: none"> <li>• Removal of dorsal and volar wrist ganglia (15 min)</li> <li>• Radial styloidectomy (10 min)</li> <li>• Distal resection of the ulna head (10 min)</li> <li>• TFCC: peripheral repair (15 min)</li> <br/> <li>• Questions &amp; discussion (10 min)</li> </ul> | <p><b>C. PRENAUD</b><br/> <b>A. CAVIT</b><br/> <b>L.L. MARCOVICI</b><br/> <b>L.L. MARCOVICI</b></p> <p><b>All participants &amp; Experts</b></p> |
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02.30-02.45 pm      **COFFEE BREAK (15 min)**

### 02.45 pm      **Hands-on session 2**

**Procedures:**

- Dorsal and volar ganglia resection
- Radial styloidectomy
- Arthroscopic wafer
- TFCC peripheral repair

***Faculty rotation per table***

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, March 7 - 2026

## MORNING

08.00 am EVALUATION OF THE PREVIOUS DAY

08.30 am **Theoretical session 3**

### SCAPHOLUNATE, SCAPHOID & DRF FRACTURES

**Chairpersons:** A. PRADA - A. CAVIT

- Scapholunate ligament complex SLLC: anatomical basis and arthroscopic assessment (15 min) **A. PRADA**
- SLI ADCLR technique (15 min) **A. ARNAOUT**
- Scaphoid fracture: arthroscopic assisted technique (10 min) **L.L. MARCOVICI**
- Distal radius fracture: arthroscopic assisted technique and controversies about ligament repair (10 min) **S. FACCA**
- Question & discussion (10 min) **All participants & Experts**

09.30-09.45 am COFFEE BREAK (15 min)

09.45 am **Hands-on session 3**

#### Procedures:

- ADCLR technique
- Scaphoid fracture osteosynthesis + arthroscopic assistance
- Distal radius fracture osteosynthesis + arthroscopic assistance
- Free session from 12.15 pm to 1.30 pm

#### *Faculty rotation per table*

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, March 7 - 2026

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## AFTERNOON

### 02.30 pm **Seasonal Wrist Forum**

***Chairpersons:*** *L.L. MARCOVICI – C. TALEB*

***Moderators:*** *A. ARNAOUT – L. MERLINI*

#### 02.30 pm **LECTURE**

CMC 1 arthroscopy: treatment options

**E.M. BAUR**

#### 03.30 pm **FORUM OF CLINICAL CASES**

**A. CAVIT  
C.K. GOORENS  
A. PRADA**

- Discussion with the panel (15 min)

#### 04.30 pm **END OF THE COURSE DELIVERY OF CERTIFICATES OF ATTENDANCE**

## ADVANCED OPTION

# Friday, March 6 - 2026

## MORNING

08.00 am WELCOMING OF PARTICIPANTS

### 08.15 am Theoretical session 1

#### TFCC / ULNA

**Chairpersons:** E.M. BAUR – V. CARRATALA

- TFCC repair (15 min)
- TFCC foveal refixation (15 min)
- DRUJ arthroscopy (15 min)
- Questions & discussion (15 min)

C. TALEB  
E. SOREIDE  
V. CARRATALA

**All participants & Experts**

09.30-09.45 am COFFEE BREAK (15 min)

### 09.45 am Hands-on session 1

#### Procedures:

- DRUJ arthroscopy
- TFCC repair
- TFCC foveal refixation

#### *Faculty rotation per table*

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, March 6 - 2026

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## AFTERNOON

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

### 01.30 pm      **Theoretical session 2**

**SL, LT**

***Chairpersons:***      ***E. CAMUS – C. TALEB***

- SL wide ADCLR and other arthroscopic reinforcements (15 min)      **C.K. GOORENS**
- SL volar repair (10 min)      **A. ARNAOUT**
- LT repair and reconstruction (15 min)      **J.R. HAUGSTVEDT**
- Distal radius fracture: arthroscopic assisted technique and controversies about ligament repair (15 mn)      **J.B. DE VILLENEUVE B.**
  
- Questions & discussion (10 min)      **All participants & Experts**

02.45-03.00 pm      **COFFEE BREAK (15 min)**

### 03.00 pm      **Hands-on session 2**

**Procedures:**

- SL wide ADCLR, supercapsuloplasty, double capsuloplasty, ...
- SL volar repair
- SL reconstruction
- LT repair and reconstruction

***Faculty rotation per table***

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, March 7 - 2026

## MORNING

08.00 am EVALUATION OF THE PREVIOUS DAY

08.30 am **Theoretical session 3**

### ARTHRITIS

***Chairpersons: C.K. GOORENS – J.R. HAUGSTVEDT***

- STT arthritis treatment, arthroscopic excision of distal scaphoid (10 min) **V. CARRATALA**
- Scaphoid nonunion arthroscopic graft and proximal pole nonunion problem (15 min) **E. CAMUS**
- Lunate bone ganglion (10 min) **L. MERLINI**
- CMC arthroscopy and arthritis treatment options, arthroscopic excision of distal trapezium (15 min) **E.M BAUR**
- Question & discussion (10 min) **All participants & Experts**

09.30-09.45 am COFFEE BREAK (15 min)

09.45 am **Hands-on session 3**

### **Procedures:**

- Scaphoid nonunion grafting
- Distal radius core decompression
- Lunate bone ganglion
- STT resection techniques
- CMC: partial resection, interposition
- Free session from 12.15 pm to 1.30 pm

### ***Faculty rotation per table***

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, March 7 - 2026

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## AFTERNOON

### 02.30 pm **Seasonal Wrist Forum**

***Chairpersons:*** *L.L. MARCOVICI – C. TALEB*

***Moderators:*** *A. ARNAOUT – L. MERLINI*

02.30 pm	<b>LECTURE</b>
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CMC 1 arthroscopy: treatment options

**E.M. BAUR**

03.30 pm	<b>FORUM OF CLINICAL CASES</b>
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**B. CAVIT  
C.K. GOORENS  
A. PRADA**

- Discussion with the panel (15 min)

04.30 pm	<b>END OF THE COURSE DELIVERY OF CERTIFICATES OF ATTENDANCE</b>
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