

Advances in hand and wrist arthroscopy



M W C

MADRID
Wrist Course



9th Basic & Advanced
Wrist Arthroscopy Course

MADRID
WRIST
COURSE

MADRID – FEBRUARY 14–16TH, 2024

Innovations in hand and wrist arthroscopy

9th Basic & Advanced Wrist Arthroscopy Course

COURSE ORGANIZATION

Hand Surgery and Microsurgery Unit
Orthopedic Surgery and Traumatology Department
Hospital Universitario HM Montepríncipe
CEU San Pablo University. Madrid, Spain

DATE

February 14th-16th, 2024
Surgical Training Lab
Edificio Mobios. P. E. Prado del Espino
School of Medicine.
San Pablo CEU University. Campus of Boadilla del Monte, Madrid, Spain



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OBJECTIVE

Course of wrist arthroscopy and reconstructive surgery techniques with two levels: basic and advanced. Designed for doctors specializing in orthopedic surgery and traumatology, residents, physiotherapists and occupational therapists with special interest in hand and wrist surgery, especially arthroscopy-assisted techniques.

TECHNICAL SECRETARY

ATENTA Marketing
inscripciones@atenta.es



COURSE OPTIONS

Basic course (February, 14th, 2024):

- Lectures and practical sessions in the laboratory on basic techniques.
- 16 topics & 10 practical sessions in the cad-lab.

Advanced course (February, 15h & 16th, 2024):

- Lectures and practical sessions in the laboratory on intermediate and advanced techniques of wrist arthroscopy and reconstructive surgery.
- 34 topics distributed in 7 sessions.
- 9 practical sessions in cad-lab.
- 6 live surgeries & masterclasses by faculty in the laboratory by faculty.

COURSE DATA

- Course of theory and practice in cad-lab of 3 days: theory session, laboratory practices. For practical part, it could be distributed by groups.
- Private area: on the course website and gives access to the recording of the lectures, video techniques and additional material. Personal access code si needed.

The official language of the course will be English, except for the Basic Course that will be in English and Spanish.



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COURSE TYPES AND INSCRIPTION

Basic course

Includes attendance to the first day's course on February 14th, 2024 (theoretical and practical part) and the lectures of the 2nd day (February 15th, 2024).

Certificate of attendance, access to the private area website, bus transfers to the course from the selected hotels and work coffee & lunches on the first and second day.

Basic course plus

Includes the complete basic course and the possibility of attending the practice advanced course in the cad-lab as an observer. Certificate of attendance, access to the private area website, bus transfers to the course from the selected hotels and work coffee & lunches on the three days.

Advanced course

Includes attendance at the theory and practice sessions on February 15th and 16th, 2024. Certificate of attendance, access to the private area website, bus transfers to the course from the selected hotels and work coffee & lunches on the two days.

Full course

Includes attendance at the theory and practice sessions of the three days (February 14-16, 2024). Certificate of attendance, access to the private area website, bus transfers to the course from the selected hotels and work coffee & lunches on the three days.

Theoretical course

Allows to attend the lectures of the Advanced Course on February 15th, 2024, without the possibility of access to the practical sessions. Certificate of attendance, access to the private area website, bus transfers to the course from the selected hotels and work coffee & lunch on 15th.

BASIC COURSE

1.000€ + VAT (limited places)

| DAY | Wed 14th | Thurs 15th | Fri 16th |
|---------|--------------------|------------|----------|
| Session | Lectures & Cad-Lab | Lectures | Cad Lab |
| COURSE | BASIC | ADVANCED | |

BASIC PLUS COURSE

1.500€ + VAT (limited places)

| DAY | Wed 14th | Thurs 15th | Fri 16th |
|---------|--------------------|------------|----------|
| Session | Lectures & Cad-Lab | Lectures | Cad Lab* |
| COURSE | BASIC | ADVANCED | |

ADVANCE COURSE

1.650€ + VAT (limited places)

| DAY | Wed 14th | Thurs 15th | Fri 16th |
|---------|-------------------|------------|----------|
| Session | Lecture & Cad-Lab | Lectures | Cad-Lab |
| COURSE | BASIC | ADVANCED | |

FULL COURSE

2.500€ + VAT (limited places)

| DAY | Wed 14th | Thurs 15th | Fri 16th |
|---------|--------------------|------------|----------|
| Session | Lectures & Cad-Lab | Lectures | Cad-Lab |
| COURSE | BASIC | ADVANCED | |

THEORETICAL COURSE

120€ + VAT

| DAY | Wed 14th | Thurs 15th | Fri 16th |
|---------|--------------------|------------|----------|
| Session | Lectures & Cad-Lab | Lectures | Cad Lab |
| COURSE | BASIC | ADVANCED | |



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9th Basic & Advanced Wrist Arthroscopy Course

COURSE DIRECTOR

Pedro J. Delgado, MD

Head of the Orthopedic Surgery and Traumatology Department

Head of the Hand Surgery and Microsurgery Unit.

HM Monteprincipe University Hospital

Associate professor. School of Medicine. CEU San Pablo University

Boadilla del Monte, Madrid, Spain

SCIENTIFIC COMMITTEE

Pedro J. Delgado

Alfonso C. Prada

Víctor Triviño

Juan M. Pardo

Diego A. Junqueras

Federico A. Figueredo

Ricardo Kaempf

Vicente Carratalá

Fernando Corella



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FACULTY

| | | | |
|-----------------------------|-----|-----------------------------|-----|
| Ahlam Arnaut | FRA | Francisco Lucas | ESP |
| Andrea Atzei | ITA | Riccardo Luchetti | ITA |
| Gregory Bain | AUS | Lucian Marcovici | ITA |
| Joaquim Casañas | ESP | Pau López Osornio | ESP |
| Martín Caloia | ARG | Cristóbal Martínez | ESP |
| Javier Cervera | ESP | Olivier Mares | FRA |
| Fernando Corella | ESP | Christophe Mathoulin | FRA |
| Vicente Carratalá | ESP | Lorenzo Merlini | FRA |
| Jaime de la Torre | ESP | Belén García-Medrano | ESP |
| Francisco del Piñal | ESP | Montserrat Ocampos | ESP |
| Pedro J. Delgado | ESP | Juan M. Pardo | ESP |
| Mireia Esplugas | ESP | Alfonso Prada | ESP |
| Javier Ferreira | ESP | Fernando Polo | ESP |
| Gustavo Gómez | ARG | Victor Triviño | ESP |
| Ricardo Kaempf | BRA | Jeffrey Yao | USA |
| Sanjeev Kakar | USA | Ezequiel Zaidenberg | ARG |
| Dimitrios Karadaglis | UK | | |



MADRIDWRISTCOURSE

08:00-08:15 Registration
08:15-08:30 Welcome address and course presentation

LECTURES AND HANDS-ON COURSE (CAD-LAB)

Faculty

| | | |
|-------------|---|----------------------|
| 08:30-08:45 | Arthroscopy anatomy and radiocarpal/midcarpal portals | Belén García-Medrano |
| 08:45-09:00 | Complications in wrist arthroscopy | Dimitrios Karadaglis |
| 09:00-09:30 | Practice #1: Portal placement and diagnostic wrist arthroscopy | |
| 09:30-09:45 | Scapholunate instability. Classification and treatment | Ezequiel Zaidenberg |
| 09:45-10:00 | Capsuloligamentous repair of the scapholunate tears | Lorenzo Merlini |
| 10:00-10:30 | Practice #2: Scapholunate capsulodesis (single suture) | |
| 10:30-10:45 | Arthroscopic treatment of volar & dorsal cysts of the wrist | Jaime de la Torre |
| 10:45-11:00 | Lunotriquetal instability | Ahlam Arnaout |
| 11:00-11:30 | Coffee break | |
| 11:30-12:00 | Practice #3: Dorsal and volar cyst arthroscopic resection | |
| 12:00-12:15 | Peripheral TFCC injuries | Victor Triviño |
| 12:15-12:30 | Foveal TFCC injuries | Javier Cervera |
| 12:30-13:00 | Practice #4: TFCC peripheral repair | |
| 13:00-13:15 | SLAC wrist: arthroscopic treatment | Alfonso Prada |
| 13:15-13:30 | Arthroscopic distal ulna resection (wafer) | Fernando Polo |
| 13:30-14:00 | Practice #5: Wafer procedure, radial styloidectomy | |
| 14:00-15:00 | Group photo & lunch | |
| 15:00-15:15 | Arthroscopic assisted scaphoid fixation | Lucian Marcovici |
| 15:15-15:30 | Arthroscopic treatment of distal radius fractures | Montserrat Ocampos |
| 15:30-16:00 | Practice #6: Arthroscopic assisted scaphoid fixation | |
| 16:00-16:30 | Practice #7: Arthroscopic DRF fixation | |
| 16:30-16:45 | Arthroscopic grafting of lunate bone ganglion | Dimitrios Karadaglis |
| 16:45-17:00 | Basic principles of ultrasound-guided wrist surgery | Juan M. Pardo |
| 17:00-17:30 | Practice #8: ABG for lunate bone ganglion | |
| 17:30-17:45 | Coffee break | |
| 17:45-18:00 | CMC osteoarthritis. Arthroscopic treatment | Ahlam Arnaout |
| 18:00-18:15 | Arthroscopic management of STT osteoarthritis. | Francisco J. Lucas |
| 18:15-18:45 | Practice #9: Distal scaphoid pole resection | |
| 18:45-19:30 | Practice #10: Trapezium hemiresection & suspension | |
| 19:30-19:40 | End of basic course. Closing remarks | |

07:30-08:00 Registration

08:00-08:15 Welcome address and course presentation

DAY 1 – LECTURES

Session 1: Advances in scapholunate ligament reconstruction.
Moderators: Andrea Atzei and Alfonso Prada

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|-------------|---|----------------------|
| 08:15-08:30 | Role of DIC ligament and secondary stabilizers in SL instability. | Ezequiel Zaidenberg |
| 08:30-08:45 | New labral-like concept | Martin Caloia |
| 08:45-09:00 | All dorsal and arthroscopic SL reconstruction | Lorenzo Merlini |
| 09:00-09:15 | Arthroscopic scapholunoradial technique for SL reconstruction | Gustavo Gomez |
| 09:15-09:30 | Limits of arthroscopic SL dorsal capsulodesis | Christophe Mathoulin |
| 09:30-09:50 | Discussion | |

Session 2: Evaluation and complications of SL reconstruction.
Moderators: Riccardo Luchetti and Lorenzo Merlini

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|-------------|--|---------------------|
| 09:50-10:05 | Scapholunate dysfunction. Neither a single injury nor a single treatment | Fernando Corella |
| 10:05-10:20 | How should we evaluate our results in scapholunate reconstruction? | Mireia Esplugas |
| 10:20-10:35 | Why do Scapholunate ligament reconstructions fail? | Gregory Bain |
| 10:35-10:50 | Collapse after carpal bone tunnelling. Underreported complication? | Francisco del Piñal |
| 10:50-11:05 | Complications in SL arthroscopic ligament reconstruction | Pedro J. Delgado |
| 11:05-11:30 | Discussion | |
| 11:30-12:00 | Coffee break | |

Session 3: LTL, DRUJ, TFCC: The ulnar dark side of the wrist.
Moderators: Gregory Bain and Victor Triviño

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|-------------|--|--------------------|
| 12:00-12:15 | Ulnar sided wrist: anatomy and biomechanics | Riccardo Luchetti |
| 12:15-12:30 | Arthroscopic treatment of disorders of DRUJ | Jeffrey Yao |
| 12:30-12:45 | Arthroscopic assisted tendon reconstruction for DRUJ instability | Andrea Atzei |
| 12:45-13:00 | All-arthroscopic TFCC ligamentoplasty for chronic DRUJ Instability | Vicente Carratalá |
| 13:00-13:15 | Arthroscopic LT ligamentoplasty | Cristobal Martínez |
| 11:05-11:30 | Discussion | |

Session 3: Kienbock's disease.
Moderators: Ahlam Arnaut and Juan M. Pardo

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|-------------|---|-----------------|
| 13:30-13:45 | An algorithm based approach to Kienbock's disease | Gregory Bain |
| 13:45-13:55 | Arthroscopic lunate excision for Kienböck disease treatment | Lorenzo Merlini |
| 13:55-14:10 | Discussion | |
| 14:10-14:45 | Group photo & lunch | |

Session 4: What's new in scaphoid injuries.
Moderators: Ricardo Kaempf and Vicente Carratalá

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|-------------|---|---------------------|
| 14:45-14:30 | Symptomatic scaphoid mal-union: Arthroscopically assisted osteotomy | Martin Caloia |
| 14:30-14:45 | Unlocking efficiency in scaphoid proximal pole arthroscopic work: scaphoid direct volar portal approach | Mireia Esplugas |
| 14:45-15:00 | Scaphoid nonunion reconstruction with a rib graft | Sanj Kakar |
| 15:00-15:15 | Scaphoid non union: vascularized bone graft vs arthroscopic bone grafting? | Ezequiel Zaidenberg |
| 15:15-15:30 | Discussion | |

Session 5: Advances in distal radius fractures.
Moderators: Mireia Esplugas and Dimitrios Karadaglis

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|-------------|---|---------------------|
| 15:30-15:45 | Osteoligamentous concepts of distal radius fractures | Gregory Bain |
| 15:45-16:00 | Arthroscopic intra-articular osteotomy of the distal radius: is it possible in all cases? | Francisco del Piñal |
| 16:00-16:15 | Arthroscopic reconstruction of radiocarpal ligaments | Gustavo Gómez |
| 16:15-16:30 | Custom plating and PSI guides | Pedro J. Delgado |
| 16:30-16:45 | Discussion | |

Session 6: STT & osteoarthritis.
Moderators: Fernando Corella and Lucian Marcovici

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|-------------|--|-------------------|
| 16:45-17:00 | STT osteoarthritis: the Copernical revolution | Andrea Atzei |
| 17:00-17:15 | The SOAC wrist | Ricardo Kaempf |
| 17:15-17:30 | Arthroscopic treatment of STT osteoarthritis | Joaquim Casañas |
| 17:30-17:45 | Arthroscopic treatment of chondral injuries of the wrist | Pau López-Osornio |
| 17:45-18:00 | Discussion | |

Session 7: Endoscopy & Ultrasound-guided surgery.
Moderators: Joaquim Casañas and Ezequiel Zaidenberg

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|-------------|--|------------------|
| 18:00-18:15 | Why have an ultrasound machine by your side? | Fernando Corella |
| 18:15-18:30 | Ultrasound-guided surgery of the carpal tunnel | Olivier Mares |
| 18:30-18:45 | US in flexor stenosing tenosynovitis (trigger finger): from diagnosis to surgery | Javier Ferreira |
| 18:45-19:00 | ECU tenoscopy: how and when? | Ricardo Kaempf |
| 19:00-19:15 | Endoscopic release of the De Quervain disease. Why and how | Martin Caloia |
| 19:15-19:35 | Discussion | |

19:35 – DAY 1 CLOSING SESSION

08:15-08:30 Welcome address and course presentation

DAY 2 – HANDS-ON COURSE (CAD-LAB)

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|-------------|--|--------------------|
| 08:30-09:15 | Video-technique & practice #1: Dorsal capsulodesis (anchors fixation) | Pedro J. Delgado |
| 09:15-10:00 | Video-technique & practice #2: TFCC foveal repair (transosseous & suture anchors) | Mireia Esplugas |
| 10:00-10:30 | Video-technique & practice #3: Arthroscopic pisiform excision | Vicente Carratalá |
| 10:30-11:00 | Live surgery#1: Arthroscopic SL ligamentoplasty "doble circle technique" | Fernando Corella |
| 11:00-12:00 | Video-technique & practice #4: Arthroscopic SL ligamentoplasty (Corella´s technique) | Monsterrat Ocampos |
| 12:00-12:30 | Live surgery#2: All-arthroscopic TFCC ligamentoplasty for DRUJ Instability | Vicente Carratalá |
| 12:30-13:30 | Video-technique & practice #5: Arthroscopic TFCC reconstruction | Riccardo Luchetti |
| 13:30-14:00 | Live surgery #3: Arthroscopic bone grafting and fixation for Kienbock disease | Gregory Bain |
| 14:00-15:00 | Lunch | |
| 15:00-15:45 | Video-technique & practice #6: Distal radius osteotomy with PSI Guides | Pedro J. Delgado |
| 15:45-16:15 | Live surgery #4: Total wrist arthroplasty. MOTEK system | Pau Lopez-Osorio |
| 16:15-17:00 | Video-technique & practice #7: Endoscopic Carpal tunnel release | Olivier Mares |
| 17:00-17:30 | Live surgery #5: Arthroscopic midcarpal interposition for lunocapitate arthritis | Lorenzo Merlini |
| 17:30-18:15 | Video-technique & practice #8: lunotriquetal bone fusion | Victor Triviño |
| 18:15-18:45 | Live surgery #6: PSI and custom arthroplasty for STT | Vicente Carratalá |
| 18:45-19:30 | Video-technique & practice #9: CMC arthroscopy + suspension | Ahlam Arnaout |

19:30– 19:40 – DAY 2 CLOSING SESSION





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