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SCIENTIFIC SUPPORT



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ADVANCES IN WRIST & HAND ARTHROSCOPY

5th IWAS WRIST ARTHROSCOPY COURSE
Basic & Advanced Course



12/
14
FEB

2020



HAND SURGERY
AND MICROSURGERY
UNIT



Course director: Pedro J. Delgado, MD

ADVANCES IN WRIST & HAND ARTHROSCOPY

5th EWAS WRIST ARTHROSCOPY COURSE

Organization

Hand Surgery and Microsurgery Unit.
Hospital Universitario HM Montepíñlope. HM Hospitales.
Universidad CEU San Pablo.
Boadilla del Monte, Madrid, Spain.

Date and Venue

12th, 13th and 14th February 2020.
Lectures and Cad Lab.
Surgical skills laboratory. Teaching and research center.
School of Medicine. Universidad CEU San Pablo.
Boadilla del Monte, Madrid, Spain.

Objective

An updating course of arthroscopy and techniques of wrist and hand reconstructive surgery with two levels:
BASIC and ADVANCED.

Aimed at doctors specialised in orthopedics and traumatology, resident doctors of 4 and 5, physiotherapists, and occupational therapists with a special interest in hand and wrist surgery, especially in assisted techniques by arthroscopy.

Course details

A technical-practical course with cadaver practice of 3 days:
1 day for Basic course.
2 days for Advanced course.

Mornings: Theoric sessions.
Afternoons: Practical sessions.

The guest professors will present a 5 minute video that the participants will then develop on the cadaver, being an estimated time of 30-45 minutes for practice.

2 Participants per specimen.

Course structure

Basic course (Wednesday 12th February)

- Theoretical topics and practical sessions in the cad-lab on basic techniques and intermediate level.
- Session of clinical cases and discussion round-tables.
- 15 topics.
- 9 practical sessions in cad-lab by faculties.
- 1 masterclass in cad-lab.

Advanced course (Thursday 13th and Friday 14th February)

- Theoretical topics and practical sessions in the cad-lab about advanced techniques of arthroscopy and reconstructive surgery.
- Questions live "on-line" with a specific App.
- 27 topics distributed in 6 sessions.
- 4 live surgeries transmitted to the venue from Hospital Universitario HM Montepíñlope.
- 16 practical sessions in cad-lab by faculties.
- 6 masterclass in cad-lab by faculties.

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Types of course and registration

There are 5 options for registration; BASIC, BASIC PLUS, ADVANCED, FULL and THEORETICAL

The BASIC course registration includes attendance to the course on the first day, (theoretical and practical parts) plus the two theoretical sessions of the ADVANCED morning. Attendance certificate, access to the web and the video techniques, transport by bus to the course from the selected hotels and coffees (3 days) and work lunch (only 12th Feb).

The BASIC PLUS course registration includes to the BASIC course the possibility to attend as an **observer*** to the ADVANCED course in the Cadaver Lab sessions. Attendance certificate, access to the web and video techniques, transport by bus to the course from the selected hotels and coffees/work lunches of the three days.

The ADVANCED course registration includes the complete attendance to the theoretical and practical sessions on the 13th-14th Feb. Attendance certificate, access to the web and the video techniques, transport by bus to the course from the selected hotels and coffee/work lunch in the two days.

The FULL course registration supposes the attendance of the 2 courses both theoretical and practical. Attendance certificate, access to the web and the video techniques, transport by bus to the course from the selected hotels and coffee/work lunch in the three days.

The THEORETICAL course registration allows the attendance to the morning sessions of the 3 days, without the possibility of access to the practical sessions. Attendance certificate, access to the web and the video techniques, transport by bus to the course from the selected hotels and work coffees in the three days.

BASIC course			
DAY/SESSION	Wed 12th	Thurs 13th	Fri 14th
MORNING	Theroretical	Theroretical	Theroretical
AFTERNOON	Cad Lab	Cad Lab	Cad Lab
COURSE	BASIC	ADVANCED	

BASIC PLUS course			
DAY/SESSION	Wed 12th	Thurs 13th	Fri 14th
MORNING	Theroretical	Theroretical	Theroretical
AFTERNOON	Cad Lab	Cad Lab*	Cad Lab*
COURSE	BASIC	ADVANCED	

ADVANCED course			
DAY/SESSION	Wed 12th	Thurs 13th	Fri 14th
MORNING	Theroretical	Theroretical	Theroretical
AFTERNOON	Cad Lab	Cad Lab	Cad Lab
COURSE	BASIC	ADVANCED	

FULL course			
DAY/SESSION	Wed 12th	Thurs 13th	Fri 14th
MORNING	Theroretical	Theroretical	Theroretical
AFTERNOON	Cad Lab	Cad Lab	Cad Lab
COURSE	BASIC	ADVANCED	

THEORETICAL course			
DAY/SESSION	Wed 12th	Thurs 13th	Fri 14th
MORNING	Theroretical	Theroretical	Theroretical
AFTERNOON	Cad Lab	Cad Lab	Cad Lab
COURSE	BASIC	ADVANCED	

Course director:

Pedro J. Delgado
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Head of Hand and Upper Extremity Surgery Unit.
Hospital Universitario HM Montepríncipe. HM Hospitales.
Hospital Universitario HM Nuevo Belén. HM Hospitales
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Organising & Scientific Committee:

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Jeffrey Yao
Robert A. Chase Hand and
Upper Limb. Center Stanford
University Medical Center
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Carlos Zaidenberg
Practica privada
Buenos Aires, Argentina

HIGHLIGHTED TOPICS

Scapholunate ligament reconstruction
TFCC injuries

New concepts in ligament injuries
Fractures and dislocations
Reconstruction surgery for articular injuries
CMC & small joints

KEY ISSUES

Live surgeries with discussion in the theatre
Open discussions in real time through Apps
Practise of Basic & Advanced techniques in labs
Conference about IT and MIS techniques
Masterclass in labs carry out by the speakers

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

LECTURE SESSION

08:30-08:45 h. **Arthroscopy anatomy and radiocarpal/midcarpal portals**
Mireia Esplugas

08:45-09:00 h. **Complications in wrist arthroscopy**
Dimitrios Karadaglis

09:00-09:15 h. **Arthroscopic treatment of volar cyst of the wrist**
Jaime de La Torre

09:15-09:30 h. **Arthroscopic treatment of dorsal cyst of the wrist**
Gabriel Clembosky

09:30-09:45 h. **Discussion**

09:45-10:00 h. **Peripheral FCT injuries**
Carlos Zaidenberg

10:00-10:15 h. **Foveal FCT injuries**
Pau López-Osornio

10:15-10:30 h. **Arthroscopic distal ulna resection (wafer)**
Fernando Polo

10:30-10:45 h. **Distal ulna osteotomies for ulnocarpal impingement: indications & technique**
Belén García Medrano

10:45-11:00 h. **Discussion**

11:00-11:30 h. **Coffee break**

11:30-11:45 h. **Scapholunate instability. Classification and treatment**
Fernando Corella

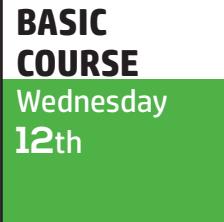
11:45-12:00 h. **Capsuloligamentous repair of the scapholunate tears**
Vicente Carratalá

12:00-12:15 h. **Arthroscopic assisted scaphoid fixation**
Cristóbal Martínez

12:15-12:30 h. **CMC & STT osteoarthritis. Arthroscopic treatment**
Joaquim Casañas

12:30-12:45 h. **Mini-invasive approach for DRF**
Pedro J. Delgado

12:45-13:00 h. **Discussion**

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13:00-13:30 h. **Clinical case discussion** | All faculties

13:30-14:15 h. **Group photo & lunch**

**HANDS-ON COURSE (Cad - Lab)**

14:30-15:00 h. **Video-technique & practice 1: Portal placement and diagnostic wrist arthroscopy**
Mireia Esplugas

15:00-15:30 h. **Video-technique & practice 2: Scapholunate capsulodesis (single suture)**
Fernando Corella

15:30-16:00 h. **Video-technique & practice 3: Debridement, synovectomy and ganglionectomy**
Jaime de La Torre

16:00-16:30 h. **Video-technique & practice 4: Wafer procedure, radial styloidectomy**
Fernando Polo

16:30-17:00 h. **Video-technique & practice 5: Arthroscopic assisted scaphoid fixation**
Cristóbal Martínez

17:00-17:30 h. **Video-technique & practice 6: Arthroscopic scaphoid distal pole resection**
Joaquim Casañas

17:30-18:00 h. **Video-technique & practice 7: TFCC peripheral repair**
Pau López-Osornio

18:00-18:15 h. **MASTERCLASS: DISTAL RADIUS FIXATION USING A NEW MINI-INVASIVE APPROACH**
Pedro J. Delgado

18:15-18:45 h. **Video-technique & practice 8: Mini-invasive approach and distal radius fixation**
Gabriel Clembosky

18:45-19:15 h. **Video-technique & practice 9: Ulnar shortening osteotomy**
Belén García Medrano

19:15-19:30 h. **End of basic course. Closing remarks**



**ADVANCED
COURSE**
DAY 1
Thursday
13th

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

DAY ONE - LECTURES**Session 1: Scapholunate ligament reconstruction**

Chairman: Fernando Corella

08:30-08:45 h. **WALANT dinamic arthroscopy for scapholunate instability**
Mireia Esplugas

08:45-09:00 h. **Arthroscopic dorsal capsulodesis for SL tear**
Lorenzo Merlini

09:00-09:15 h. **Arthroscopic volar & dorsal repair for chronic SLD**
Pak Cheong Ho

09:15-09:30 h. **Arthroscopic scapholunate ligament reconstruction**
Gabriel Clembosky

09:30-09:45 h. **S-shaped ligamentoplasty for chronic floating lunate**
Fernando Corella

09:45-10:00 h. **Discussion**

LIVE SURGERY 1

10:40-11:00 h. **Coffee break**

Session 2: TFCC injuries

Chairman: Vicente Carratalá

11:00-11:15 h. **Clasification of TFCC tear: are usefull?**
Dimitrios Karadaglis

11:15-11:30 h. **Arthroscopic management of TFCC injuries**
Jeffrey Yao

11:30-11:45 h. **TFCC foveal fixation without tunnels or anchors: "around styloid technique"**
Gustavo Mantovani

11:45-12:00 h. **Surgical review of TFCC injuries**
Carlos Zaidenberg

12:00-12:15 h. **Arthroscopic DRUJ ligamentoplasty: when and how?**
Vicente Carratalá

12:15-12:30 h. **Discussion**

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12:30-13:00 h. LIVE SURGERY 2**Session 3: New concepts in ligament injuries**

Chairman: Joaquim Casañas

13:00-13:15 h. **Reconstruction of the LT ligament**
Marcio Aita

13:15-13:30 h. **Midcarpal instability of the wrist. Arthroscopic treatment**
Andrea Atzei

13:30-13:45 h. **Longitudinal instability of forearm**
Jeffrey Yao

13:45-14:00 h. **Distal oblique band reconstruction. New perspectives and indications**
Pedro J. Delgado

14:00-14:45 h. **Group photo & lunch**

HANDS-ON COURSE (Cad - Lab)

14:45-15:00 h. **Video-technique & practice 1: Volar and central portals**
Fernando Corella

15:00-15:30 h. **Video-technique & practice 2: Scapholunate capsulodesis (suture anchors)**
Lorenzo Merlini

15:30-16:00 h. **Video-technique & practice 3: Lunotriquetal capsulodesis (suture anchors)**
Marcio Aita

16:00-16:30 h. **MASTERCLASS 1: NANOENDOSCOPY OF THE WRIST: NANOSCOPE**
Pedro J. Delgado

16:30-17:15 h. **Video-technique & practice 4: TFCC foveal repair (transosseous & suture anchors)**
Jeffrey Yao

17:15-18:00 h. **MASTERCLASS 2: ARTHROSCOPIC TRI-ESPIRAL LIGAMENTOPLASTY**
Andrea Atzei

18:00-18:45 h. **Video-technique & practice 5: Arthroscopic assisted intraarticular DR osteotomy**
Pak Cheong Ho

18:45-19:30 h. **MASTERCLASS 3: DISTAL RADIUS OSTEOTOMY WITH GUIDES PSI-NEWCLIP**
Pedro J. Delgado

19:30-19:35 h. **Day 1 closing session**



**ADVANCED
COURSE**
DAY 2
Friday
14th

DAY TWO - LECTURES**Session 4: Fractures and dislocations**

Chairman: Cristóbal Martínez

- 08:30-08:45 h. Arthroscopic assisted fixation of the distal radius fracture
Carlos Zaidemberg
- 08:45-09:00 h. Arthroscopic reduction and fixation of fractures-dislocations of the wrist
Marcio Aita
- 09:00-09:15 h. Arthroscopic assisted fixation and bone grafting for scaphoid non-union
Fernando Corella
- 09:15-09:30 h. Arthroscopic assisted intraarticular DR osteotomy
Pedro J. Delgado
- 09:30-09:45 h. Mid-term FU of osteochondral graft for intraarticular malunion of the DRF
Henk J. Coert
- 09:45-10:00 h. Discussion

LIVE SURGERY 3

10:40-11:00 h. Coffee break

Session 5: Reconstruction surgery for articular injuries

Chairman: Pau López-Osornio

- 11:00-11:15 h. Arthroscopic intercarpal fusions
Pak Cheong Ho
- 11:15-11:30 h. SLAC wrist. Arthroscopic treatment
Dimitrios Karadaglis
- 11:30-11:45 h. Arthroscopic treatment of chondral wrist injuries
Pau López-Osornio
- 11:45-12:00 h. Arthroscopic bone graft for lunate bony ganglion
Lorenzo Merlini
- 12:00-12:15 h. DRUJ arthroplasty. State of the art
Henk J. Coert
- 12:15-12:30 h. Discussion

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12:30-13:00 h. **LIVE SURGERY 4****Session 6: CMC & small joints**

Chairman: Mireia Esplugas

- 13:00-13:15 h. Arthroscopic CMC joint arthritis
Joaquim Casañas
- 13:15-13:30 h. Arthroscopic treatment of STT osteoarthritis
Andrea Atzei
- 13:30-13:45 h. MP arthroscopy: indications and techniques
Gustavo Mantovani
- 13:45-14:30 h. Lunch

HANDS-ON COURSE (Cad - Lab)**Video-technique & practice 6:** Arthroscopic scaphoid fixation and bone grafting
Fernando Corella**Video-technique & practice 7:** Arthroscopic intercarpal fusion
Marcio Aita**MASTERCLASS 4: ARTHROSCOPIC DRUJ LIGAMENTOPLASTY**
Vicente Carratalá**Video-technique & practice 8:** MP arthroscopy
Gustavo Mantovani**Video-technique & practice 9:** Arthroscopic trapeziectomy & MicroLink suspension
Joaquim Casañas**MASTERCLASS 5: COLLAGEN GEL FOR CHONDRAL DEFECTS BY ARTHROSCOPY**
Pedro J. Delgado**Video-technique & practice 10:** Bone fusion with BME system
Pau López-Osornio**MASTERCLASS 6: TOTAL WRIST ARTHROPLASTY. MOTEK SYSTEM**
Fernando Corella

18:30-18:40 h. End of advanced course. Closing remarks

