

madridwristcourse.com

Technical Secretary



mwc@atenta.es

COURSE VALIDATED BY:



SCIENTIFIC SUPPORT



LOGISTICAL SUPPORT



M W C

MADRID
Wrist Course

12/
14
FEB

ADVANCES IN WRIST & HAND ARTHROSCOPY

5th IWAS WRIST ARTHROSCOPY COURSE
Basic & Advanced Course



2020



HAND SURGERY
AND MICROSURGERY
UNIT



HOSPITAL UNIVERSITARIO
hm montepíncipe

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 Montepríncipe. 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 Montepríncipe.
- 16 practical sessions in cad-lab by faculties.
- 6 masterclass in cad-lab by faculties.



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

800€ + VAT (limited seats)

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

BASIC PLUS course

1.400€ + VAT (limited seats)

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

ADVANCED course

1.600€ + VAT (limited seats)

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

FULL course

2.400€ + VAT (limited seats)

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

THEORETICAL course

90€ + VAT (limited seats)

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

Technical Secretary

 mwc@atenta.es

madridwristcourse.com

Course director: **Pedro J. Delgado**
 Head of Orthopaedic Surgery Department.
 Head of Hand and Upper Extremity Surgery Unit.
 Hospital Universitario HM Montepíncipe. HM Hospitales.
 Hospital Universitario HM Nuevo Belén. HM Hospitales
 Associate Professor. Facultad de Medicina. Universidad CEU San Pablo.
 Boadilla del Monte, Madrid, Spain.

Organising & Scientific Committee:



Pedro J. Delgado
Federico A. Figueredo
Belén García Medrano
Mario Gil de Rozas

Ricardo Kaempff
Fernando Polo Simón
Fernando Roubaud

National Faculties:



Vicente Carratalá
 H. Quirónsalud
 Valencia, Spain



Joaquim Casañas
 H. Univ. de Bellvitge
 TraumaUnit. Clínica Teknon
 Barcelona, Spain



Fernando Corella
 H. Infanta Leonor
 H. Quirónsalud
 Madrid, Spain



Jaime de la Torre
 TraumaUnit. Clínica Teknon
 Barcelona, Spain



Pedro J. Delgado
 H. Univ. HM Montepíncipe
 H. Univ. HM Nuevo Belén
 Instituto Europeo de Cirugía
 Reconstructiva (IECR)
 Madrid, Spain



Mireia Esplugas
 Instituto Kaplan
 Barcelona, Spain



Belén García Medrano
 H. Univ. HM Montepíncipe
 H. Univ. HM Nuevo Belén
 Madrid, Spain



Pau López-Osornio
 Mutua Universal
 TraumaUnit. Clínica Teknon
 Barcelona, Spain



Cristóbal Martínez
 TraumaUnit. Clínica Teknon
 Barcelona, Spain. H. Quirónsalud
 Valencia, Spain



Fernando Polo
 H. Univ. HM Montepíncipe
 Mutua Universal
 Madrid, Spain

International Faculties:



Marcio A. Aita
 Faculdade de Medicina do ABC
 Sao Paulo, Brasil



Andrea Atzei
 Casa di Cura "Giovanni XXIII"
 Monastier di Treviso
 Universidad di Verona
 Treviso, Italy.



Gabriel Clembosky
 Clínica de la Mano Buenos Aires
 (CLIMBA). Arthro
 Buenos Aires, Argentina



Pak-Cheong Ho
 Prince of Wales Hospital
 The Chinese University of
 Hong Kong, China



J. Henk Coert
 Plastic and reconstructive
 hand surgery UMC Utrecht
 Utrecht, The Netherlands



Dimitrios Karadaglis
 Queen Elizabeth Hospital
 University Hospital Lewisham
 London, United Kingdom



Gustavo R. Mantovani
 Hospital Beneficência
 Portuguesa. Sao Paulo Hand
 Center. Sao Paulo, Brasil



Lorenzo Merlini
 International Wrist Center (IWC)
 Institut de la Main, Clinique Bizet
 Paris, France



Jeffrey Yao
 Robert A. Chase Hand and
 Upper Limb. Center Stanford
 University Medical Center
 Stanford, USA



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**



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
COURSEDAY 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** dynamic 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**

10:00-10:40 h. **LIVE SURGERY 1**10:40-11:00 h. **Coffee break**

Session 2: TFCC injuries

Chairman: Vicente Carratalá

11:00-11:15 h. **Classification of TFCC tear: are useful?**
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**

ADVANCES IN WRIST & HAND ARTHROSCOPY

5th EWAS WRIST ARTHROSCOPY COURSE

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: Lunotriquetral capsulodesis (suture anchors)**
Marcio Aita

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

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

ADVANCED
COURSEDAY 2
Friday
14th

ADVANCES IN WRIST & HAND ARTHROSCOPY

5th EWAS WRIST ARTHROSCOPY COURSE



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 Zaidenberg
- 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

10:00-10:40 h. 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

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)

- 14:30-15:00 h. **Video-technique & practice 6:** Arthroscopic scaphoid fixation and bone grafting
Fernando Corella
- 15:00-15:30 h. **Video-technique & practice 7:** Arthroscopic intercarpal fusion
Marcio Aita

15:30-16:00 h. **MASTERCLASS 4: ARTHROSCOPIC DRUJ LIGAMENOTOPLASTY**
Vicente Carratalá16:00-16:30 h. **Video-technique & practice 8:** MP arthroscopy
Gustavo Mantovani16:30-17:00 h. **Video-technique & practice 9:** Arthroscopic trapeziectomy suspension
Joaquim Casañas17:00-17:30 h. **MASTERCLASS 5: COLLAGEN GEL FOR CHONDRAL DEFECTS BY ARTHROSCOPY**
Pedro J. Delgado17:30-18:00 h. **Video-technique & practice 10:** Bone fusion with nitinol staples
Pau López-Osornio18:00-18:30 h. **MASTERCLASS 6: TOTAL WRIST ARTHROPLASTY**
Fernando Corella

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