



## ULTRASOUND-GUIDED UPPER LIMB SURGERY BASIC COURSE

**January 13-14**

### COURSE SUPERVISORS

**M. Levadoux** (FR)

**C. Mathoulin** (FR)

Ultrasound-guided surgery is a new technique that has been developing for a few years. The basic course is intended for all surgeons interested in hand, wrist and elbow surgery. Attending this course should allow participants to practice US surgery skilfully and safely.

Our full immersion workshops have been structured to provide didactic lectures and hands-on practice on anatomical specimens.

### COURSE DIRECTORS

**O. Mares** (FR)

**J.-M. Cognat** (FR)

During practical sessions, there will be 2 participants per table, supervised by an expert.

Each table is equipped with a high-definition ultrasound machine to suit the specialty's needs and accommodated with specific instrumentation dedicated to ultrasound surgery.

8:00 am — REGISTRATION AND WELCOMING OF PARTICIPANTS

8:30 am — THEORETICAL SESSION 1

**"USE AND SETTINGS OF THE ULTRASOUND MACHINE"**

- Introduction to the course
- Ultrasound imaging: history and principle
- How I perform an ultrasound of the upper limb
- Anatomical landmarks in ultrasound, radiological anatomy correspondence
- Technical skills under ultrasound

9:30 am — HANDS-ON SESSION 1

**"NORMAL EXPLORATION ANATOMICAL STRUCTURES AND MAIN LANDMARKS AT 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 RUD
- The carpal tunnel
- The digital channel
- Ultrasound-guided infiltration of the upper limb

12:30 pm — LUNCH AT THE INSTITUTE

1:30 pm — THEORETICAL SESSION 2

**"THE HAND"**

- The long finger trigger finger
- The thumb trigger finger
- Carpal tunnel
  - Retrograde technique
  - Antegrade technique
  - Anterograde technique

2:30 pm — HANDS-ON SESSION 2

**"TECHNICAL SKILLS UNDER ULTRASOUND"**

- Release of flexor tendons, opening A1 pulley
- Release of flexor pollicis longus
- Section of the retinaculum :
  - Retrograde technique
  - Antegrade technique
  - Anterograde technique

6:00 pm — END OF SESSION

8:00 pm — DINNER IN HONOR OF PARTICIPANTS

8:00 am – EVALUATION OF THE PREVIOUS DAY

8:30 am – **THEORETICAL SESSION 3**  
**"WRIST AND ELBOW"**

- Ulnar nerve without transposition
- Lacertus fibrosus
- Epicondylitis
- De Quervain's tenosynovitis
- The fracture of the wrist ultrasound control
- Chronic exertional compartment syndrome at forearm level

9:30 am – **HANDS-ON SESSION 3**  
**"TECHNICAL SKILLS UNDER ULTRASOUND"**

- Release of ulnar nerve
- Release of the median nerve at the elbow
- Section of ECRB
- Release of APB and EB
- Reduction and osteosynthesis of distal radius fracture under ultrasound control

12:30 pm – LUNCH AT THE INSTITUTE

1:30 pm – **THEORETICAL SESSION 4**

- Which system? How to begin?
- Infiltration and ultrasound: a good step forward towards ultrasound surgery?
- What I need to do ultrasound surgery
- What is the future of ultrasound surgery?

2:30 pm – END OF COURSE  
DELIVERY OF CERTIFICATES OF ATTENDANCE





## THE BEST TRAINING CENTER IN THE WORLD

IRCAD is one of the leading surgical education providers in the world, an ambassador of French excellence in minimally invasive surgery. The Institute offers unique training facilities, and welcomes over 8,800 surgeons from all surgical specialties every year. The remarkable involvement and self-commitment of more than 800 international experts, who are recognized as international opinion leaders, is key to the Institute's success.

### FULL IMMERSION IN ARTHROSCOPIC SURGERY

The wrist is the most complex articular system of the human body, 8 carpal bones, 5 metacarpals, and 2 forearm bones involved in 11 different joints, allowing for an incomparable complexity of movement in the human body.

All these bones and joints are connected by many intrinsic and extrinsic ligaments.

For a long time, the extensive number of post-traumatic or degenerative pathologies was often treated insufficiently, with unsuitable or inappropriate techniques.

Over the past 20 years, wrist arthroscopy has become an essential tool to understand, analyze, and treat its related pathologies. Our constantly updated courses teach the basics of this specialty as well as the latest therapeutic modalities.

### COURSE CANCELLATION POLICY

Should you wish to cancel or postpone your registration, please notify us by email at: [cancellation@ircad.fr](mailto:cancellation@ircad.fr). Please note that no refund or postponement will be considered for any cancellation received less than 6 weeks before the course starts, even if Visa application has been denied.

YOU CAN EITHER  
REGISTER ONLINE FOR  
IRCAD COURSES AT  
[WWW.IRCAD.FR](http://WWW.IRCAD.FR)

*Or scan this QR code to directly  
register for these courses.*





## STAY AT LES HARAS HOTEL \*\*\*\*

RIGHT NEXT TO THE INSTITUTE

### HOTEL CANCELLATION POLICY

If you wish to cancel or modify your hotel booking, please do not contact the hotel directly, send us a notification by email at: [cancellation@ircad.fr](mailto:cancellation@ircad.fr).

Cancellations received earlier than 10 days before the beginning of the course are eligible for full hotel refund. After that deadline, a one-night deposit will be deducted from your refund.

### BOOKING POLICY

The deadline for hotel booking is **10 days before the course**. Unfortunately IRCAD cannot guarantee room availability past that deadline. Bookings are made on a first-come, first-served basis. In case of non-availability, we shall do our best to reaccommodate you in a nearby hotel of equal standard.



MORE INFORMATION ON:  
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