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# FRIDAY

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## ELBOW ARTHROSCOPY COURSE

8:00 am ◦ REGISTRATION AND WELCOMING OF PARTICIPANTS

8:30 am ◦ **THEORETICAL SESSION 1**  
**"HOW TO START ELBOW ARTHROSCOPY"**

- > Clinical elbow examination interactive session
- > Clinical elbow score
- > Indications for elbow arthroscopy
- > Complications of elbow arthroscopy
- > Elbow arthroscopy: surgeon and perspectives on number of cases needed and optimal methods for acquiring skill
- > Arthroscopic elbow exploration: step by step to make it easy and safe

**"TECHNIQUE VIDEO"**

- > Loose bodies removal

10:30 am ◦ **HANDS-ON SESSION 1**

- > Installation, portals, loose bodies removal
- > Laboratory demonstration

12:30 pm ◦ LUNCH AT THE INSTITUTE

1:30 pm ◦ **THEORETICAL SESSION 2**  
**"FROM EPICONDYLITIS TO LATERAL INSTABILITY"**

- > Medical treatment vs open vs percutaneous treatment vs arthroscopic release  
Indications and results
- > Percutaneous and open tennis elbow treatment technique video
- > Arthroscopic tennis elbow treatment technique video
- > Assessment and decision making in the unstable elbow: management of simple dislocation and chronic lateral instability
- > Open treatment of postero lateral elbow Instability
- > Osteochondritis dissecans
- > Panel discussion when arthroscopy, when open?

**TECHNIQUE VIDEO**

- > Arthroscopic lateral ligament plicature

3:00 pm ◦ **HANDS-ON SESSION 2**

- > Lateral epicondylitis, plica removal, arthroscopic ligament plicature
- > Laboratory demonstration

6:00 pm ◦ END OF SESSION

8:00 pm ◦ DINNER IN HONOR OF PARTICIPANTS

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# SATURDAY

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## ELBOW ARTHROSCOPY COURSE

8:00 am ◦ EVALUATION OF THE PREVIOUS DAY

8:30 am ◦ **THEORETICAL SESSION 3**  
**"WHAT ABOUT ELBOW ARTHROSCOPY IN TRAUMATOLOGY?"**

- > New classification
- > Elbow arthroscopy in acute injuries
- > Arthroscopic radial head fixation: technique video
- > Arthroscopic coronoid fixation technique video
- > Case discussion

10:00 am ◦ **HANDS-ON SESSION 3**

- > Laboratory session: radial head fixation, coronoid fixation
- > Laboratory demonstration

12:30 am ◦ LUNCH AT THE INSTITUTE

1:30 pm ◦ **THEORETICAL SESSION 4**  
**"ARTHROSCOPIC TREATMENT IN ELBOW CONTRACTURE"**

- > Etiology of elbow stiffness
- > Treatment of post-traumatic elbow stiffness, arthroscopic or open
- > Arthroscopic arthrolysis for stiffness of the elbow: my indications and technique
- > Arthroscopic debridement for OA of the elbow
- > Can preoperative imaging predict the outcomes after arthroscopic elbow arthritis ?  
Analysis of predictive factors and results
- > Arthroscopic debridement for OA of the elbow: my indications and technique
- > Case discussion

3:00 pm ◦ **HANDS-ON SESSION 4**

- > Laboratory session: elbow arthrolysis: tips and tricks
- > Laboratory Demonstration

5:00 pm ◦ END OF COURSE  
DELIVERY OF CERTIFICATES OF ATTENDANCE