



## ULTRASOUND-GUIDED UPPER LIMB SURGERY

2025

ADVANCED COURSE

*May 23 - 24*

GENERAL DIRECTOR  
O. Mares (FR)

GENERAL DEPUTY DIRECTOR  
C. Mathoulin (FR)

COURSE MANAGERS  
J.M. Cognet (FR)  
F.X. Ferreira (ES)

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## FACULTY PANEL ———

E. Baur (GE)

S. Kluge (CH)

F. Mougondo (BE)

M. Cromheecke (BE) F.

F. Loisel (FR)

B. Moutinot (CH)

Davila Fernandez (ES) E.

V. Martinel (FR)

C. Nunes (PT)

De Keating-Hart (FR)

## HIGHLIGHTS OF THE COURSE

### COURSE OBJECTIVES ———

- ◇ Cover a broad spectrum of ultrasound surgeries for upper limb pathologies
- ◇ Highlight the technical aspects of surgical procedures through specific theoretical teaching sessions before each practical session
- ◇ Provide appropriate indications for surgical and non-surgical treatments of nerve entrapment and tendinitis resulting from traumatic or overuse injuries of the upper limb
- ◇ Discuss how to prevent and manage intraoperative and postoperative complications
- ◇ Allow real-time discussion between operators and trainee surgeons
- ◇ Provide hands-on sessions to improve skills in ultrasound surgery at the upper limb through practice under expert tutorials

### EDUCATIONAL METHODS ———

- ◇ Interactive theoretical and video sessions between Faculty and course participants
- ◇ Hands-on training on anatomical specimens

- 8:15 am ◇ REGISTRATION AND WELCOMING OF THE PARTICIPANTS
- 8:30 am ◆ THEORETICAL SESSION 1  
Setup and use of the ultrasound machine
- How to start ultrasound surgery
  - Ultrasound-guided anatomical landmarks and corresponding radiological anatomy
  - Techniques in ultrasound
- 9:45 am ◆ HANDS-ON SESSION 1  
Standard exploration of anatomical structures and main landmarks in the hand, wrist and elbow
- The epicondyle
  - The ulnar nerve in the elbow
  - The lacertus
  - The path of the short extensor / long abductor of the thumb
  - The distal radius and the distal radioulnar (DRU) joint
  - The carpal tunnel
  - The digital tunnel
  - Ultrasound-guided infiltration of the upper limb
- 12:30 pm ◇ LUNCH AT THE INSTITUTE
- 1:30 pm ◆ THEORETICAL SESSION 2  
The hand
- Carpal tunnel: retrograde technique & anterograde technique
  - The long finger trigger finger
  - The thumb trigger finger
  - Lacertus: anterograde technique & retrograde technique
- 2:45 pm ◆ HANDS-ON SESSION 2  
Technical skills under ultrasound
- Release of flexor tendons, opening A1 pulley
  - Release of flexor pollicis longus
  - Division of the flexor retinaculum: retrograde technique & anterograde technique
- 6:30 pm ◇ END OF SESSION
- 8:00 pm ◇ DINNER IN HONOR OF THE PARTICIPANTS

8:15 am ◇ EVALUATION OF THE PREVIOUS DAY'S SESSIONS

8:30 am ◆ THEORETICAL SESSION 3

Wrist and elbow

- Ulnar nerve without transposition
- De Quervain's tenosynovitis
- Radius fractures
- Epicondylitis
- Compartment syndrome

9:45 am ◆ HANDS-ON SESSION 3

Technical skills under ultrasound

- Release of ulnar nerve
- Release of the median nerve at the elbow
- How to avoid complication where are the nerves branche
- Division of ECRB
- Release of APB and EB
- Reduction and osteosynthesis of distal radius fracture under ultrasound control
- Epicondylitis

1:30 pm ◇ LUNCH AT THE INSTITUTE

2:15 pm ◆ THEORETICAL SESSION 4

The contribution of ultrasound to my practice

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

3:00 pm ◇ END OF THE COURSE  
DELIVERY OF CERTIFICATES OF ATTENDANCE