

# ULTRASOUND-GUIDED UPPER LIMB SURGERY

Basic course



2024

**ircad**  
France

STRASBOURG  
UNIVERSITY

JANUARY 12 - 13

Course supervisor

C. Mathoulin (FR)

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Invited faculty

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# ULTRASOUND SURGERY COURSE

JANUARY 12

8:15 am ○ REGISTRATION AND WELCOMING OF THE PARTICIPANTS

8:30 am ● THEORETICAL SESSION 1

USE AND SETTINGS 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

# ULTRASOUND SURGERY COURSE

JANUARY 13

8:15 am ◦ **EVALUATION OF THE PREVIOUS DAY**

8:30 am • **THEORETICAL SESSION 3**  
WRIST AND ELBOW

- Ulnar nerve without transposition
- Cysts of the A1 pulley
- 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
- 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**

*This program may be subject to modifications.*



# THE IRCAD PACKAGE

PREFERENTIAL RATE AT LES HARAS HOTEL\*\*\*\*

## HOTEL CANCELLATION POLICY

Should you wish to cancel or modify your hotel accommodation, please do not contact the hotel directly and send us an email:

**cancellation@ircad.fr**

- Cancellation received earlier than 10 days before the course starts is eligible for full hotel refund.
- Cancellation received later than 10 days before the course starts is eligible for hotel refund - minus a one-night deposit.

## 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:  
[LES-HARAS-HOTEL.COM](https://www.les-haras-hotel.com)

*or scan this QR Code for more information about Les Haras*





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## FULL IMMERSION IN ARTHROSCOPIC & ULTRASOUND SURGERY

The wrist is the most complex articular system in the human body, involving 8 carpal bones, 5 metacarpals, and 2 forearm bones, which together form 11 different joints. This intricate arrangement enables unparalleled complexity of movement. Numerous intrinsic and extrinsic ligaments connect these bones and joints.

For a long time, the extensive number of post-traumatic or degenerative pathologies was 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.

Ultrasound-guided surgery is an emerging technique that has been advancing over the past few years. The basic course is designed for surgeons interested in hand, wrist, and elbow surgery.

## 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).  
For the hotel cancellation policy, please check page 24.

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.