

**ULTRASOUND-GUIDED UPPER  
LIMB SURGERY WORKSHOP**

**OCTOBER 5-6, 2024**

# Day 1 Saturday, October 5

## MORNING

08.15 am WELCOMING OF PARTICIPANTS

08.30 am **Theoretical session 1**

**Use and settings of the ultrasound machine.**

### Chairmen:

- Introduction to the course, presentation
- Ultrasound introduction
- How to start ultrasound surgery (8 min)
- Anatomical landmarks in ultrasound, radiological anatomy correspondence (10 min)
- Pathological Finding in ultrasound (10 min)
- Infiltration under ultrasound (8 min)
- What device should I used (8 min)

09.30 am COFFEE BREAK (15 min)

09.45 am **Hands-on session 1**

**Standard exploration of anatomical structures and main landmarks of 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 distal radio ulnar (DRU) joint
- The carpal tunnel
- The digital tunnel
- Ultrasound-guided infiltration of the upper limb

*All Experts*

12.30 pm LUNCH AT THE INSTITUTE

# Day 1 Saturday, October 5

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## AFTERNOON

### 01.30 pm Theoretical session 2

#### The hand

#### Chairmen:

- Carpal tunnel:
  - Retrograde technique (7 min)
  - Anterograde technique (7 min)
  - Antegrade technique (7 min)
- The long finger trigger finger (10 min)
- The thumb trigger finger (10 min)
- Percutaneous sonography guided trigger finger release: Intra sheath retrograde technique (10 min)
- Fowler tenotomy under ultrasound (8 min)

### 02.30 pm COFFEE BREAK (10 min)

### 02.45 pm Hands-on session 2

#### Technical gestures under ultrasound

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

### 06.00 pm END OF THE SESSION

# Day 2 Sunday, October 6

## MORNING

08.15 am WELCOME COFFEE

08.30 am **Theoretical session 3**

### Wrist and elbow

#### Chairmen:

- Ulnar nerve without transposition (8 min)
- Lacertus:
  - Anterograde technique (7 min)
  - Retrograde technique (7 min)
- De Quervain tendinitis (8 min)
- Radius fractures (8 min)
- Epicondylitis (8 min)
- Compartment syndrome (8 min)

09.35 am COFFEE BREAK (10 min)

09.45 am **Hands-on session 3**

### Technical gestures under ultrasound

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

*All Experts*

01.30 pm LUNCH AT THE INSTITUTE

# Day 2 Sunday, October 6

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## AFTERNOON

02.15 pm **Theoretical session 4**

**The contribution of ultrasound to my office**

**Speakers:**

- My office surgery practice: debate (45 min)
- Complications and learning curve

03.00 pm **END OF THE COURSE  
DELIVERY OF CERTIFICATES OF ATTENDANCE**

# NOTE PAD

