

PROGRAM

ELBOW ARTHROSCOPY COURSE

MAY 30 - 31, 2026



An IRCAD-IWC Course
Organized by APWA, Endorsed by IWAS

With the support of:

Taiwan Society for Surgery of the Hand
Taiwan Shoulder and Elbow Society
Taiwan Arthroscopy and Knee Society



COURSE SUPERVISORS

Christophe MATHOULIN (France)

COURSE DIRECTORS

Margaret Woon Man FOK (Hong Kong)

Gregory Ian BAIN (Australia)

INVITED FACULTY

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|-----------------------------------|--------------------------------|
| Gregory Ian BAIN (Australia) | Simon MACLEAN (New Zealand) |
| Mark ROSS (Australia) | Ken Lee PUAH (Singapore) |
| Toshiyasu NAKAMURA (Japan) | Cholawish CHANLALIT (Thailand) |
| Kazunari TOMITA (Japan) | Kun-Hui CHEN (Taiwan) |
| Shiro YOSHIDA (Japan) | Wei-Jen CHEN (Taiwan) |
| Michael Chu Kay MAK (Hong Kong) | Jui-Tien SHIH (Taiwan) |
| Margaret Woon Man FOK (Hong Kong) | |

OBJECTIVES

- ✚ Learn how to perform elbow arthroscopy in a safe and effective manner
- ✚ Highlight essential arthroscopic surgical techniques specific to the elbow
- ✚ Recognize the common clinical indications for performing elbow arthroscopy
- ✚ Identify potential complications and limitations associated with elbow arthroscopy and understand strategies for prevention and management
- ✚ To provide hands on sessions for participants for practice

Day 1 - Saturday, May 30, 2026

08.00 am Faculty & Participant Shuttlebus from Lugang Union House to IRCAD-Taiwan

08.15 am Registration & Take Photo for Course Booklet

THEORETICAL SESSION 1 – 1F Auditorium

08.30 am **Opening & Introduction** G. BAIN, M. FOK

Chairmen: J.T. SHIH, T. NAKAMURA

Lecture 1: GETTING STARTED WITH ELBOW ARTHROSCOPY

08.40-08.50 ✚ Instruments, Set up and Portals in Elbow Arthroscopy (10 min) S. YOSHIDA

08.50-09.00 ✚ Arthroscopic Elbow Exploration: Step-By-Step To Make It Easy and Safe (10 Min) K. TOMITA

09.00-09.10 ✚ Complications Of Elbow Arthroscopy (10 min) M. FOK

09.10-09.25 ✚ DISCUSSION (15 min) All faculties

✚ Group Photo (1F Cafeteria)

PRACTICAL SESSION 1 – 3F Laboratory

09.30-11.00 Hands-On Session on Cadaver: Two participant per station All faculties

- ✚ Diagnostic anterior arthroscopy
- ✚ Diagnostic posterior arthroscopy
- ✚ Loose bodies removal

11.00-11.30 Coffee Break (1F Cafeteria)

11.30-12.45 Hands-On Session on Cadaver: Two participant per station All faculties
✚ (continued)

12.45-13.45 Lunch (1F Cafeteria)

THEORETICAL SESSION 2 – 1F Auditorium

Chairmen: K.H. CHEN, M. FOK

Lecture 2: OVERUSE SYNDROME AND STIFFNESS

13.45-13.55	 Lateral epicondylitis / Plica (10 min)	T. NAKAMURA
13.55-14.05	 Aetiology of elbow stiffness – treatment of non-arthritis post-traumatic elbow stiffness: arthroscopic or open (10 min)	M. ROSS
14.05-14.15	 Arthroscopic arthrolysis for stiffness of the elbow – indication and techniques (10 min)	G. BAIN
14.15-14.25	 Arthroscopic debridement for osteoarthritis of the elbow (10 min)	S. MACLEAN
14.25-14.40	 DISCUSSION (15 min)	All faculties

PRACTICAL SESSION 2 (Option C: Cadaver) – 3F Laboratory

14.40-15.55	Hands-On Session on Cadaver: Two participant per station	
	<u>Elbow Release</u>	All faculties
	 Lateral epicondylitis	
	 Plica removal	
	 Arthroscopic capsular release	
	 Elbow arthrolysis, osteophyte resection and olecranon fossa fenestration	
15.55-16.25	Coffee Break (1F Cafeteria)	
16.25-17.55	Hands-On Session on Cadaver: Two participant per station	
	<u>Elbow Release (Continued)</u>	All faculties
17.55 pm	End of session Evaluation of the day at reception desk (1F)	
18.10 pm	Faculty & Participant Shuttlebus from IRCAD Taiwan to Congress Dinner	
18.40 pm	Congress Dinner	

Day 2 - Sunday, May 31, 2026

08.00 am Faculty & Participant Shuttlebus from Lugang Union House to IRCAD-Taiwan

THEORETICAL SESSION 3 – 1F Auditorium

Chairmen: W.J. CHEN, G. BAIN

Lecture 3: ELBOW INSTABILITY

08.30-08.40	 Arthroscopic stabilization of Lateral elbow instability (10 min)	K.L. PUAH
08.40-08.50	 Open treatment for lateral elbow instability (10 min) (if we can get sponsor)	M. MAK
08.50-09.00	 Arthroscopic management of elbow fractures (Radial head, Coronoid process, Distal humeral fractures (10 min)	C. CHANLALIT
09.00-09.15	 DISCUSSION (15 min)	All faculties

PRACTICAL SESSION 3 – 3F Laboratory

09.30-10.45 Hands-On Session on Cadaver: Two participant per station All faculties

Elbow Release

-  Arthroscopic lateral ligament plication
-  Valgus extension overload debridement
-  Elbow fractures – radial head fractures, Coronoid fixation (depends on implant sponsor)

10.45-11.15 Coffee Break (1F Cafeteria)

11.15-13.15 Hands-On Session on Cadaver: Two participant per station All faculties

 (continued)

12.30-12.45 Optional: Lecture in lab - Endoscopic surgery - Release of the ulnar nerve, biceps endoscopy (10 min) M. FOK

13.15-14.15 Lunch (1F Cafeteria) or Lunch To-Go

13.15 pm End of the course
Evaluation of the day
Delivery of certificate of attendance

13.30 pm Participant & Faculty Shuttlebus from IRCAD-Taiwan to Lugang Union House & Taichung HSR Station

ASIA IRCAD – TAIWAN ELBOW ARTHROSCOPY COURSE MAY 30 - 31, 2026

交通車時刻表 Shuttlebus Time Schedule	
出發時間 Departure Time	路線 Route
Day 1: May 30 (星期六 Saturday)	
08:00	鹿港永樂酒店 → 彰濱秀傳微創手術中心 Union House Lukang → IRCAD-Taiwan
18:10	彰濱秀傳微創手術中心 → 大會晚宴 → 鹿港永樂酒店 IRCAD-Taiwan → Congress Dinner → Lugang Union House
21:00	大會晚宴 → 鹿港永樂酒店 → 樂活紓壓俱樂部 Congress Dinner → Lugang Union House → Lugang Lohas Relaxing Club
Day 2: May 31 (星期日 Sunday)	
08:00	鹿港永樂酒店 → 彰濱秀傳微創手術中心 Union House Lukang → IRCAD-Taiwan
13:30	彰濱秀傳微創手術中心 → 鹿港永樂酒店 → 高鐵台中站 IRCAD-Taiwan → Union House Lukang → Taichung HSR Station  高鐵接駁車將從 IRCAD 直接出發，請您於早上退房後，將行李一併帶至 IRCAD 報到。 <i>*The HSR shuttle will depart directly from IRCAD-Taiwan. Please check out of your hotel in the morning and bring your luggage with you to IRCAD.</i>

 行李寄放：退房後請將行李帶至 IRCAD，櫃台後方備有行李間。

Luggage: After check-out, please bring your luggage to IRCAD. A storage area is available behind the front desk.

 停車：可停放於醫院停車格，課程結束後至 IRCAD 櫃台領取免費停車券。

Parking: Park in the hospital lot and get a free parking voucher at the IRCAD front desk after the course.

 計程車：若需叫車，請提前告知工作人員協助安排。

Taxi: Let our staff know in advance if you need a taxi, and we'll assist with booking.

Hotel Information	鹿港永樂酒店 UNION HOUSE Lukang
Address	505 彰化縣鹿港鎮三民路 152 號 No. 152, Sanmin Road, Lukang Township, Changhua County, 505
Tel	+886-4-776-2999
Hotel Information	樂活紓壓俱樂部 LOHAS RELAXING CLUB Lukang
Address	505 彰化縣鹿港鎮鹿工路 6 號 (彰濱秀傳心理健康大樓 2F) 2F, No. 6-2, Lugong Road, Lukang Township, Changhua County, 505 (Chang Bing Show Chwan Memorial Hospital, Mental Health Building 2F)
Tel	+886-4-781-1163

彰濱秀傳醫療園區地圖 Map of Chang Bing Show Chwan Health Park



Local Dining Options	
LeeLi's	Taiwanese-Western Fusion Bistro
海味珍海鮮餐廳	Hai Wei Zhen Seafood
木生海鮮會館	Mu Sheng Seafood
王罔麵線糊	Wang Wang Noodle
永香民俗小吃	Yong Xiang Taiwan Snack
掬翠拾煙蔬食創作料理 (素)	Ju Cui Shi Yan (Vegetarian)
勝豐吧	Sheng Feng Bar

Course Manager	柯宜汝 Sara 0937-929-310
Location	彰濱秀傳亞洲遠距微創手術中心 IRCAD-Taiwan (Asian Institute of TeleSurgery)
Address	505 彰化縣鹿港鎮鹿工路 6-1 號 No. 6-1, Lugong Rd., Lukang Township, Changhua County, 505
Tel	+886-4-781-2988

This program is subject to modification.