

# 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

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

## 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	<b>Opening &amp; Introduction</b>	G. BAIN, M. FOK <b>Chairmen:</b> T. NAKAMURA, S. MACLEAN
<b><u>Lecture 1: GETTING STARTED WITH ELBOW ARTHROSCOPY</u></b>		
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)	J.M. KWAK
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 ✚ Diagnostic anterior arthroscopy ✚ Diagnostic posterior arthroscopy ✚ Loose bodies removal	All faculties
11.00-11.30	Coffee Break (1F Cafeteria)	
11.30-12.45	Hands-On Session on Cadaver: Two participant per station ✚ (continued)	All faculties
12.45-13.45	Lunch (1F Cafeteria)	

### THEORETICAL SESSION 2 – 1F Auditorium

		<b><u>Chairmen:</u></b> K.H. CHEN, K.L. PUAH
<b><u>Lecture 2: OVERUSE SYNDROME AND STIFFNESS</u></b>		
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 arthrololysis for stiffness of the elbow – indication and techniques (10 min)	G. BAIN

This program is subject to modification.

- 14.15-14.25 🚦 Arthroscopic debridement for osteoarthritis of the elbow (10 min)  
 14.25-14.40 🚦 DISCUSSION (15 min)

S. MACLEAN  
All faculties

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

14.40-15.55 Hands-On Session on Cadaver: Two participant per station

### Elbow Release

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

### Elbow Release (Continued)

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, J.M. KWAK

### 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


This program is subject to modification.

-  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 pm	End of the course Evaluation of the day Delivery of certificate of attendance Lunch To-Go	
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
<b>Day 1: May 30 (星期六 Saturday)</b>	
<b>08:00</b>	鹿港永樂酒店 → 彰濱秀傳微創手術中心 Union House Lukang → IRCAD-Taiwan
<b>18:10</b>	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
<b>21:00</b>	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
<b>Day 2: May 31 (星期日 Sunday)</b>	
<b>08:00</b>	鹿港永樂酒店 → 彰濱秀傳微創手術中心 Union House Lukang → IRCAD-Taiwan
<b>13:30</b>	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	<a href="#">鹿港永樂酒店</a> 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	<a href="#">樂活紓壓俱樂部</a> 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	
<a href="#">LeeLi's</a>	Taiwanese-Western Fusion Bistro
<a href="#">海味珍海鮮餐廳</a>	Hai Wei Zhen Seafood
<a href="#">木生海鮮會館</a>	Mu Sheng Seafood
<a href="#">王罔麵線糊</a>	Wang Wang Noodle
<a href="#">永香民俗小吃</a>	Yong Xiang Taiwan Snack
<a href="#">掬翠拾煙蔬食創作料理 (素)</a>	Ju Cui Shi Yan (Vegetarian)
<a href="#">勝豐吧</a>	Sheng Feng Bar

Course Manager	柯宜汝 Sara 0937-929-310
Location	<a href="#">彰濱秀傳亞洲遠距微創手術中心</a> 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

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