

II INTERNATIONAL COURSE

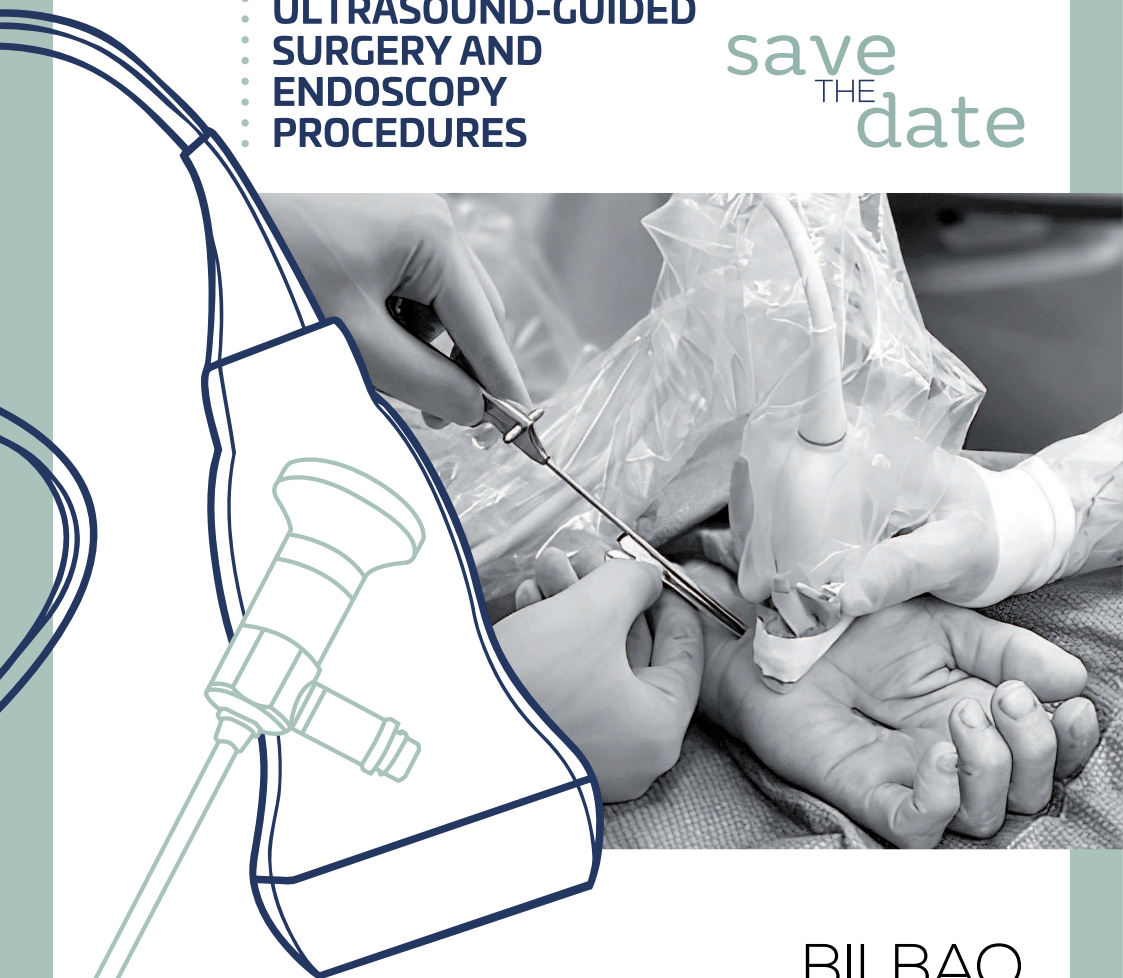
# Hand to Elbow

**Course Director:**  
Fernando Dávila

**Scientific Committee:**  
Javier de la Fuente  
Ramón Balius

- ULTRASOUND-GUIDED
- SURGERY AND
- ENDOSCOPY
- PROCEDURES

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UPV EHU

MEDIKUNTZA  
ETA ERIZAINNTZA  
FAKULTATEA  
FACULTAD  
DE MEDICINA  
Y ENFERMERÍA

BILBAO  
12-13th JUNE  
2025

## Introduction to sonosurgery course

Over the last decade development of new ultrasound-guided procedures and endoscopy techniques has led to enhance the diagnosis and improve the outcomes of common upper limb pathologies.

This course is dedicated to all surgeons interested in learn and acquire the skills needed to perform this minimally invasive procedures safely and effectively with advanced high resolution ultrasound machines, the last ultrasound designed instrumentals and the best european sonosurgeons.

## Academic information

### Goals:

- Review the principles for ultrasound imaging of the upper limb.
- Identify and correlate the anatomical structures with ultrasound images.
- Learn and perform minimally invasive procedures and ultrasound-guided surgical techniques on cadaver.

### Training methodology:

Before the practical course, participants will have access to theoretical online content designed to provide a solid foundation in the fundamentals of ultrasound imaging, ultrasound-guided procedures and minimally invasive endoscopic techniques.

During practical face-to-face sessions, participants will first learn to perform systematic ultrasound examinations of the upper limb, correlating anatomical structures with their ultrasound appearances. Building on this knowledge, they will progress to performing invasive ultrasound-guided and endoscopic procedures on anatomical specimens.

Finally, participants will practice scientifically validated ultrasound-guided surgical techniques and verify their results through post-surgical dissection of the specimens. This step will allow for the comparison and discussion of different techniques, fostering a deeper understanding and refinement of skills.

## General information

**Venue:** Facultad de Medicina y Enfermería UPV/EHU.  
Barrio Sarriena, s/n, 48940 Leioa, Vizcaya.

**Dates:** 12-13th JUNE 2025.

**Official Language:** The lectures will be provided in English.  
Workshop can be held in English, Spanish, French or German.

**Registration Fee:** 1.350 € (VAT not included).

Fee includes online theoretical lectures, workshops participation, experts meetings, certificate of attendance, coffee breaks and lunch.

### Technical Secretary



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[ultrasoundguidedsurgery.org](http://ultrasoundguidedsurgery.org)

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# Hand to Elbow

ULTRASOUND-GUIDED SURGERY AND ENDOSCOPY PROCEDURES



## F A C U L T I E S

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# Hand to Elbow

ULTRASOUND-GUIDED SURGERY AND ENDOSCOPY PROCEDURES

## THEORETICAL SESSIONS - ONLINE ACCESS

### Upper limb ultrasound principles

- Ultrasound imaging principles and machine set up
- Introduction to ultrasound-guided procedures
- Principles of ultrasound-guided surgery

### Elbow, wrist and hand anatomy

- Sonoanatomy of the lateral aspect of the elbow
- Sonoanatomy of the anterior aspect of the elbow
- Sonoanatomy of the medial aspect of the elbow
- Sonoanatomy of the dorsal aspect of the wrist
- Sonoanatomy of the volar aspect of the wrist
- Sonoanatomy of the fingers

### Elbow, wrist and hand injections

- US guided injections for lateral elbow pain
- Wrist and hand intrarticular injections
- Carpal tunnel injections
- Trigger finger injections
- First extensor compartment injections

**Top ten upper limb ultrasound.  
Guided surgical techniques.**

## PRACTICAL SESSIONS - HANDS ON ULTRASOUND PROCEDURES

THURSDAY 12th

▶ Elbow workshop

07:50-08:00 Registration, welcome and introduction

08:00-08:30 **Live ultrasound elbow examination**

08:30-09:30 **Hands-on ultrasound elbow examination**

### **Lateral aspect of the elbow**

- Common extensor tendon
- Radial tunnel
- Radial collateral ligament complex

### **Anterior and medial aspects of the elbow**

- Proximal median nerve and potential compression sites
- Distal biceps brachii insertional complex
- Ulnar nerve and cubital tunnel

09:30-10:00 **Live ultrasound elbow injections**

10:00-11:00 **Hands-on ultrasound injections**

- Common extensor tendon
- Elbow joints
- Radial tunnel
- Cubital tunnel
- Perineural injections at lacertus fibrosus and pronator teres.
- Bicipital bursa

11:00-11:30 **Coffee time**

11:30-12:00 **Live ultrasound guided surgery: elbow procedures**

12:00-13:30 **Hands-on elbow endoscopic and ultrasound-guided procedures**

### **Lacertus fibrosus release**

#### **Cubital tunnel release**

- Endoscopic assistance
- Ultrasound guided

#### **Radial tunnel release**

- Endoscopic assistance
- Ultrasound guided

#### **Proximal median nerve release**

- Endoscopic assistance
- Ultrasound guided

#### **Forearm fasciotomies for chronic exertional compartment syndrome**

- Endoscopic assistance
- Ultrasound guided



# ULTRASOUND-GUIDED SURGERY AND ENDOSCOPY PROCEDURES

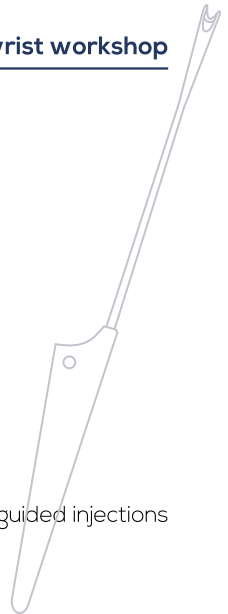


## ▶ | Hand and wrist workshop

- 14:30-15:00 **Live ultrasound hand and wrist examination**
- 15:00-16:00 **Hands-on ultrasound examination: hand and wrist**
- 16:00-16:30 **Live ultrasound hand and wrist injections**
- 16:30-17:30 **Hands-on ultrasound injections**
  - Carpal tunnel
  - Wrist joints
  - First extensor compartment
  - Digital joints
  - Peritendinous injections
- 17:30-18:30 **Coffee with the expert**

### ¿How do I perform it at my office?

Ultrasound contribution at my daily practice. Ultrasound guided injections



## FRYDAY 13th

## ▶ | Hand and wrist workshop

- 08:30-09:00 **Live ultrasound guided procedures: hand and wrist**
- 09:00-12:00 **Hands-on wrist and hand endoscopic and ultrasound guided procedures**

### **Carpal tunnel ultrasound-guided release**

- Anterograde technique with U-shaped surgical probe
- Anterograde technique with commercial devices
- Retrograde technique with hook blade

### **First extensor compartment release**

- Anterograde technique
- Retrograde technique

### **Finger and thumb A1 pulley percutaneous release**

- Anterograde technique
- Retrograde technique
- Scratch-cut needle technique (Eastwood)

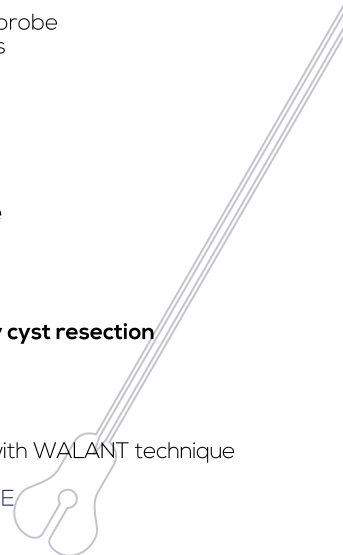
### **Ultrasound guided dorsal wrist ganglia and pulley cyst resection**

- 12:00 - 13:00 **Coffee with the expert**

### ¿How do I perform it at my office?

Ultrasound contribution at my daily office surgery with WALANT technique

▶ CLOSING REMARKS & CERTIFICATE DELIVERANCE





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Technical Secretary



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